



2001 United States Masters Swimming National Long Course Championships



Weyerhaeuser King County Aquatic Center
Federal Way, WA August 16-19, 2001



The Weyerhaeuser King County Aquatic Center
Site of the 2001 USMS National Long Course Championships

MEET INFORMATION

The Pacific Northwest Association of Masters Swimmers is proud to host the 2001 United States Masters Swimming Long Course National Championships. We anticipate that your visit to the Pacific Northwest will be pleasurable and that your swimming will reflect the world-class quality of the Weyerhaeuser King County Aquatic Center. Participants are asked to read the following information carefully and refer to the checklist on the entry form to avoid any problems or misunderstandings regarding the conduct of this meet. All times listed are Pacific Daylight Time.

Location Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023. From North or South Bound I-5 take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is about 1/2 mile past 1st Ave S. on the right

Facilities The venue is an indoor facility with spectator seating for 2500 people (no admission charge for spectators) and has elevator access to the deck level. It includes a 50-meter championship pool with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; a seven-lane, 25-yard diving tank for continuous warm-up during the meet; and a 25-yard recreational pool with three lanes also available for continuous warm-up. The water temperature of the competition pool will be maintained at 78 to 80 degrees Fahrenheit. The championship pool is rated as one of the fastest pools in the world. Deck-level, concrete, surge gutters and Anti Wave Eater 6-inch lane lines minimize wave action. An

Omega timing system is linked to a dot-matrix, eight-lane readout scoreboard.

Websites Meet information, entry forms, and on-line registration are available at www.usms.org. Visit www.swimpna.org for current information on motels, shuttle service, and attractions.

Hotels The hotels listed below have rooms blocked until 7/15/01. Be sure to reserve early and to refer to US Masters Championship Swimming to get the special rates. Rates shown do not include taxes.

Headquarters Hotels (All hotels on the shuttle route are within 3 miles of the pool)

Comfort Inn
(253)529-0101
31622 Pacific Highway South.
Federal Way, WA 98003
\$79/night for single through quad.

Best Western Executiv
(253)941-6000
31611 20th Ave. South.
Federal Way, WA 98003
\$89/night for single/double.

Other Hotels on Shuttle Route
Holiday Inn Hotel & Suites
(253)529-4000
32124 25th Ave S
Federal Way, WA 98003.
\$99 for single through quad.

Holiday Inn Express
(253) 838-3164
34827 Pacific Hwy S.
Federal Way, WA 98003.
\$75/night for single through quad.

Travelodge
253-838-7700
1505 S 328th Street
Federal Way, WA 98003
\$54-\$72/night for single/queen/double

Super 8 Motel
(253) 838-8808
1688 S 348th Street
Federal Way, WA 98003
\$60/night for single through quad

Meet Shuttle Service & Parking
Limited parking is available at the Aquatic Center. Swimmers are encouraged to carpool or take advantage of the free shuttle service for transportation to and from the Aquatic Center. A schedule for complimentary shuttle service between designated hotels and the Aquatic Center will be available at registration and at each hotel. The shuttle will run from noon until 8 pm on Wednesday, August 15th, and from 5:30 am until one hour after completion of the last heat of the last event on Thursday, August 16th through Sunday, August 19th.

Motels with Special Rates not on Shuttle Route
(all within 6 to 7 miles from pool)

Best Western Peppertree
(253) 887-7600
401 8th Street SW
Auburn, WA 98001
\$71.95/night for single through quad

Best Western Executive Inn
(253) 922-0080
5700 Pacific Hwy E
Tacoma, WA 98424
\$69/night for single through quad

Emergency Phone Number:
(206) 296-4444

MEET INFORMATION

Comfort Inn

(253) 926-2301
5601 Pacific Hwy E
Tacoma, WA 98424
\$65/night for single through quad

Royal Coachman

(253) 922-2500 or
1-800-422-3051
5805 Pacific Hwy E
Tacoma, WA 98424
\$69/night for single through quad

Travel

Most major airlines serve Seattle-Tacoma International Airport. The airport is located 15 miles north of the Aquatic Center along the I-5 corridor. Seattle is about 15 miles north of the airport on I-5.

