Please complete the following information and email to: dowellsidney@gmail.com or you can mail to: ITC 2014 c/o Sidney Dowell, PO Box 190393, San Francisco, CA 94119.

|  |  |
| --- | --- |
| **Description** | **Please Provide Answer**  |
| Name |  |
| Home Address |  |
| Email  |  |
| Age Group |  |
| Contact Phone |  |
| My Fastest Interval for a Set of 10 X 100’s is: |  |
| USMS 2014 Registration Number |  |
| Masters Team Affiliation |  |
| My Fastest Interval for a Set of 10 X 100’s is: |  |

|  |  |  |
| --- | --- | --- |
| **Description**  | **Yes** | **No** |
| Afternoon Workout Choice:  |  |  |
| --Distance |  |  |
| --Stroke / Mid-Distance |  |  |
| --Sprinter |  |  |
| Attending Saturday Nite Camp Dinner (Optional $25 to be collected at registration) |  |  |