

**Alaska Short Course Meters Championships**  
**Hosted by Alaska Masters Swimming**  
Bartlett Pool – Anchorage, Alaska - Saturday, December 12, 2015  
**Sanctioned by AKMS for USMS, Inc. Sanction # 565-S005**

**Schedule:** Saturday: Warm-up 9:30 a.m. Meet starts: 10:30 a.m.

**Entries:**

- You may enter up to five individual events (not including relays).
- Online meet registration is preferred for speed and accuracy. Begin online meet registration at:

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1816&smid=7059](https://www.ClubAssistant.com/club/meet_information.cfm?c=1816&smid=7059)

- Online meet registration closes at midnight on Monday, December 7, 2015
- Paper entries must be postmarked by Saturday, November 28, 2014. Entries must be mailed to the meet coordinator. Hand-delivered entries will not be accepted.
- Late entries may be accepted on a case by case basis. Late entrants will not count for team or individual points. Once the meet is seeded, no new heats will be added to accommodate a late entry.
- Online meet registration accepts credit cards. The charge on your credit card will be to "ClubAssistant.com Events."
- Meet entry fee is \$35.00

**Meet Coordinator:**

Ken Winterberger  
3000 Capstan Drive  
Anchorage, AK 99516 e-mail: [kwinterberger@gmail.com](mailto:kwinterberger@gmail.com)

**USMS Membership:** This meet is open to all currently registered USMS swimmers. USMS registration forms **will not** be accepted at the meet or attached to paper entries. It is **your** responsibility to be USMS registered. **Your USMS membership will be verified during on-line registration. If you need to join or renew your membership, links for this are presented during on-line meet registration.** You may also locate membership registration information at [www.akmswim.org](http://www.akmswim.org) and [www.usms.org/](http://www.usms.org/)

**Other Paper Entry Information:** Entry forms must be completely filled out and signed. Send form along with the entry fee and a copy of your 2015 or 2016 registration card. Make checks payable to **Alaska Masters Swimming**.

**Rules and eligibility:** All AKMS and USMS rules govern this meet. It is your responsibility to know the rules. Check out <http://www.usms.org/rules/> website for a link to the current rules.

**Seeding:** Events (except the 1500 freestyle, 400 freestyle and relays) will be pre-seeded slowest to fastest regardless of gender or age group.

**400/1500 freestyle:** You must provide your own lap counter. Check in will be required by 11:00 a.m. for the 1500 freestyle. Seeding is fastest to slowest regardless of age or gender. This event may be reseeded after check-in.

**Relays:** All relays will be deck-seeded. If you are interested in being on a relay, check the box for "available for this relay" on the *on-line event entry form* (or on paper form, fill out "relay interest"

portion)\*. Individuals expressing interest in relays will be assigned to relays if there are enough swimmers available. There will be breaks of up to 10 minutes before or after the relays, if requested by relay swimmers, to accommodate those with individual events immediately before or after the relays. \* IF YOU PLAN TO PUT YOUR OWN RELAY TEAM TOGETHER DO NOT CHECK THE RELAY BOXES ON THE ENTRY FORM. Anyone who checks a relay box on the form will be assigned to a relay team if there are enough people to form a relay team.

**Pool Measurement:** 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.

**Check-in:** Please check in upon arrival and sign the waiver. If you are going to scratch an event, please do so at check-in. Also, remember that positive check in for the 400 and 1500 free is separate from checking in for the meet.

**Alaska Short Course Meters Championships**  
**Hosted by Alaska Masters Swimming**  
 Bartlett Pool – Anchorage, Alaska - Saturday, December 12, 2015  
**Sanctioned by AKMS for USMS, Inc. Sanction #**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail: \_\_\_\_\_

Male / Female (circle)    Age \_\_\_\_\_ (as of 12/31/15)

Birthdate \_\_\_\_\_ USMS # \_\_\_\_\_

Emergency Contact Name and Number \_\_\_\_\_ This

entry form along with the meet fee postmarked by Saturday, November 28, 2015. Please send to:  
 Ken Winterberger, 3000 Capstan Drive, Anchorage, AK 99516. Include a copy of your 2015 or 2016  
 USMS registration card.

You must include a seed time next to the event you would like to swim. Please go to [http://](http://www.swimmingworldmagazine.com/results/conversions.asp)  
[www.swimmingworldmagazine.com/results/conversions.asp](http://www.swimmingworldmagazine.com/results/conversions.asp) for a time conversion chart.

Seed Time	Event	Seed time	Event
_____	1-3 400 Medley Relay*	_____	16-18 200 Medley Relay*
_____	4 400 Individual Medley	_____	19 50 Butterfly
_____	5 200 Freestyle	_____	20 200 Backstroke
_____	6 50 Backstroke	_____	21 400 Freestyle
_____	7 200 Breaststroke	_____	22 100 Breaststroke
_____	8 50 Freestyle	_____	23 100 Butterfly
_____	9-11 800 Freestyle Relay*	_____	24-26 200 Freestyle Relay*
_____	12 100 Individual Medley	_____	27 100 Backstroke
_____	13 200 Butterfly	_____	28 200 Individual Medley
_____	14 50 Breaststroke	_____	29-31 400 Freestyle Relay*
_____	15 100 Freestyle	_____	32 1500 Freestyle

**\*Men, Women, Mixed Relay - please mark "X" in the Seed Time column if you are interested in swimming a relay. If you plan to put your own relay team together, DO NOT mark "X" in the relay Seed Time column. Those who mark an "X" for a relay will be assigned to an AKMS relay team if there are enough swimmers.**

**Alaska Short Course Meters Championships**  
***Hosted by Alaska Masters Swimming***  
Bartlett Pool – Anchorage, Alaska - Saturday, December 12, 2015  
**Sanctioned by AKMS for USMS, Inc. Sanction #**

**FEES**

**Meet Entry** **\$ 35.00**

**Make checks payable to Alaska Masters Swimming**

**Remember: Be sure to include a copy of a copy of your current 2015 or 2016 USMS registration card with your paper entry form**

“I, the undersigned participant, intending to be legal 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 possibly 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 RIGHT TO CLAIMS FOR LOSS OR DAMAGE 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature \_\_\_\_\_

**This form must be signed or you will not be allowed to swim.**