

10th Annual SWM Masters

Long Course Masters Invitational

Saturday, June 1st, 2013

Meet Information

Sanctioned by USMS - # 323-R004

FACILITY Lowry Swimming Pool – 6 Lane, 50 Meter Pool. 5 Lanes may be used for competition and 1 lane for continuous warm-up/warm-down.

LOWRY POOL: 775 Akron Way
Building # 695
Denver, CO 80230

TIMES/WARM UP Saturday, June 1st, 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 Any USMS registered member, or any other interested swimmer is eligible. 2013 USMS registration is not required, but if you are USMS registered, a copy of your 2013 USMS card needs to be submitted with your entry form

ENTRIES Entry forms accompanied by entry fees and a copy of your USMS card are DUE in the hands of the Entry Coordinator by Saturday, May 25th, 2013 at 5:00PM. *Late & deck entries are not encouraged but will be accepted via email.*

Send entries to:
Matt Beck / HRA
8801 S. Broadway
Highlands Ranch, CO 80126

Contact Information:
Phone – (303) 974-0154 E-mail (**Preferred**) – texbeck25@aol.com
TEAM WEBSITE: <http://hra.usswim.net/>

Entry Fees:
Flat Fee of \$30.00 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	400 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	
20 MINUTE WARM UP			
29	30	1500 Freestyle	(Estimated start time will be posted on HRA website by Wednesday, June 4)

Note: In the interest of time, men and women may be combined and swim in the same heat in any event.

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Last Name _____ First Name _____
 MALE or FEMALE (Circle one) USMS Number _____
 Birthday _____ Age _____
 Team _____
 Address _____
 City _____ State _____ Zip _____
 E-mail _____ Phone _____

Event #	Distance	Stroke	Time
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	1500	Free	_____

Example...

2 50 100 200 400 Free Back Breast Fly IM 5:00.00

Amt. Due (Check made to HRA Masters) = \$30.00 **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

DUE IN ENTRY COORDINATOR'S HANDS BY Saturday, May 25th, 5:00PM

Late & deck entries are not encouraged but will be accepted via email.

(email Matt Beck at texbeck25@aol.com if there are entry issues)

PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!