

Highlands Ranch Masters Short and Sweet Meet Saturday, March 23rd, 2013 Meet Information

Sanctioned by USMS - #

- FACILITY** The recently rebuilt Northridge Recreation Center in Highlands Ranch, Colorado at 8801 S. Broadway. Take C-470 to Broadway, exit South on Broadway and take Broadway South about a half mile to the Rec. Center on the East side of Broadway. An 8-Lane, 25-Yard competition pool with separate diving-well and hot tub for continuous warm-up and cool down. Colorado Timing Systems touchpads and 1 line scoreboard will also be used.
- TIMES** Saturday, March 23rd, 2013 7:30AM Warm-Up - 8:30AM 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 in the hands of the Entry Coordinator by Friday, March 15th, 2013. Late entries will be accepted via email. Deck entries will be accepted as well.
- Send entries to:
Matt Beck / HRA
8801 S. Broadway
Highlands Ranch, CO 80126
- Contact Information:
Phone – (303) 471-8942 E-mail (Preferred) – texbeck25@aol.com
- Entry Fees:
Flat Fee of \$25.00 for up to **5 events**
Make Checks payable to HRA Masters
- RULES** Rules to be enforced per the 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.

Highlands Ranch Masters Short and Sweet Meet Saturday, March 23rd, 2013 Meet Information Entry Form

Last Name _____ First Name _____

MALE or FEMALE (Circle one) USMS Number _____

Birthdate _____ 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 HRA Aquatics) = \$25.00 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**

ENTRIES ARE DUE: Friday, March 15th, 2013.