Emergency Telephone

(206)296-4444 - Emergencies only. DO NOT USE FOR CHECK-IN! Pay phones available in the pool lobby for other calls.

Registration

All participants must register prior to competing to sign an emergency card, safety information statement, and liability release. Registered swimmers will receive a meet program, social tickets, and other meet information. Registration will be held in the lobby at the Aquatic Center on Wednesday, August 15th, from noon to 8 pm and on Thursday, August 16th through Sunday, August 19, from 6 am until the end of each day's last event. Check-in for all events and relays will be available in the same area.

Eligibility

The Championships are open to any registered Masters swimmer at least 19 years of age as of July 15, 2001. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, the swimmer shall be entered as unattached. Foreign swimmers are welcome. Foreign entries must include a copy of the swimmer's International Travel Permit and fees in U.S. dollars.

Age Groups

Age for the meet is determined as of 12/31/01. Individual Events: 19-24, 25-29, 30-34, 35-39, ...100-104. Relay Events (aggregate age of relay members): 76-99, 100-119, 120-159, 160-199, ...(40-year increments as high as is necessary).

Scoring

Individual Events: 11-9-8-7-6-5-4-3-2-1. Relays: 22-18-16-14-12-10-8-6-4-2.

Team Scoring

Team scoring will be tabulated in three divisions: Division I (large team), Division II (medium team), and Division III (small team). Each division contains three categories: Men, Women, and Combined. Mixed relays score points only in the Combined category. The USMS Championship Committee will determine the team divisions after the entry deadline based on the number of entrants from each club.

Awards

Distinctive plaques will be presented to all competitors. Colored bars (gold, silver, bronze, and copper) will be awarded for first through tenth place in each age group in each event including relays. Bars will be engraved with place and event. A USMS Championship Patch will be

given to each individual and relay team member for the first event won. Swimmers winning more than one event may purchase additional patches. Unclaimed awards will not be mailed unless arrangements are made at the meet. There is a charge for mailing awards. Awards will be presented to the top three teams in each category of each division.

Final Results

Complete final results may be ordered in advance or at the Awards Table during the meet. Cost will be \$15.00 per copy. Individual swimmer's final results with splits will be available at the meet for \$5.00 each. The USMS website will post results.

Seeding

All events will be deck seeded unless meet management determines that the meet can be completed in a timely fashion with pre-seeded events. Men's heats will precede women's heats for each event. All events except the 400 IM, 800 Free, and 1500 Free will be seeded by age group with the oldest age groups first, slowest heats seeded first in each age group. The 400 IM, 800 free and 1500 free will be seeded slowest to fastest by entry time for each sex regardless of age. Two-per-lane swimmers will swim before single lane swimmers.

Check-In Deadline for All Events

This is a deck seeded meet. Check-in is required for all events and may be done in person in the registration area. Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the deadlines. There will be no telephone or Internet check-in on any day either preceding or during the meet. Failure to check-in will result in the swimmer being scratched from the event.

Check-In Times

You must check-in each day, prior to the check-in deadline, for the events you plan to swim that day. Generally the check-in deadline will be approximately one hour prior to the estimated time the event will start. If the Championship Committee and meet management concur that the meet can be completed in a timely fashion with pre-seeding, check-in may be waived for some events. Events without check-in will be pre-seeded. There will be no check-in for any events on Wednesday, August 15th. The check-in deadlines will be posted by August 4, 2001, on the USMS website (www.usms.org). You will also receive a list of check-in deadlines when you register. No separate mailing regarding check-in times will be made to distance event entrants.

Warm-Up Times

The competition pool will be open for warm-up on Wednesday, August 15 from noon until 7 pm. On Thursday, the competition pool will be open for warm-up from 6 am until 6:50 am. On Friday, the competition pool will be open for warm-up from 6 am until 7:20 am. On Saturday and Sunday, the competition pool will be open for warm-up from 6 am until 6:50 am and for 30 minutes following the last heat of the first event of the day, the 400 free. The competition pool will reopen for 30 minutes after the last event on all days of competition. On competition days, the warm-up pools will be available from 6 am until conclusion of the final event.

