RAM Long Course Meters Masters Swim Meet

Saturday July 6th 2013

**Sanctioned by North Texas Masters Swimming for USMS, Inc. Sanction #**

**Location:** Rockwall ISD Aquatic Center; 1205 T.L. Townsend Dr. Rockwall, TX 75087

**Parking:** Free Parking in the lot right outside of the Aquatic Center

**Course:** Indoor 8 lane 50- meter with a 4 lane 25 yard warm down pool.

**Time:** Warm ups begin at 11:00 am and meet will start at 12:00 pm

**Check in/seeding:** check in begins at 11:00 am and will close 30 min prior to the start of each event. The meet will be seeded slowest to fastest, with the exception of the 1500 which will swim fastest to slowest. Men and women will be seeded separately except in the 1500.

**Entries/Entry fees:** Swimmers may swim up to 5 events. $30 per swimmer. Please make checks out to Rockwall ISD. There will be no refunds. Send entries page, copy of USMS registration card, and Release of Liability to

 Mail to : Rockwall ISD Aquatic center

 C/O Tom Applegate

 1205 T.L. Townsend

 Rockwall, Tx 75087

**Deck/Late Entries:** $45 dollars

**Deadline:** Entries will be accepted until 11:59 pm on Tuesday July 2nd

**Meet Director:** Tom Applegate 469-698-7376 or e-mail tom.applegate@rockwallisd.org

**Referee :**

**Rules:** Current USMS long course rules will govern the conduct of the meet

**Eligibility:** Open to all currently registered USMS swimmers, ages 18 and over. Swimmers not currently registered with USMS will be given an opportunity to register with USMS while doing their online entry.

**Awards:** Personal satisfaction for a job well done

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| **Rockwall Aquatic Masters****Summer Long Course Swim Meet****Saturday, July 6 2013****Rockwall ISD Aquatic Center****1205 T.L.Townsend Rockwall, TX 75087** |

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| **Last Name: First Name: Middle Ini:** |
| **Birth Date: Age:** |
| **USMS # Team/Club:** |
| **Address:** |
| **City: State: Zip:** |

Please circle the event number(s) and post your best current time(s) in long course meters. Swimmers may enter up to 5 events.

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|  | **Saturday July 6th 11:00 AM warm up 12:00 PM meet start**  |  |
| **Women** | **Time** | **Event Description** | **Men** | **Time** |
| 1 |  | 400 Free | 2 |  |
| 3 |  | 200 Breast | 4 |  |
| 5 |  | 200 Mixed Free Relay |  |  |
| 7 |  | 100 Back | 8 |  |
| 9 |  | 50 Fly | 10 |  |
| 11 |  | 200 IM | 12 |  |
| 13  |  | 50 Free | 14 |  |
| 15 |  | 200 Back | 16 |  |
| 17 |  | 100 Fly | 18 |  |
| 19 |  | 50 Breast | 20 |  |
| 21 |  | 100 Free | 22 |  |
| 23 |  | 200 Fly | 24 |  |
| 25 |  | 50 Back | 26 |  |
| 27 |  | 100 Breast | 28 |  |
| 29 |  | 200 Free | 30 |  |
| 31 |  | 200 Mixed Medley Relay  |  |  |
| 33 |  | 400 IM  | 34 |  |
| 35 |  | 1500 Free | 36 |  |

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| USMS WAIVER RELEASEAll individual membership application forms and sanctioned entry forms shall includea liability release. The liability release shall be signed by the person registering orentering. The language of the membership release shall be:“I, the undersigned participant, intending to be legally bound, hereby certifythat 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 PARTICIPATIONIN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIESINCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TOCLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FORLOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE ORPASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMINGINC., THE LOCAL MASTERS SWIMMING COMMITTEES, THECLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEESOR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISINGSUCH ACTIVITIES. In addition, I agree to abide by and be governedby the rules of USMS.” |
| **SIGNATURE:** | **DATE:** |
| **PLEASE PRINT NAME:** |
| ENTRY FEE: $30.00 **Deck Entry fee $45.00 up to 30 minutes prior to start of meet****For questions call 469-698-7376 or email Tom at tom.applegate@rockwallisd.org** |