



OMAHA MASTERS SWIM CLUB SPRING (FINALLY) SWIM MEET

Saturday, April 26, 2014

Sanctioned by the Nebraska LMSC
USMS Sanction #294-S002



Hosted by: Omaha Masters Swim Club

Meet Director: Erin Sullivan, nbchair@usms.org

Location: College of St Mary, 1901 S. 72nd St (72nd & Mercy Rd), Omaha NE 68106

Meet Schedule: Warm-up #1 – 8:15 AM – 8:45 AM, Events 1 & 2 (1000 free) begin at 9:00
Warm-up #2 – will begin as soon as the 1000 is finished and will last for 30 minutes. Events 3/4 (200 Free Relay) will begin no earlier than 10:30am.

Rules: Unless otherwise stated, current USMS rules will govern the conduct of the meet. All participants must be registered members of US Masters Swimming for 2014. All events are timed finals and will be pre-seeded slowest to fastest with women and men seeded together. Relays may be either men, women or mixed. Your age as of April 26, 2014 determines your age group for the meet.

Facility: The College of St Mary aquatic facility will be the site of the meet. Directions to the pool can be found at the following website: <http://www.omahamastersswimming.com/>. This is a 6 lane, 25 yard pool. Except for the 1000 Free the meet will be swum using a 5 lane format. One lane will be designated as a continuous warm-up/cool down lane. The meet will be conducted using an electronic timing system with touch pads. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Event Limitations: Swimmers may swim a maximum of 5 individual events and 2 relays.

Breaks will be determined by the Meet Director and the Officials.

Entry Information and Fees: Meet entry fee is \$25.00. The Meet is open to all 2014 USMS registered swimmers. One-event memberships will be available for \$15.00 in addition to the entry fee. Deck entries will be accepted on the day of the meet until 8:30 AM for the 1000 and until 9:30 AM for all other events. The entry fee for Deck Entries is \$35.00. All entries (except deck) must be in the hands of the meet director no later than Wednesday, April 23 so please plan your mailing date appropriately. Entries fees are non-refundable. A copy of your 2014 USMS registration card must be included with your entry form.

All relays may be deck entered. Please complete the event cards for relays when you check-in.

All swimmers MUST pick up an event card BEFORE proceeding to the blocks for each event.

Make all checks payable to: **Omaha Masters Swim Club**

Mail checks and entry forms to:

Erin Sullivan
5006 Cass St, Apt 2
Omaha NE 68132-2979

ENTRY FORM
Omaha Masters Spring (Finally) Swim Meet
Saturday, April 26, 2014, College of St Mary, Omaha, NE
Sanctioned by the Nebraska LMSC for USMS, Sanction #294-S002

Name: _____ USMS# _____

Street Address: _____ City/State/Zip _____

Gender: _____ Age(as of 4/26/14): _____ Birthdate: _____ / _____ / _____

USMS Club Name: _____ USMS Club#: _____

Email Address: _____

Please circle the event # and enter seed time or NT for no time

EVENT #	EVENT (Short Course Yards)	SEED TIME
1	1000 Free	
2	200 Free Relay	
3	100 Back	
4	100 Fly	
5	200 Breast	
6	50 Free	
7	200 Back	
8	200 IM	
9	50 Breast	
10	50 Fly	
11	100 Free	
12	50 Back	
13	200 Fly	
14	100 Breast	
15	200 Free	
16	100 IM	
17	500 Free	
18	200 Medley Relay	

Liability Release

"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 NEBRASKA LOCAL MASTERS SWIMMING COMMITTEES, THE OMAHA MASTERS SWIM CLUB, THE COLLEGE OF ST. MARY, 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."

Signature: _____ Date: _____