**2013 MOVY Masters RPAC SCM Meet information**

**Saturday December 14th, 2013**

Sanctioned by Missouri Valley LMSC for USMS, Inc. Sanction 283-S0

*Location:* Roeland Park Aquatic Center 4850 Rosewood, Roeland Park, KS 66205

*Directions:* From I-35 exit 232B, take Roe south to 50th Terrace. Take 50th Terrace west to Rosewood. Go right on Rosewood to the pool, the first bubble in the complex.

*Date and time: Ch*eck in/deck entry 9:45 to 10:30. First event begins at 11:00am

*Eligibility:* Applications for USMS membership will be available at check-in, but the preferred method is to register ONLINE at [www.movymasters.com](http://www.movymasters.com) or [www.usms.org](http://www.usms.org) **Non-MOVY swimmers please send a copy of your USMS registration with your entry.**

*Rules:* 2013 USMS rules will govern the conduct of them meet. Events will be deck seeded, slowest to fastest. Entries with no times will be seeded in the slowest heats. Ages and sexes will be mixed. Note your age for this meet is your age on 12-31-2013.

*Limits:* Swimmers are limited to 5 events, not including relays. Please be aware that this could be a fast running meet, and if you choose to enter back-to-back events, your rest could be short. Entries in the 800 and 1500 are limited to the first 6 swimmers.

*Fees:* $25 entry fee; late and deck entries are $35. Make checks payable to **MOVY Masters.**

*Entry Deadline:* Mail in entries should be postmarked by December 7th for the $25 rate. Late and deck entries are $35. Online meet registrations are paid by credit card to **ClubAssistant.com Events.**

*Entries: online at the Club Assistant site listed*

*Entries will close Wednesday December 11th at midnight to allow heat/psych sheets to be posted.*

OR Mail to the **Meet Director:**

Bill Sherman

8405 Cherry

Kansas City, MO 64131

Bsherm81@kc.rr.com

*Hotels:* There are at many hotels within 15 minutes of the pool, when searching Roeland Park, KS

**Entry Form—2013 MOVY RPAC SCM meet**

**Saturday, December 14th, 11:00 am, warm up at 10:00**

 Roeland Park Aquatic Center 4850 Rosewood, Roeland Park, KS 66205

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Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on 12-31-2013\_\_\_\_\_\_ Sex \_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_Birthdate \_\_\_\_\_\_\_\_\_\_

Best telephone contact number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2013 USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Alternate: 2014 USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle event number and enter seed time (or “NT” for no time)

**Event Seed Time Event- Seed Time**

**1. 1500 Free \_\_\_\_\_\_\_\_ 10. 800 Free \_\_\_\_\_\_\_\_**

**2. 100 Free \_\_\_\_\_\_\_\_ 11. 200 IM \_\_\_\_\_\_\_\_**

**3. 200 Fly \_\_\_\_\_\_\_\_ 12. 50 Free \_\_\_\_\_\_\_\_**

**4. 400 IM \_\_\_\_\_\_\_\_ 13. 100 Back \_\_\_\_\_\_\_\_**

**5. 50 Breast \_\_\_\_\_\_\_\_ 14. 100 Fly \_\_\_\_\_\_\_\_**

 **10 minute break 10 minute break**

**6. 200 Back \_\_\_\_\_\_\_\_ 15. 400 Free \_\_\_\_\_\_\_\_**

**7. 50 Fly \_\_\_\_\_\_\_\_ 16. 50 Back \_\_\_\_\_\_\_\_**

**8. 100 IM \_\_\_\_\_\_\_\_ 17. 200 Breast \_\_\_\_\_\_\_\_**

**9. 100 Breast \_\_\_\_\_\_\_\_ 18. 200 Free \_\_\_\_\_\_\_\_**

**19-23. Relays: will be held at the end of the session for those who are interested.**

**RELEASE FROM LIABILITY: 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 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 neglect, active or passive, of the following: United States Masters Swimming, Inc., the Local Masters Swimming committees, the Clubs, Host Facility, meet sponsors, meet committee, 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.**

Date \_\_\_\_\_\_\_\_ Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Enclose:** Your $25 check payable to **MOVY Masters**. Postmark by December 7th to

Bill Sherman 8405 Cherry Kansas City, MO 64131