

2009 U.S. MASTERS SWIMMING NATIONAL LONG COURSE CHAMPIONSHIPS ENTRY FORM

I.U. Natatorium on IUPUI Campus, August 6-10, 2009 >>> Sanctioned by the Indiana LMSC for USMS, Inc. - Sanction number 169-S-06

Last name:* _____ First: _____ MI: _____
 Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____
 E-Mail: _____ Day Phone: _____ Eve.Phone: _____
 Emergency contact: _____ Phone: _____ Age: _____ (on 12/31/09)** D.O.B: _____ Sex: _____
 Club Name or Unattached: _____ USMS or International Reg. #: _____
 * Print name as it appears on USMS registration card. ** 18-year-olds must be 18 on 8/5/09

Before completing, read meet information on previous page. Check-in required for all events 400 meters and longer and MAY BE REQUIRED FOR 100 and 200 METER EVENTS if they are deck seeded. All 50 meter events will be pre-seeded. Onsite check-in for all events 400 meters (and possibly 100 and 200 meters) and longer starts on Wednesday, August 6, 2009 at 3:00 p.m. and ends at 7 a.m. (400 meter and longer) and 9 a.m. (200 meter and shorter) on the day of the event. Check-in for the 1500 Free ends at 7 a.m. and the 800 Free ends at 10:00 a.m. on Monday, August 10, 2009.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Thursday, Aug 6, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
2				400 IM	1			
4				50 Fly	3			
6				200 Backstroke	5			
8				100 Breaststroke	7			
10				200 Freestyle	9			
Friday, Aug 7, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
12				400 Freestyle (women)				
14				200 Butterfly	13			
16				50 Breaststroke	15			
18				100 Backstroke	17			
20				100 Freestyle	19			
Saturday, Aug 8, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
Relays: 800 Free - 21M, 22W; 400 Medley - 23M, 24W; 200 Free - 25M, 26W; Mixed 800 Free - 27/28; Mixed 200 Medley - 29/30; 400 Free - 31M, 32W; Mixed 200 Free - 33/34; Mixed 400 Free - 35/36; 200 Medley - 37M, 38W; Mixed 400 Medley - 39/40. See Relay Entry Form at USMS.org to enter.								
Sunday, Aug 9, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
				400 Free (men)	41			
44				200 Breaststroke	43			
46				50 Freestyle	45			
48				100 Butterfly	47			
50				50 Backstroke	49			
52				200 IM	51			
Monday, Aug 10, 2009				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
54				1500 Freestyle**	53			
56				800 Freestyle**	55			

** You may enter either the 800 or 1500 Free, but not both.

••• MAIL ENTRIES TO:

Long Course Nationals
 U.S. Masters Swimming
 8 Rockwood Lane
 Londonderry, NH 03053

••• ENTRIES MUST BE U.S.
**POSTMARKED BY JUNE 23,
 2009 OR RECEIVED BY
 JULY 3, 2009 AT THE LATEST.**

ENTRY CHECKLIST

- Entry form filled out completely?
 - "Date" and "6" events clearly marked?
 (Date is for NQTs that have been met. Mark "6" only if entering six events.)
 - Seed times in proper columns?
 - No more than three events per day entered?
 - Liability release signed and dated?
 - Fees payable to "USMS" enclosed?
 - International registration card attached?
 - SASE enclosed? (Indicate purpose on envelope.)
 - Entry postmarked by June 23, 2009, or received by July 3, 2009 deadline.
- Questions?** Call 317-430-4854 or 317-253-8289 (before 9 p.m. EDT)



••• FEES:

Meet Surcharge (required for all events)

- If postmarked by June 16 \$40 _____
- If postmarked by June 23 \$50 _____
- Number of Individual Events x \$4 _____
- Final Results x \$15 _____
- Buffet/Baseball Game x \$20 _____
- Gold Medal Partner x \$80 _____

TOTAL FEES ENCLOSED _____

Check or money order payable to **United States Masters Swimming**

Internet entries will be accepted starting May 1, 2009. 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: _____