



# 2013 USMS 5K Open Water National Championship Individual Entry Form



Saturday, April 27, 2013, at 10:00 A.M. ET  
Miromar Lakes, Florida  
Sanctioned by Florida LMSC for USMS, Inc. Sanction #143-XXXX

Name \_\_\_\_\_ USMS Registration # \_\_\_\_\_  
Address \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Apr. 27, 2013 \_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gender (circle) **M** **F** Club \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_  
T-shirt size (please circle one): small medium large x-large xx-large

**USMS 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 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 NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEE, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in Open Water swimming and agree to assume those risks.

Signature REQUIRED \_\_\_\_\_ Date \_\_\_\_\_

**INDIVIDUAL ENTRY FEE** ..... \$ 65.00

Mail this completed and signed entry/release form, your check payable to **S.F.S.C.I.**, and a copy of your 2013 USMS card to: **USMS 5K Championship**  
**20421 Rookery Drive**  
**Esteros FL 33928**

Information: Gregg Cross (event director) ~ 239-489-3322 ~ [GreggCr@leeschools.net](mailto:GreggCr@leeschools.net)

### Cumulative Relay Team Entry information

A swimmer may enter one same gender relay and one mixed gender relay. Same gender relays consist of 3 swimmers; mixed gender relays consist of 4 swimmers (2 men + 2 women). Relays are cumulative (individual times of swimmers are added together). All relay team members must be registered with the same USMS club. Use the separate Cumulative Relay Entry Form to enter. Cumulative Relay entries must be received by Friday, April 19. Relay swimmer substitutions may be made up to 6:30 pm ET, on Friday, April 26, at the pre-race technical meeting.

### **REQUIRED EMERGENCY INFORMATION** (please print neatly)

Event Day Emergency contact name:  
\_\_\_\_\_  
Event Day Emergency contact phone (include area code):  
\_\_\_\_\_  
Significant medical conditions to be shared with Lee County Rescue/EMT service (i.e. seizures, diabetes, asthma, etc.):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please tape (do not staple) a legible copy of  
  
your 2013 USMS registration card here