

TUALATIN HILLS SHORT COURSE METERS MEET
 Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #372
 Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool
 15707 SW Walker Rd.
 Beaverton, Oregon
 25 meters - 10 lanes competition-electronic timing
 Continuous warm-up/down

DATE: Sunday Oct 14, 2012

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet director: Julie Andrade • 503-649-3839 • andradejuliea@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2012 registration card with this form.
ENTRY DEADLINE: POSTMARK NO LATER THAN THURSDAY OCTOBER 4, 2012

FILL IN LOWER PORTION COMPLETELY **RETURN LOWER PORTION** **FILL IN LOWER PORTION COMPLETELY**

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-12) _____ SEX _____
 2012 USMS # _____
 USMS CLUB (OREG, DUCK, PNA, SWMS ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2012. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 800 FREESTYLE WILL BE POSITIVE CHECK-IN AND DECK SEEDED. CHECK-IN OPENS AT 8AM AND CLOSES AT 8:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.**

Sunday October 14, 2012

800 FREE (1) _____ : _____ . _____

BREAK

100 IM (2) _____ : _____ . _____

50 FREE (3) _____ : _____ . _____

200 BREAST (4) _____ : _____ . _____

100 FLY (5) _____ : _____ . _____

BREAK

FREE RELAYS (6-11)

50 BACK (12) _____ : _____ . _____

200 FREE (13) _____ : _____ . _____

100 BREAST (14) _____ : _____ . _____

BREAK

MIXED MEDLEY RELAYS (15-16)

50 FLY (17) _____ : _____ . _____

200 BACK (18) _____ : _____ . _____

100 FREE (19) _____ : _____ . _____

200 IM (20) _____ : _____ . _____

BREAK

MIXED FREE RELAYS (21-23)

50 BREAST (24) _____ : _____ . _____

200 FLY (25) _____ : _____ . _____

100 BACK (26) _____ : _____ . _____

MEDLEY RELAYS (27-30)

"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 & 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 _____

MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
 MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072