Warm-Up Procedures

Swimmers must enter the pool feet first in a cau-

tious, controlled manner. No diving or backstroke starts will be allowed except in designated sprint lanes. No diving or backstroke starts will be allowed in the warm-up pools. Special caution must be observed in the recreational pool lanes as that pool is only 3 feet deep. One or two lanes shall be designated as ONE-WAY SPRINT lanes during the pre-meet warm-up sessions in the competition pool only. No sprint lanes will be designated in the warm-up pools. ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE MAY BE CONSIDERED FOR APPROPRIATE ACTION OR PENALTY BY THE REFEREE. (Rule 102.15.3). Pull-buoys, kick boards, fins, and hand paddles are not allowed in the competition pool or warm-up pools.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of his/her event shall be scratched from that event and shall not be permitted to swim that event at another time.

General Meeting

All swimmers, coaches, and officials should be represented at the general meeting at the Aquatic Center on Wednesday, August 15, at 7 pm. Matters pertinent to the operation and conduct of the meet will be discussed.

Masters Coaches School and Meeting

A Masters Aquatic Coaches Association (MACA) Certification School will be held Wednesday, August 15, from 1 to 5 pm at the Aquatic Center. All Masters coaches and swimmers are welcome. Cost is \$40 (\$35 for MACA members). For information and a registration form visit the website (www.macacoach.org), or contact Dan Frost, (831) 899-7213; email: frosty@usms.org. A MACA meeting will be held Wednesday, August 15, from noon to 1pm at the pool.

Coaches Hospitality

Hospitality is available to coaches who are MACA and/or ASCA members. MACA membership is available through Emmett Hines at emmett@csi.com, or on the MACA website: www.macacoach.org.

Official verification Card

For USA Swimmers to record their times in the National Times Data Base (previously known as OVC), contact the following official prior to the meet: Ron VanPool, 29001 8th Ave S., Federal Way, WA 98003, (253)941-3828, email RonVp@aol.com, fax 206-374-2199.

Social

A traditional Northwest feast featuring salmon and pasta will be held on Saturday, August 18th, beginning at 7 pm in the multipurpose building adjacent to the pool. Cost is \$28. The event is limited to the first 300 tickets purchased.

Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, entitled to V.I.P. hospitality on deck, and receive a commemorative gift. Cost of one sponsorship will be \$50. Order sponsorships on the meet entry form.

Meet Management

Meet Directors: Hugh and Jane Moore (253) 925-0803 or email weswim@mindspring.com. Please do not call after 9:00 pm PDT. Meet Referees: Ron VanPool and Dave Coddington.

