HAMMERHEAD SPRING

SWIM FEST 2014

Saturday, March 29, 2014

Sanction by Florida Gold Coast LMSC for USMS, Inc. #504-S003

Sponsored by: Hammerhead Aquatics/Gold Coast Masters

Schedule: Warm up for the 500 Freestyle starts at 7:30 AM and the event starts at 8:15. Next warm up will start no earlier than 9:00 AM and the meet will start at 9:45 AM.

Course: 5 lanes 25 yard, with electronic timing. Two warm-up/down lanes will be available.

Eligibility: All swimmers must be USMS registered, and USMS rules will govern the meet.

Facility: Sunrise Middle School, 1750 NE 14 Street, Fort Lauderdale, FL 33304.

Breaks: Breaks will be taken at the discretion of meet management.

Seeding: All events with be seeded mixed men and women. All results will be categorized by gender and age.

Entry Fees: $25.00 fee an entries due by midnight Tuesday March 25, 2014. All entries and fees are non refundable.

Deck Entry: Deck entries will be accepted for $35 if lane is available. Deck entries need to be received within 30 minutes prior to session start.

Entry Limit: Entries are limited to 5 individual events plus relays.

Entry: Fee,Entries and a copy of your 2014 USMS registration membership card should be mailed to:

                                      Hammerhead Aquatics

                                      2716 NE 6th Lane

                                      Wilton Manors, FL 33334

                                      Phone # 954-588-6371

                                      swimjohnswim@bellsouth.net

Entries may also be emailed to swimjohnswim@bellsouth.net with payment by credit card.

Psych Sheet and Timeline: Psych sheets and timeline will be available at [www.hammerheadaquatics.com](http://www.hammerheadaquatics.com) after Wednesday, March 26th.

Awards: Awards will be given to 1st – 8th place in each event as well as 1st – 3rd in the relay events.

Relays: Entries for relays will be accepted until 9:00 AM day of meet. Relays are $10 per relay.

Results: Available at the following sites: [www.hammerheadaquatics](http://www.hammerheadaquatics/), [www.swimgold.net](http://www.swimgold.net/) or [www.dixiezone.org](http://www.dixiezone.org/)

CLEAN OUT YOUR CLOSETS FOR A CAUSE

***This meet serves as a fundraiser for Poverello Thrift Shop.*** *PLEASE BRING YOUR CLOTHING TO THE POOL AND ALL CLOTHING WILL BE DONATED TO THE POVERELLO THRIFT SHOP WHICH RESALES CLOTHING ITEMS AND FURNITURE TO SUPPORT LOCAL PEOPLE WITH HIV. PLEASE NO OLD RAGS, JUST THE THINGS YOU NO LONGER WEAR. A TAX DEDUCTION RECEIPT MAY BE AVAILABLE.*

*THANK YOU*

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CLEAN OUT YOUR CLOSETS !!!!

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Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     USMS #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attach 2014 USMS registration card

Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Short course (age as of 3/29/2014) \_\_\_\_\_\_\_\_

Team\_\_\_\_\_\_\_\_\_\_\_\_ Team Abbreviation\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| Sunday March 29, 2014 (Warm-up 7:30 AM, Meet Starts 8:15 AM) |
|  | Women | Event |  | Men |  |
| 1 |   | 500 Freestyle |  |   | 2 |
| Sunday March 29, 2014 (45 minutes warm up at completion of 500 Freestyle) |
|  | Women | Event |  | Men |  |
| 3 | \*\*\*\*\*\*\*\*\*\*\* | 800 Freestyle Relay |  | \*\*\*\*\*\*\*\*\*\*\* | 4 |
| 5 |   | 100 Individual Medley |  |   | 6 |
| 7 |  | 50 Backstroke |  |  | 8 |
| 9 |   | 50 Freestyle |  |   | 10 |
| 11 |   | 100 Breaststroke |  |   | 12 |
| 13 |   | 50 Butterfly |  |   | 14 |
| 15 | \*\*\*\*\*\*\*\*\*\*\* | 800 Mixed Freestyle Relay |  | \*\*\*\*\*\*\*\*\*\*\* |  |
| 17 |   | 100 Backstroke |  |   | 18 |
| 19 |   | 50 Breaststroke |  |   | 20 |
| 21 |   | 200 Freestyle |  |   | 22 |
| 23 | \*\*\*\*\*\*\*\*\*\*\* | 400 Mixed Medley Relay |  | \*\*\*\*\*\*\*\*\*\*\* |  |
| 25 |   | 100 Butterfly |  |   | 26 |
| 27 |   | 200 Individual Medley |  |   | 28 |
| 29 |   | 100 Freestyle |  |   | 30 |
| 31 | \*\*\*\*\*\*\*\*\*\*\* | 400 Medley Relay |  | \*\*\*\*\*\*\*\*\*\*\* | 32 |
| 33 | \*\*\*\*\*\*\*\*\*\*\* | 400 Free Relay |  | \*\*\*\*\*\*\*\*\*\*\* | 34 |
| 35 | \*\*\*\*\*\*\*\*\*\*\* | 400 Mixed Free Relay |  | \*\*\*\*\*\*\*\*\*\*\* |  |

Entry fee (required with entry) $25.00

***Make checks payable to Hammerhead Aquatics or pay by credit card***

Credit Card:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Expiration Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ CVD #: \_\_\_\_\_\_\_\_\_\_

***Credit Card payments will show as Club Assistant on your credit card*** ***statement.***

THIS 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, HOST FACILITIES, 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_