**SWIA Masters Short Course Fall Meet 2012**

**Kirn Pool YMCA, Council Bluffs, IA Saturday October 20, 2012**

**Recognition #:**4012008R

**Schedule:** Distance events ( 800, 1500 ) warm-up 9:30 begin 10 AM. All other events : warm-up noon, begin 1 PM.

**Entries**

* You may enter up to 5 individual events, not including relays.
* Paper entries must be received by Tuesday October 16th. Deck entries are accepted but new heats will not be added.
* 800 and 1500 MUST pre-register.
* Entry fee $25 per swimmer.
* Meet Coordinator: Melissa Dean

 112 15th Ave

 Council Bluffs, IA 51503

 Email: mdean@metroymca.org

**USMS Membership**: This meet is open to USMS members and non –members. If a USMS member please include a copy of your current registration card with your entry.

This meet will be governed by USMS rules.

Seeding will be slowest to fastest by gender regardless of age.

Pool address: 100 North Ave,

 Council Bluffs, IA 51503

**Last Lap Party:** 1 hour after the end of the last event. 112 15th Ave., Council Bluffs, IA 51503. Food provided, BYOB. The Hawkeyes play at 7 and should be televised unless they really mess up.

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Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Male/Female ( please circle ) Age as of 10/20\_\_\_\_\_\_\_ DOB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USMS #\_\_\_\_\_\_\_\_

Emergency Contact and phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please send this signed form and check for $25 fee to : Melissa Dean,112 15th Ave, Council Bluffs, IA 51503. Include a copy of your USMS registration. Please make check payable to Kirn Pool YMCA.

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| --- | --- | --- | --- |
| 800 Free |   |  |  |
| 1500 Free |   |  |  |
|  |  |  |  |
| Events in order:  |  |  |
| 200 Free Relay |   | 100 Fly |   |
| 400 IM |   | 100 Free |   |
| 100 Back |   | 200 Fly |   |
| 50 Fly |   | 100 Breast |   |
| 200 Breast |   | 200 Free |   |
| 50 Free |   | 50 Back |   |
| 200 Back |   | 100 IM |   |
| 200 IM |   | 200 Med Relay |   |
| 50 Breast |   | 400 Free |   |

Please enter seed time or NT for each event you would like to enter.

I , the undersigned, herby certified that I am physically fit enough to participate in this competition, and have not been otherwise informed by a physician. I acknowledge I am aware of the risks inherent in Master Swimming competition and I agree to assume all risk. As a condition of my participation I agree to hold harmless all of the following: Kirn Pool YMCA, SWIA Maters, Iowa Master USMS and any and all individuals involved with the operation of this meet. In addition I agree to abide by the rules of USMS.

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_