

26th Annual “Super” Swim Meet

Presented by the Ford Athletic Swim & Triathlon Club



What: 1st Short Course Meters (SCM) meet of the season.
Date: Sunday, February 3, 2013
Location: Brighton High School, 7878 Brighton Rd. Brighton, MI 48116
Entries: \$25 if postmarked by Jan. 30 or \$35 after Jan 30.

All relays will be deck entered. Swimmers may swim a maximum of 4 individual events and 2 relays. Only pre-entries will be accepted for the 1500m and 400m freestyle. Relay cards are due 30 minutes prior to each relay event. You must be entered in the meet to swim on a relay team.

Include a **copy of your current 2013 USMS card with entry**.
Make checks payable to FAST.

FINA rules apply to SCM meets. Your age on 12/31/2013 determines your age group.

Contact: Jenny & Noah Birmelin
Phone: 248.762.3799
E-mail: FASTswimmeet@yahoo.com

Schedule: Session I Check-in and warm up 8:00-8:30 am
1500m starts at 8:30 am and will consist of the first 12 entries received.

Deck registration closes 9:30 am, no exceptions.

Session II Warm up 9:30-10:00; Warm up / cool down area available at all times.

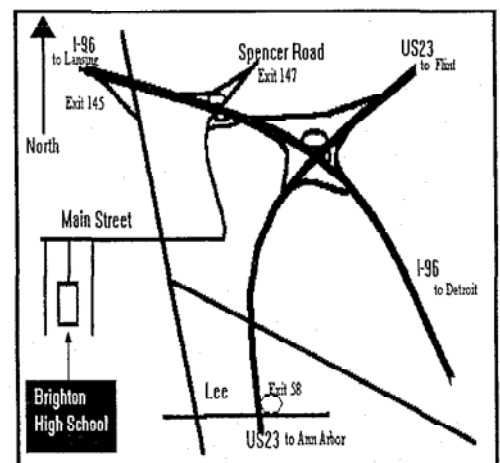
Eligibility: Only current 2013 USMS members will be allowed to compete. USMS registrations will not be offered at the door. See Michigan Masters website (www.michiganmasters.com) for registration information.

Extras:

- Meet snacks will be provided by FAST.
- Tri-Covery Massage & Fitness of Novi will be on deck offering 20 minute massages for a fee.

Directions: Brighton High School is on Sage Street. Sage is off Main Street past 7th, about one mile west of Grand River.

- **From Lansing:** 1-96 south to Grand River (Exit 145); Grand River south to Main Street; turn right onto Main Street.
- **From Ann Arbor:** US-23 north to Lee Road (Exit 58); Lee Road west to Rickett Road; turn right and merge onto Grand River north; Grand River to Main Street; turn left.
- **From Flint:** US-23 south to 1-96 west, then follow Detroit directions below.
- **From Detroit:** 1-96 west to Spencer Road (Exit 147); turn right onto Spencer Road, traveling west, wind around numerous curves and go past Grand River; Spencer Road turns into Main Street.



FAST and Michigan Masters Swimming present the
26th Annual Super Swim Meet
 USMS sanctioned # 193-S004

ATTACH MASTERS CARD

HERE

Name:		
Street Address:		
City/State/Zip:		
Phone:	Date of Birth:	Sex:
USMS#:	Email:	

EVENT #	EVENT	SEED TIME (YARDS/METERS)
Session I	Warm up 8:00 - 8:30 am	*****
1	1500m Freestyle (No deck entries / 1st 12 entries received)	circle (yd / m)
*****	Deck registration closes 9:00 am	*****
Session II	Warm up from 9:30 - 10:00 am	*****
2	200m Breaststroke	circle (yd / m)
3	200m Freestyle	circle (yd / m)
4	100m Backstroke	circle (yd / m)
5	50m Butterfly	circle (yd / m)
6	200m Medley Relay	Relay Deck Entered
7	100m IM	circle (yd / m)
8	100m Breaststroke	circle (yd / m)
9	50m Freestyle	circle (yd / m)
10	200m Butterfly	circle (yd / m)
11	200m IM	circle (yd / m)
12	200m Backstroke	circle (yd / m)
13	100m Freestyle	circle (yd / m)
14	50m Breaststroke	circle (yd / m)
15	100m Butterfly	circle (yd / m)
16	50m Backstroke	circle (yd / m)
17	200m Freestyle Relay	Relay Deck Entered
18	400m Freestyle	circle (yd / m)

ATHLETE'S RELEASE: 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 and competition), including possible permanent disability/death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM / ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS/DAMAGES, INCLUDING ALL CLAIMS FOR LOSS/DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE/PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES / ANY INDIVIDUAL OFFICIATING AT THE MEETS / SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____

Date: _____

Emergency contact (name & phone #) _____

Make Checks Payable to: **FAST**

Mail to: Jenny Birmelin
 22736 Glenmoor Heights
 Farmington Hills, MI 48336

FORD ATHLETIC SWIM & TRIATHLON CLUB

