

# 2014 Iowa Masters Short Course State Championship Swim Meet

Saturday, March 22, 2014

University of Iowa Campus Recreation & Wellness Center  
(309 S. Madison Street, Iowa City)

Sanctioned by: USMS, Inc., Local Masters Swimming Committee, and Iowa Masters Swimming # \_\_\_\_\_

Name _____	Sex _____	Age _____	Date of birth _____
Address _____	City _____	Phone _____	
E-mail _____	USMS # _____		

Make check for **\$25.00** to Iowa Flyers Swim Club (IFLY).  
Attach a copy of your 2014 USMS card to entry form.

Mail entry to: Richard Salhus  
309 S. Madison Street  
Iowa City, IA 52242

## EVENTS

Please check event box and enter seed time (or N/A). Limit of 5 individual events.

- |                             |                          |       |                            |                          |
|-----------------------------|--------------------------|-------|----------------------------|--------------------------|
| 1. Women's 400 free relay   | <input type="checkbox"/> | _____ | 15 minute break            |                          |
| 2. Men's 400 free relay     | <input type="checkbox"/> | _____ | 24. Women's 500 free       | <input type="checkbox"/> |
| 3. Women's 200 back         | <input type="checkbox"/> | _____ | 25. Men's 500 free         | <input type="checkbox"/> |
| 4. Men's 200 back           | <input type="checkbox"/> | _____ | 26. Women's 50 fly         | <input type="checkbox"/> |
| 5. Women's 200 medley relay | <input type="checkbox"/> | _____ | 27. Men's 50 fly           | <input type="checkbox"/> |
| 6. Men's 200 medley relay   | <input type="checkbox"/> | _____ | 28. Women's 100 breast     | <input type="checkbox"/> |
| 7. Women's 100 fly          | <input type="checkbox"/> | _____ | 29. Men's 100 breast       | <input type="checkbox"/> |
| 8. Men's 100 fly            | <input type="checkbox"/> | _____ | 30. 200 Mixed medley relay | <input type="checkbox"/> |
| 9. Women's 200 breast       | <input type="checkbox"/> | _____ | 31. Women's 100 free       | <input type="checkbox"/> |
| 10. Men's 200 breast        | <input type="checkbox"/> | _____ | 32. Men's 100 free         | <input type="checkbox"/> |
| 11. Women's 50 free         | <input type="checkbox"/> | _____ | 33. Women's 50 back        | <input type="checkbox"/> |
| 12. Men's 50 free           | <input type="checkbox"/> | _____ | 34. Men's 50 back          | <input type="checkbox"/> |
| 13. 200 Mixed free relay    | <input type="checkbox"/> | _____ | 35. Women's 200 fly        |                          |
| 14. Women's 200 IM          | <input type="checkbox"/> | _____ | 36. Men's 200 fly          | <input type="checkbox"/> |
| 15. Men's 200 IM            | <input type="checkbox"/> | _____ | 37. Women's 100 IM         | <input type="checkbox"/> |
| 16. Women's 200 free        | <input type="checkbox"/> | _____ | 38. Men's 100 IM           | <input type="checkbox"/> |
| 17. Men's 200 free          | <input type="checkbox"/> | _____ | 39. Women's 200 free relay | <input type="checkbox"/> |
| 18. Women's 100 back        | <input type="checkbox"/> | _____ | 40. Men's 200 free relay   | <input type="checkbox"/> |
| 19. Men's 100 back          | <input type="checkbox"/> | _____ | 41. Women's 1000 free      | <input type="checkbox"/> |
| 20. Women's 50 breast       | <input type="checkbox"/> | _____ | 42. Men's 1000 free        | <input type="checkbox"/> |
| 21. Men's 50 breast         | <input type="checkbox"/> | _____ | 43. Women's 1650 free      | <input type="checkbox"/> |
| 22. Women's 400 IM          | <input type="checkbox"/> | _____ | 44. Men's 1650 free        |                          |
| 23. Men's 400 IM            | <input type="checkbox"/> | _____ |                            |                          |

## ATHLETES RELEASE (MUST BE SIGNED)

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, UNIVERSITY OF IOWA AND ALL THOSE ASSOCIATED WITH THE UNIVERSITY AND THE MEET ITSELF, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS (rule book article 203.1).

Signature \_\_\_\_\_ Date \_\_\_\_\_