

**Official Entry Form**  
**North Side Swim Team Spring Distance Masters Meet**  
**Saturday, May 2<sup>nd</sup>, 2015**  
**Lonny Kerman Natatorium, North High School**  
**501 Holcomb Ave, Des Moines, IA**

Warm-ups start at 11:00 am

Competition starts at 12:00 pm

\$20.00 until May 1<sup>st</sup>

\$25.00 day of registration

Make check payable to North Side Otters.

Mail entry to:

North High School Swimming c/o Scott Weinheimer

501 Holcomb Ave

Des Moines, IA 50313

If you are a 2015 USMS member please attach a copy of your card to your entry form.

Last Name	Sex	Age	Date of Birth	Month	Day	Year
First Name	Team					
E-Mail	State	Zip	USMS # (If applicable)			
Street Address	City					

**EVENTS**

Please enter seed time (or NT for No Time). Limit of 5 individual events. Relays will be deck seeded.

If entries are received early enough, they will be confirmed through e-mail.

This meet focuses on distance events. If you want to swim the 500, 800, or 1650 you must have a counter.

#	Event	Time	#	Event	Time
1	400 M Relay		9	200 BR	
2	500 FR		10	100 FR	
3	200 IM		11	200 FL	
4	100 BR		12	400 IM	
5	200 BK		13	800 FR	
6	100 FL		14	400 FR Relay	
7	200 FR		15	1650 FR	
8	100 BK		1650 will start 10 minutes after last relay finishes.		

Recognized by Iowa Masters for USMS, Inc. (405-R004). Times achieved at this competition will not be submitted for USMS Top 10 or record consideration.

**RELEASE FROM LIABILITY:**

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 HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOS 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: \_\_\_\_\_