

Chehalem Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-S001

Eligibility: Currently registered USMS swimmers, 18 years and older.

Unregistered swimmers must submit a 2013 registration form and fee with this form.

Hosted by: Chehalem Swim Team

DATE: Saturday January 26, 2013

Location: Chehalem Aquatic Center
1802 Haworth
Newberg, OR 97132

25 yards ~ 6 lanes competition-electronic timing
separate warm-up/down area

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet Director: Christina Jentges • (503) 554-8050 • jentges@msn.com

Directions to Pool: Take I-5 (North or South) to the Tualatin/Sherwood Exit (289). Turn West onto Nyberg Road, which becomes the Tualatin/Sherwood Road. Proceed through the community of Tualatin until you reach Sherwood (5 miles). In Sherwood, immediately past the Albertson's shopping complex, take a left (South) onto Hwy 99W. Continue on 99W to Newberg. In Newberg, turn Right onto Villa Road (Walgreens will be on your left). Turn right onto Haworth, and the pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT 2013 USMS REGISTRATION CARD WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN WEDNESDAY JANUARY 16, 2013

FILL IN LOWER PORTION COMPLETELY



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2013 USMS # _____

USMS CLUB (OREG, SWMS, DUCK, PNA, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). THE 500 & 1000 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SATURDAY, January 26

400 IM (1) _____ : _____ . _____

50 BREAST (2) _____ : _____ . _____

200 FREE (3) _____ : _____ . _____

100 FLY (4) _____ : _____ . _____

* break*

MIXED FREE RELAYS (5-7)

100 BACK (8) _____ : _____ . _____

200 BREAST (9) _____ : _____ . _____

50 FREE (10) _____ : _____ . _____

200 IM (11) _____ : _____ . _____

* break*

MEDLEY RELAYS (12-15)

500 FREE (16) _____ : _____ . _____

50 FLY (17) _____ : _____ . _____

200 BACK (18) _____ : _____ . _____

100 BREAST (19) _____ : _____ . _____

* break*

FREE RELAYS (20-25)

100 FREE (26) _____ : _____ . _____

200 FLY (27) _____ : _____ . _____

50 BACK (28) _____ : _____ . _____

100 IM (29) _____ : _____ . _____

* break*

MIXED MEDLEY RELAYS (30-31)

1000 FREE (32) _____ : _____ . _____

"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.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072