

INLAND NW MASTERS CHAMPIONSHIPS

Saturday/Sunday, April 6 & 7, 2013 Moscow, Idaho - University of Idaho

DATE/TIMES: Saturday, April 6, 2013 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, April 7 warm-up starts at 8:30 am, meet starts at 9:15 am, event #19 will not begin before 10:15 am.

FACILITY: University of Idaho Swim Center (1040 Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for warm-up/-down. Locker rooms adjacent to pool. Snacks/drinks for swimmers and volunteers provided.

SPONSOR: Moscow Chinooks Masters Swim Team of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #.

ELIGIBILITY: All currently registered Masters swimmers. Entry must include 2013 membership number. Copy of membership card or proof of registration outside USMS is required.

RULES: All current USMS rules will apply. Certified stroke and turn judges will be present. Consult the current USMS Rulebook (www.usms.org/rules) for complete swimming rules. NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

DEADLINES & FEES: \$40 fee by postmark deadline of March 30th. Make payment by check or money order payable to MCM. **Cash will not be accepted.** Online registrations charged to a credit card will be accepted until 11:59pm PDT, Tuesday, April 2nd. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

ONLINE ENTRY:
WWW.INLANDNWMASTERS.ORG

US MAIL: Send paper entries by postmark deadline to:
Paige Buehler, 814 Mabelle St., Moscow, ID 83843

RELAYS: Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/team they represent to have their relay points count for that club/team. Mixed relays = 2 male + 2 female swimmers. * The entries for Women's Relays and Men's Relays will be swum in combined heats.

CONDUCT OF THE MEET: Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events with no more than five events in one day, plus four relay events.

AWARDS: Ribbons for 1st-3rd place will be available.

DIRECTIONS: 1a. From ID Hwy 95 come into Moscow & head west on Sixth St. toward the Univ of Idaho campus. 1b. From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St.

2. Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Additional parking on Rayburn St. Obey all parking signs.

SWIM GREEN: Inland NW Champs strives to be a no waste event. Please use provided recycling/compost bins and reusable containers for food & drink swimmers and spectators may bring.

H.O.S.T. (House Our Swimmers Tonight): Moscow Chinooks are happy to house you (and your family) for the night. Contact the meet director. Nearby hotels are the Idaho Inn, Palouse Inn, Super 8 Moscow and the Best Western University Inn.

QUESTIONS: Contact Meet Director Steve McGeehan at (208) 301-1027 before 9pm PT or email slmcgeehan@gmail.com.

Saturday, April 6

11am warmup, meet starts at Noon

- 400 Y Individual Medley
- 1000 Y Free
- Event 3 will not begin before 1:00 PM
- 200 Y Backstroke
- 50 Y Free
- 100 Y Breaststroke
- 200 Y Mixed Medley Relay
- 400 Y Mixed Medley Relay
- 10 minute BREAK
- 50 Y Butterfly
- 200 Y Free
- 100 Y Backstroke
- 200 Y Individual Medley
- 10 minute BREAK
- 12/13. 200 Y W/M* Free Relay
- 14/15. 400 Y W/M* Free Relay
- 16/17. 800 Y W/M* Free Relay

Sunday, April 7

8:30am warm up, meet start 9:15am

- 1650 Y Free
- Event #19 not to begin before 10:15am
- 200 Y Butterfly
- 50 Y Breaststroke
- 100 Y Free
- 22/23. 200 Y W/M* Medley Relay
- 24/25. 400 Y W/M* Medley Relay
- 10 minute BREAK
- 100 Y Individual Medley
- 100 Y Butterfly
- 50 Y Backstroke
- 200 Y Breaststroke
- 5 minute BREAK
- 200 Y Mixed Free Relay
- 400 Y Mixed Free Relay
- 800 Y Mixed Free Relay
- 500 Y Free

SATURDAY EVENING SOCIAL:

Will be held at 5:30pm in Moscow (exact location TBD). Dinner offering meat and vegetarian choices with sides for \$15 per person. Guests invited. Please include payment with your entry.

The IWMSOC annual membership meeting & awards will follow dinner.

LMSC AWARDS: The Inland NW Masters Swimming Committee recognizes **Most Dedicated and Most Inspirational swimmers and volunteers** each year. Send your nominations to Margaret Hair (margareth20@frontier.com) so we can recognize those who make a difference in and out of the pool.

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Saturday/Sunday, April 6 & 7, 2013

Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc Sanction #

Name _____

Phone () _____ Email address _____

Address _____

City _____ State/Prov _____ Zip _____

Male Female Birth date / / Age USMS or MSC #

Team Name _____ Team Abbrev _____ LMSC _____

USMS Club Name _____ USMS Club Abbrev _____ or UNATTACHED _____

AGE GROUPS (Determined by your age as of 4/6/2013): RELAY AGE GROUPS: 18+, 25+, 35+, 45+,
 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 55+, 65+, 75+, 85+, 95+. The age of the youngest
 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+ relay team member shall determine the age group.

Maximum of 6 Individual Events (up to 5 max in one day)

EVENT #	EVENT NAME	SEED TIME

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 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.

Your Signature

Date

Fees:	Meet Entry Fee	\$ 40
	Social Event Fee \$15 x ppl	\$
	Total Enclosed (no cash)	\$

Postmark Deadline:	Saturday, March 30 th
Check Payable to:	MCM
Mail Entries to:	Paige Buehler 814 Mabelle St. Moscow, ID 83843
Online Entries:	www.inlandnwmasters.org