WOMEN S QUALIFYING TIMES

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79	Women 80-84	Women 85-89
50 FREE	33.74	33.29	32.97	32.85	34.08	35.26	37.59	41.31	43.18	47.49	50.66	53.77	1:08.61	1:40.57
100 FREE	1:15.35	1:13.52	1:11.68	1:11.44	1:15.78	1:17.91	1:25.78	1:35.20	1:37.77	1:48.61	1:56.83	2:11.03	2:36.66	4:08.03
200 FREE	2:44.85	2:43.32	2:38.92	2:37.60	2:45.39	2:55.29	3:11.60	3:38.38	3:39.46	4:01.17	4:11.44	4:47.88	6:16.78	12:15.49
400 FREE	6:14.82	5:42.79	5:40.03	5:33.94	5:48.05	6:12.77	6:50.76	7:30.67	7:57.91	8:26.53	9:03.02	10:11.14	16:59.97	No Time
800 FREE	14:35.91	12:21.03	11:53.94	11:45.17	12:10.43	12:58.95	14:16.04	16:36.82	19:57.43	18:22.38	22:07.99	26:23.47	27:29.20	No Time
1500 FREE	26:07.93	24:33.04	23:10.04	22:52.80	23:52.79	25:45.49	27:31.82	32:20.17	32:07.22	43:03.98	38:46.69	43:01.07	No Time	No Time
50 BACK	40.80	39.39	41.32	40.22	41.16	42.76	46.94	51.62	54.11	1:00.91	1:01.75	1:06.21	1:24.55	2:05.14
100 BACK	1:28.76	1:28.99	1:27.82	1:26.96	1:30.66	1:34.54	1:43.56	1:56.97	2:01.79	2:12.79	2:17.34	2:40.67	3:14.49	4:53.11
200 BACK	3:26.50	3:09.22	3:12.58	3:06.77	3:15.64	3:30.34	3:47.23	4:10.73	4:31.08	4:46.86	4:52.06	5:53.37	8:01.52	No Time
50 BREAST	45.76	45.47	44.50	44.28	45.41	47.60	49.85	55.04	56.92	1:02.91	1:08.69	1:15.02	1:52.17	No Time
100 BREAST	1:42.08	1:39.74	1:38.03	1:37.48	1:40.76	1:44.62	1:50.50	2:02.14	2:05.10	2:19.57	2:35.53	3:00.25	5:39.09	No Time
200 BREAST	3:53.85	3:36.52	3:35.64	3:35.26	3:39.30	3:52.24	4:07.76	4:26.74	4:41.64	5:22.36	5:54.27	6:47.39	7:56.64	No Time
50 FLY	37.24	36.09	35.42	35.82	36.77	38.20	43.87	49.85	55.19	1:04.53	1:10.40	1:24.22	1:49.55	No Time
100 FLY	1:28.03	1:25.20	1:21.06	1:22.03	1:28.13	1:35.73	1:51.57	2:13.16	2:20.22	2:50.64	2:45.62	3:21.86	No Time	No Time
200 FLY	3:38.45	4:00.49	3:40.71	3:34.36	3:44.81	3:59.19	4:29.79	5:00.11	5:09.44	5:58.20	6:14.45	7:25.39	No Time	No Time
200 I.M.	3:07.40	3:01.14	3:04.01	3:03.01	3:10.95	3:22.47	3:42.01	4:16.39	4:26.70	4:50.08	5:27.76	5:59.56	8:21.74	No Time
400 I.M.	7:16.30	7:17.33	6:31.85	6:45.96	6:52.62	7:32.28	8:41.66	9:14.61	9:43.31	12:04.04	11:37.57	17:01.29	No Time	No Time

MEN S QUALIFYING TIMES

	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80-84	Men 85-89
50 FREE	28.71	28.17	28.32	28.49	28.78	29.34	30.38	31.74	33.94	35.27	38.91	41.21	49.37	1:29.83
100 FREE	1:05.09	1:02.68	1:03.05	1:03.41	1:04.86	1:05.97	1:08.11	1:11.25	1:17.25	1:20.70	1:32.98	1:41.68	1:59.09	2:52.93
200 FREE	2:35.95	2:21.85	2:21.97	2:22.54	2:23.07	2:28.40	2:34.04	2:51.45	3:01.21	3:11.94	3:30.95	3:58.96	4:33.34	7:56.69
400 FREE	5:48.27	5:11.20	5:08.90	5:09.58	5:05.77	5:22.36	5:37.55	6:07.57	6:33.83	6:53.43	7:41.93	8:56.99	10:45.43	12:15.03
800 FREE	12:50.12	11:52.70	11:13.75	11:07.67	10:56.68	11:21.01	11:49.14	13:00.23	14:09.13	14:32.04	16:16.33	19:23.64	20:32.19	No Time
1500 FREE	No Time	24:20.31	23:14.04	21:46.38	21:06.87	22:14.80	24:15.68	25:45.58	28:22.10	28:16.13	31:23.60	39:40.34	41:46.78	No Time
50 BACK	36.86	35.01	34.53	34.43	34.93	35.75	38.18	40.67	44.30	45.18	49.58	55.14	1:07.57	1:44.28
100 BACK	1:20.98	1:15.59	1:14.97	1:16.33	1:16.42	1:18.45	1:25.31	1:31.12	1:39.84	1:45.58	1:52.52	2:07.84	2:38.34	4:26.90
200 BACK	3:24.01	2:50.91	2:50.68	2:53.24	2:49.91	2:52.99	3:11.57	3:18.81	3:41.71	3:56.23	4:12.07	4:55.18	5:28.89	8:49.23
50 BREAST	39.28	37.29	36.87	37.09	37.71	38.84	40.40	42.56	45.39	46.53	51.68	58.87	1:09.42	No Time
100 BREAST	1:30.27	1:25.07	1:23.06	1:23.94	1:24.14	1:27.19	1:30.62	1:36.21	1:43.01	1:50.77	1:59.48	2:23.23	5:38.42	No Time
200 BREAST	3:34.62	3:27.41	3:07.27	3:08.22	3:10.31	3:18.34	3:23.53	3:38.46	3:54.93	4:07.70	4:27.65	6:11.90	5:24.58	No Time
50 FLY	32.03	30.48	30.24	30.64	31.23	31.90	33.63	35.08	38.62	41.90	49.19	1:02.40	1:02.43	No Time
100 FLY	1:14.48	1:09.13	1:08.85	1:09.73	1:12.06	1:14.12	1:19.91	1:36.57	1:47.36	1:53.78	2:15.40	3:46.12	2:52.94	No Time
200 FLY	3:14.45	2:50.63	2:49.47	2:54.95	2:56.44	3:05.06	3:40.54	3:59.16	4:32.80	4:47.07	6:27.19	8:34.48	No Time	No Time
200 I.M.	2:56.25	2:42.49	2:41.16	2:43.30	2:47.08	2:53.59	3:02.36	3:15.11	3:34.58	3:51.70	4:12.38	5:23.31	6:25.03	No Time
400 I.M.	No Time	7:01.38	6:12.06	6:07.51	6:05.25	6:21.04	6:44.07	7:34.73	8:09.54	8:57.76	10:02.77	12:31.82	No Time	No Time

