

12th Annual Mile High Masters Invitational

"Sponsored by Activate Drinks"

Saturday, January 5th, 2013

Meet Information

Sanctioned by USMS

| | | |
|--------------------|---|-------------------------------|
| FACILITY | Heritage High School Pool. 1401 West Geddes Ave. Littleton CO 80120. An 6-Lane, 25-Yard competition pool. Colorado Timing Systems touchpads and 6 line scoreboard will also be used. | |
| TIMES | Saturday, January 5 th , 2013 | 8:00AM Warm-Up - 8:50AM Start |
| AGE GROUPS | 18-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet. | |
| ELIGIBILITY | Only current USMS registered members with a USMS 2013 Registration Card. | |
| ENTRIES | Entry forms accompanied by entry fees and a copy of your USMS card, are DUE by <u>Tuesday, January 1st, 2013 at 5:00PM</u> . Deck entries and late entries will be accepted. Email Matt Beck with issues. Send entries to: Matt Beck / HRA 8801 S. Broadway Highlands Ranch, CO 80126 Contact Information: Phone – (720) 341-6920 E-mail (Preferred) – texbeck25@aol.com Entry Fees: Flat Fee of \$30.00 for up to 5 events Make Checks payable to <u>HRA Masters</u> | |
| RULES | Rules to be enforced per the 2012/2013 USMS Rule Book | |

Events and Event Numbers

| <u>Women</u> | <u>Men</u> | <u>Event</u> |
|--------------|------------|---|
| 1 | 2 | 500 Free* (10-15 Min. break after last heat of event 2) |
| 3 | 4 | 50 Butterfly |
| 5 | 6 | 100 Backstroke |
| 7 | 8 | 200 Breaststroke |
| 9 | 10 | 50 Freestyle |
| 11 | 12 | 100 Butterfly |
| 13 | 14 | 200 Backstroke |
| 15 | 16 | 200 Ind. Medley |
| 17 | 18 | 50 Breaststroke |
| 19 | 20 | 100 Freestyle |
| 21 | 22 | 200 Butterfly |
| 23 | 24 | 50 Backstroke |
| 25 | 26 | 100 Breaststroke |
| 27 | 28 | 200 Freestyle |
| 29 | 30 | 100 Ind. Medley |

***Note:** In the interest of time, men and women may be combined and swim in the same heat in any event. **BREAKS** may also be put into the meet depending on the number of entries. 500 will be swum fast to slow, all other events will be swum slow to fast.

12th Annual Mile High Masters Invitational

Saturday, January 5th, 2013

Entry Form

Last Name _____ First Name _____

MALE or FEMALE (Circle one) USMS Number _____

Birthday _____ Age _____

Team _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

| Event # | Distance | | | | Stroke | Time |
|---------|----------|-----|-----|-----|-------------------------|-------|
| _____ | 50 | 100 | 200 | 500 | Free Back Breast Fly IM | _____ |
| _____ | 50 | 100 | 200 | 500 | Free Back Breast Fly IM | _____ |
| _____ | 50 | 100 | 200 | 500 | Free Back Breast Fly IM | _____ |
| _____ | 50 | 100 | 200 | 500 | Free Back Breast Fly IM | _____ |
| _____ | 50 | 100 | 200 | 500 | Free Back Breast Fly IM | _____ |

Example...

2 50 100 200 500 Free Back Breast Fly IM 5:00.00

Amt. Due (Check made to HR Masters) = \$30.00 **TOTAL for all entries up to 5 events**

"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 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: _____

Send form to : Matt Beck / HRA, 8801 S. Broadway, Highlands Ranch, CO 80126

DUE IN ENTRY COORDINATOR'S HANDS BY Tuesday, January 1st, 2013 5:00PM
PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!

Deck entries and late entries will be accepted. Email Matt Beck with issues.
Texbeck25@aol.com