

# OREGON MASTERS SWIMMING ASSOCIATION SHORT COURSE METERS CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-S004

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit an Oregon 2013 registration form and fee with this form.

Hosted by: Central Oregon Masters Aquatics  
Juniper Swim & Fitness Center  
Bend, Oregon

25 meters  
8 lanes competition-electronic timing  
8 25 meter lanes for continuous warm-up/down area

**DATE: Fri., Sat. & Sun. April 26-28, 2013**

**FRIDAY: WARM-UPS: 4PM • MEET STARTS: 5PM**  
**SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**  
**SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM**

Meet director: Bob Bruce • Phone: 541-317-4851 • E-mail: coachbob@bendbroadband.com

Directions to the pool: From North or South, take Business highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south 2 blocks to pool.

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

**ENTRY DEADLINE: POSTMARK NO LATER THAN APRIL 12, 2013**

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_  
STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_  
E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
2013 USMS # \_\_\_\_\_  
If OMS, LOCAL TEAM (SEE LISTINGS ON 2013 REG. FORM) \_\_\_\_\_  
USMS CLUB (OREG, PSM, HMS, DUCK, ETC) \_\_\_\_\_

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC.  
YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2013. YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 400, 800 & 1500 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN NEXT AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN NEXT AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2013 IN ORDER TO SCORE POINTS.

## Friday, April 26, 2013

**400 IM** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**1500 FREE** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Saturday, April 27, 2013

**100 IM** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

## **FREE RELAYS (7-12)**

**50 BACK** (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE** (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST** (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

## **MIXED MEDLEY RELAYS (16-17)**

**800 FREE** (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Sunday, April 28, 2013

**400 FREE** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**Break- Event 20 will not begin before 10 am**

**50 FLY** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (22) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\* break\*

## **MEDLEY RELAYS (23-26)**

**50 BREAST** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FLY** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (29) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (30) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## **MIXED FREE RELAYS (31-33)**

Please plan  
to attend the OMS Annual Meeting at  
5pm at McMenamins and be a part of this great  
organization.

## **ASSOCIATION/AWARDS BANQUET - McMENAMINS OLD ST. FRANCIS SCHOOL, 700 NW BOND ST., BEND, OR.**

"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, HOSTS 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 \_\_\_\_\_

Association/Awards Banquet • Saturday Evening \$29.00 (all ages) \_\_\_\_\_ each @ \$29.00

AWARDS BANQUET \_\_\_\_\_  
MEET ENTRY FEE **28.00**  
TOTAL ENCLOSED \_\_\_\_\_

**MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.**  
**SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**