Please see the USMS website (www.usms.org) for National Qualifying Time formulas.

MEET INFORMATION

Entry Procedures

Use official entry form or photocopy of entire form. Read all instructions and fill out form completely. Incomplete forms or forms with pending in place of USMS registration number will be rejected. A legible copy of the swimmer's International Travel Permit (foreign swimmers) must accompany entry form. Failure to include the Travel Permit may result in the swimmer being charged a fee before being allowed to compete. USMS swimmers changing club affiliations prior to the meet must send a USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

On-line Entries

On-line entries are encouraged. This method provides immediate confirmation. To enter on-line visit www.usms.org.

National Qualifying Times

Competitors may enter a maximum of three (3) individual events without meeting the National Qualifying Times (NQTs) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQTs in the past two years. The NQTs for all events are listed above. Designate the events in which the NQTs have been met with a T in the designated column. There are no NQTs for the 90 and over age groups.

Entry Times

All entered events must include an entry time. NT entries will be rejected.

Number of Events

If the swimmer qualifies, they may enter up to three individual events per day with a maximum of six events for the meet. Swimmers may enter either the 800 or 1500 freestyle, but not both.

Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run efficiently, every swimmer's sixth event will be dropped. If six events are entered, indicate with the number 6 your least desired event in the designated column. If no indication is given, the last event entered on the entry form will be dropped. No changes of the designated 6th event will be allowed after July 15, 2001. There will be no refunds for dropped events.

Fees

Fees are \$4 per individual event plus \$30 surcharge per swimmer. Fees must accompany the entry form and must be paid in US dollars by check or money order. **DO NOT SEND CASH.** The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in US dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by July 15, 2001. No refunds will be given for events not swum. The \$30 surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to PNA Masters Swimmers.

Relay Events

Relays may be entered at any time until 4:00 pm the day before the relay is scheduled to be swum. After that time, only the swimmers on the relay may be changed. Such changes must not affect the age group of the relay. The relay entry fee is \$12 per relay. Entry forms are available for download at www.usms.org.

Mail Entry and Fees

Postmarked by 7/8/01 or received by 7/15/01
2001 USMS National Championships
PNA Masters Swimmers
P.O. Box 25615

Federal Way, WA 98093-2615

Questions? call Hugh & Jane Moore (253) 925-0803 before 9:00 pm PDT, or send an email to weswim@mindspring.com

Entry Deadline

All U.S. entries must be postmarked with an official US postmark (no business meters) by July 8, 2001 OR received by July 15, 2001. Online entries are encouraged and will be accepted until midnight PDT on July 15. Entries received after this date will be returned. No telephone or email entries will be accepted. Mail entries early. Include a SASE (Self Addressed Stamped Envelope) with entry for proof of receipt. Do not send certified or overnight mail requiring signature. Allow sufficient time for mail delivery. Photocopy completed entry form and personal checks for your records and verification.

