**Spokane Waves Aquatic Team Masters organizes the 5th annual**

 sponsored

**Sunday, October 14th, 2012**

**Date/Times**: Sunday, October 14th ,2012. Warm-up starts at 1:00pm, Meet starts at 1:30 pm.

**Sponsor**: Spokane Waves Aquatic Team. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03521014.

**Eligibility**: All swimmers must be currently registered USMS swimmers or foreign equivalent. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Sean Murphy or can be completed online: [www.usms.org/reg](http://www.usms.org/reg). One event USMS registration is also available for $15. Forms will be available at the meet.

**Rules**: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2012 USMS Rulebook about proper stroke and turn rules or see online at [www.usms.org/rules/](http://www.usms.org/rules/). Events will be seeded slow to fast.

**Deadline**: All entries must be postmarked by October 6th, 2012. Incomplete or late entries will be treated as “deck entries”. **All Deck entries must be in before 1:00 PM. Competition starts at 1:30PM**

**Fees**: $20 for entries sent before October 6th , $20 for online entries completed by midnight Pacific Time on Oct. 10, 2012 (online entries are preferred). Online entries are charged to your credit card by “ClubAssistant.com Events.”Online meet registration is available at [www.InlandNWMasters.org](http://www.InlandNWMasters.org). $30 for “deck entries.” Make checks payable to: **SWAT**.

**Conduct of the meet**: Each participant may swim five individual and three relay events.

**Relays**: Submit relay cards to the Clerk of Course by 1:30 PM. Individuals must be signed up with the club they represent to have their relay points count for that club.

**Awards**: First-Third place ribbons will be available free of charge.

**Directions**: Meet is at the Whitworth University pool. Take I-90 east or west to exit 280. Take 395 North. Take a left on West Hawthorne Rd (there is a Shell station on your right.) Stay straight at the traffic lights. Take the second street on your right (College). Follow the road through the curve left, and then the curve right. Take your first left. The parking lot is on your right hand side, the pool is in the far right back.

Postmarked by: October 6, 2012

Mail Entries to: Harm-Jan Steenhuis

12424 N. Perry.

Spokane, WA 99218

Entry fee: $20.00 prior to October 6

$20.00 online by midnight Oct. 10

$30.00 for Deck Entries

Checks payable to: SWAT

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ○ Male ○ Female Birthdate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City, State, Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club/Team \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Enter events using Yard Times ● Maximum of 5 Individual and 3 Relay Events (but only 3 or 4, 10 or 11, and 17 or18)

1) 400 Y Ind. Medley \_\_\_\_\_\_\_\_\_

2) 1000 Y Freestyle \_\_\_\_\_\_\_\_\_

**Second Warm-up at Approx. 2:00 pm**

3) *200 Y Freestyle Relay*

4) *200 Y Mixed Freestyle Relay*

5) 50 Y Butterfly \_\_\_\_\_\_\_\_\_

6) 50 Y Backstroke \_\_\_\_\_\_\_\_\_\_

7) 50 Y Breaststroke \_\_\_\_\_\_\_\_\_

8) 50 Y Freestyle \_\_\_\_\_\_\_\_\_\_

9) 100 Y Ind. Medley \_\_\_\_\_\_\_\_\_

**10 Minute Break**

10) *400 Y Freestyle Relay*

11) *400 Y Mixed Freestyle Relay*

12) 100 Y Butterfly \_\_\_\_\_\_\_\_\_\_

13) 100 Y Backstroke \_\_\_\_\_\_\_\_\_

14) 100 Y Breaststroke \_\_\_\_\_\_\_\_\_\_

15) 100 Y Freestyle \_\_\_\_\_\_\_\_\_

16) 200 Y Ind. Medley \_\_\_\_\_\_\_\_\_

**10 Minute Break**

17) *200 Y Medley relay*

18) *200 Y Mixed Medley relay*

19) 200 Y Butterfly \_\_\_\_\_\_\_\_\_

20) 200 Y Backstroke \_\_\_\_\_\_\_\_\_

21) 200 Y Breaststroke \_\_\_\_\_\_\_\_\_\_

22) 200 Y Freestyle \_\_\_\_\_\_\_\_\_

23) 500 Y Freestyle \_\_\_\_\_\_\_\_\_

RELEASE OF LIABILITY BY PARTICIPANT: 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 of the risks inherent in 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 SWIMMING PROGRAM OR ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC.,, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE 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 Swimming..

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**