



Common Ground Masters
"Pre-Super Bowl Swim Meet"
Sunday, January 26, 2014
Short Course Yards (SCY)
USMS Sanction #294-S001



Hosted by: Common Ground Masters and Nebraska Masters Swimming

Location: Common Ground Community Center, 1701 Veterans Drive, Omaha, NE 68022

Date/time: Sunday, January 26, 2014. Meet will run from 8:00 AM to approximately 1:00 PM

Meet schedule: Warm-up #1 – 8:00-8:45 AM, with 1650 & 1000 events starting at 9:00 AM
Warm-up #2 – 10:00-10:45 AM, with all other events starting at 11:00 AM

Sanction: Sanctioned by the Nebraska LMSC for USMS, Inc., sanction number 294-S001.

Meet Director: Sue Nutty, NBRegistrar@usms.org, (402) 393-6348.

Pool: Eight-lane 25 yard pool with backstroke flags and non-turbulent lane markers, Colorado electronic timing system with touch pads and scoreboard, and spectator seating. Six lanes will be used for competition with two lanes available for warm-up/cool-down throughout the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Rules: Current USMS rules apply. All participants must be registered members of U.S. Masters Swimming for 2014. All events are timed finals and will be pre-seeded slowest to fastest with men and women seeded together. Individual competition is in age groups of 18-24, 25-29, 30-34, 35-39, etc. Relay age groups are 18+, 25+, 35+, 45+, etc. The youngest member of the relay determines your age group. All four swimmers must be registered with the same club for relays. A swimmer may swim only one leg of a relay. Relays may be mixed genders. Your age as of January 26th, 2014 determines your age group eligibility.

Event Limit: Swimmers may enter a maximum of five (5) individual events. Swimmers may enter either the 1650 or 1000, but not both. The 1650 and 1000 are limited to the first eight swimmers who sign up in each event. Events may be combined based upon number of entries.

Entry Information and Fees: Meet entry fee is \$25.00. Meet is open to all 2014 USMS-registered swimmers. One-event memberships (USMS registration with insurance coverage for this meet only) will be available for \$15.00 in addition to the \$25.00 entry fee. Deck entries will be accepted on the day of the meet until 8:30 AM for the 1650/1000, and 10:30 AM for all other events, for a fee of \$35.00. Deck entries may be seeded in separate heats. All entries (except day of meet deck entries) must be received by Wednesday, January 22nd. Make checks payable to "City of Omaha." Entry fees are non-refundable. A copy of your 2014 USMS registration card must be included with your entry form. Entry cards for relays must be filled out at the meet and turned in to the meet director by 11:00 AM. Sign up for the meet on-line at: <http://www.nebraskamastersswimming.org/upcoming-events/>, or complete the entry form on the next page and mail it with a check and copy of your 2014 USMS registration card to: *(meet entries will not be processed without a check and signed entry form.)*

Common Ground
Attn: Levin Collins
1701 Veterans Drive
Omaha, NE 68022

ENTRY FORM

Common Ground Masters "Pre-Super Bowl Swim Meet"

Sunday, January 26, 2014, Common Ground Community Center, Omaha

Sanctioned by the Nebraska LMSC for USMS, Inc., sanction number 294-S001

Name: _____ Sex: _____ Age on 1/26/2014: _____ Date of Birth: _____

Address: _____ City/State/Zip _____

E-mail address: _____ Phone # _____

LMSC/Club: _____ USMS # (for 2014) _____

EVENTS (please circle event # and enter seed time or "NT" for no time. Limit of 5 events.)

EVENT #	EVENT (Short Course Yards - SCY)	SEED TIME
1st Warm Up 8:00-8:45 AM		
1	1650 Free (limited to 8 swimmers)	____:____.____
2	1000 Free (limited to 8 swimmers)	____:____.____
2nd Warm Up 10:00-10:45 AM		
3	200 Free	____:____.____
4	100 Fly	____:____.____
5	100 IM	____:____.____
6	50 Back	____:____.____
7	100 Breast	____:____.____
8	50 Free	____:____.____
9	200 Med Relay + 10 Minute BREAK	Sign up at meet
10	50 Fly	____:____.____
11	100 Back	____:____.____
12	50 Breast	____:____.____
13	200 IM	____:____.____
14	100 Free	____:____.____
15	200 Free Relay + 10 Minute BREAK	Sign up at meet
16	200 Fly	____:____.____
17	200 Back	____:____.____
18	200 Breast	____:____.____
19	500 Free	____:____.____
20	400 IM	____:____.____

"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 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 NEBRASKA LOCAL MASTERS SWIMMING COMMITTEE, THE COMMON GROUND MASTERS CLUB, THE COMMON GROUND COMMUNITY CENTER, CITY OF OMAHA, 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." (USMS rule book article 204.1)

Signature: _____ Date: _____