



**Federal Way Kings
Masters Swimmers present a challenge to
your swimming abilities:**

Sanctioned by the Pacific Northwest LMSC for USMS, Inc.
#367-F01

Visit www.usms.org/fitness for additional entry forms.

What is the Check-off Challenge?

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete as many of the 18 “pool” events as possible during the 2007 calendar year. It challenges all levels of swimmers. Novice swimmers can swim events that they never have before. Experienced swimmers can try for their personal best times in as many events as practical. Simply “Check-off” each swim on your t-shirt when you complete the event.

Where and when do I accomplish the Check-off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2007. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively

building up to the tougher events. The entire team can work together, completing all of the events.

How do I score the Check-Off Challenge?

“Scoring” is simple – just mark the event on the list on the back of the t-shirt (aka Yellow Jersey).

When do I receive my T-shirt?

The event is open to registered Masters swimmers. Enter by filling out the entry form included below. Shirts will be mailed in mid-December for entries received by December 1, 2006 so that swimmers will receive them by the first of the new year. A second mailing will occur in mid-March, 2007 for entries received by February 28, 2007. T-shirts are yellow short-sleeved cotton with two-color, black and white design. The logo will be on the front and the list of events on the back.

Event Director

If you miss the February 28 deadline and are still interested in purchasing a shirt, or have other questions, contact Hugh Moore 2102 N. Vassault, Tacoma, WA 98406, swimmoore@comcast.net

2007 Check-Off Challenge Entry Form

Name _____ Club or workout group _____ DOB _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email address _____ Registration # _____

T-Shirt		Mail this form and your check to:	
Size	Qty	Price	Total \$
S	___	@ \$15	_____
M	___	@ \$15	_____
L	___	@ \$15	_____
XL	___	@ \$15	_____
XXL	___	@ \$17	_____

Holly Bork
6233 S 233rd St
Kent, WA 98032
Make checks payable to “Federal Way Masters”

Liability Release

WAIVER: I, the undersigned participant, intending to be leally 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.

SIGNED: _____ DATE: _____