



Long Course Meet(LCM) University of Minnesota Aquatic Center Sunday, May 18, 2014



Schedule: Warm-ups – 9:00-9:45 Meet – 10:00 to 2:00
 Meet Sanction #304-S005
 Meet Director David Bergquist (bergquist.david@yahoo.com)
 Entry information You must be USMS registered to participate (\$46 annual fee or \$15 “one event” fee)
 \$20 meet fee for “early bird” registration on or before Sunday May 4
 \$25 meet fee advance registration on or before Thursday May 15
 \$30 meet fee deck entry day of meet **ENTRIES CLOSE 30 minutes prior to Meet Start Time**

Entry fees are non-refundable. Register online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1156&smid=5027
 Or fill out this form and mail to David Bergquist, 1412 Hwy 33 South, Cloquet, MN, 55720
 (make checks payable to Minnesota LMSC).

Positive check in required for events 12, 21, 22 . The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Relays: There will be a 5 minute break before each relay event – relay entries will be accepted through the start of the break before each relay. All relays must complete a relay entry card complete with first and last name and age of each swimmer. Card must be completed completely with club name (all 4 members must be registered with that club)

Results: Will be posted at the meet and on line at www.minnesotamasters.com within one week.

Event Number	Event	Entry Time
1	50m Butterfly	__:__:__
2	400m IM	__:__:__
3	100m Freestyle	__:__:__
4	200m Backstroke	__:__:__
5	200m Medley Relay	Enter at meet
6	100m Breaststroke	__:__:__
7	200m Freestyle	__:__:__
8	50m Backstroke	__:__:__
9	200m Butterfly	__:__:__
10	400m Free Relay	Enter at meet
11	50m Breaststroke	__:__:__

Event Number	Event	Entry Time
12	400m Freestyle	__:__:__
13	200m IM	__:__:__
14	100m Backstroke	__:__:__
15	800 Free Relay	Enter at meet
16	50m Freestyle	__:__:__
17	200m Breaststroke	__:__:__
18	100m Butterfly	__:__:__
19	200m Free Relay	Enter at meet
20	400 Medley Relay	Enter at meet
21	800 Freestyle	__:__:__
22	1500 Freestyle	__:__:__

Print Name: _____ Male Female USMS #: _____ - _____

Birthdate: ___/___/___ Age: _____ Club: _____ Phone: _____ - _____ - _____

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)

Please Sign: _____ **Date:** _____