Mail entry and fees to:
 2001 USMS National
 Championships
 PNA Masters Swimmers
 P.O. Box 25615
 Federal Way, WA
 98093-2615

**2001 USMS National Long Course Championships
 Official Entry Form**



**Weyerhaeuser King County Aquatic Center
 Federal Way, Washington August 16-19, 2001
 Sanctioned by the Pacific Northwest LMSC for USMS, Inc. - Sanction number 013601**

Name* _____ USMS Reg. # _____
Last First Middle Initial (Foreign entries include Masters registration card)

Address _____
Street City State ZIP Country

E-Mail _____ Day Phone _____ Eve. Phone _____
A/C A/C

Emergency _____ Age _____ Birthdate _____ Sex _____
Name Phone No. (on 12/31/01) (Month/Day/Year) M/F

Club Name or Unattached _____ Club Abbreviation _____
 *Print name as it appears on USMS registration card.

**BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.
 Entries must be U.S. postmarked by July 8, 2001 or received by July 15, 2001**

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:00 - 6:50 a.m.				THURSDAY, AUGUST 16, 2001	Start 7:00 a.m.			
2				800 FREESTYLE**	1			
4				1500 FREESTYLE**	3			
Warm-Up 6:00 - 7:20 a.m.				FRIDAY, AUGUST 17, 2001	Start 7:30 a.m.			
6				50 BACKSTROKE	5			
8				100 BREASTSTROKE	7			
10				200 FREESTYLE	9			
12				100 BUTTERFLY	11			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
16	SEE RELAY FORM			200 FREESTYLE RELAY	15	SEE RELAY FORM		
18				400 INDIVIDUAL MEDLEY	17			
Warm-Up 6:00 - 6:50 a.m.				SATURDAY, AUGUST 18, 2001	Start 7:00 a.m.			
20				400 FREESTYLE (WOMEN)	N/A	MENS 400 SUN.		
22				100 BACKSTROKE	21			
24				50 BREASTSTROKE	23			
26				200 INDIVIDUAL MEDLEY	25			
28				50 FREESTYLE	27			
30				200 BUTTERFLY	29			
31/32	SEE RELAY FORM			200 MIXED FREE RELAY	31/32	SEE RELAY FORM		
Warm-Up 6:00 - 6:50 a.m.				SUNDAY, AUGUST 19, 2001	Start 7:00 a.m.			
N/A	WOMEN S 400 SAT.			400 FREESTYLE (MEN)	33			
36				100 FREESTYLE	35			
38				200 BREASTSTROKE	37			
40				50 BUTTERFLY	39			
42				200 BACKSTROKE	41			
44	SEE RELAY FORM			200 MEDLEY RELAY	43	SEE RELAY FORM		

Entry Checklist

- Entry form filled out completely?
- T and 6 events clearly marked? (T is for NQTs that have been met. Mark 6 only if entering 6 events.)
- Seed times in proper columns?
- No more than three events per day entered?
- Liability release signed and dated?
- Fees payable to PNA Masters Swimmers enclosed?
- International permit attached?
- SASE enclosed? (Indicate purpose on envelope.)
- Entry postmarked by July 8, 2001, or received by July 15, 2001, deadline?

QUESTIONS? Call (253) 925-0803 before 9 p.m. PDT, or e-mail weswim@mindspring.com

**You may enter either the 800 Free or the 1500 Free, not both.
 Check only if you would like to swim two per lane: 800 Free _____ 1500 Free _____

Internet Entries will be accepted starting 4/13/01. Please see www.usms.org for additional information.

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 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.

Signature _____ Date _____

FEES:	
Meet Surcharge (required)	_____ \$30 _____
Number of Individual Events	_____ x \$4 _____
Final Results	_____ x \$15 _____
Individual Results	_____ x \$5 _____
Social	_____ x \$28 _____
Gold Medal Sponsorship	_____ x \$50 _____
TOTAL FEES ENCLOSED	_____

Check or money order payable to **PNA Masters Swimmers**