

Lake City Kroc Masters Spring Splash

Entry Form

Friday, March 7 & Saturday, March 8, 2014

DATE/TIMES: Friday, March 7, 2014: Warm-up at 7:00pm. Meet starts at 7:45 pm. Saturday, March 8, 2014: Warm-up at 11:00am, Meet starts at 11:45am.

LOCATION: The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815

ELIGIBILITY: All swimmers must be currently registered with US Masters Swimming or foreign equivalent. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. Include a copy of your registration card if registered outside Inland NW Masters.

RULES: All current USMS rules will apply. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast.

CONDUCT OF THE MEET: Participants are limited to five individual events and three relay events for the Saturday session. Unlimited entries are allowed for the Splash Dash and Splash Relays (no points/records will be given for these races).

CHECK-IN: Positive check-in required for 400 Free, 400 IM & 1500 Free. Deadline is 11:15 a.m. Saturday for 400 Free. Deadline for 400 IM and 1500 Free is 7:15pm Friday.

RELAYS: Submit relay cards to the clerk of course by 12:30 PM or the completion of Event 3 on Saturday, whichever is sooner. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

AWARDS: First-Third place ribbons will be available free of charge.

FEES: \$35 for online entries with breakfast (\$30 without breakfast) completed by midnight (PST) on March 5, 2014 (online entries are preferred). Online entries are charged to your credit card by "ClubAssistant.com/Events." Online meet registration is available at www.InlandNWMasters.org. Paper entries must be postmarked by February 28, 2014. Make checks payable to: The Salvation Army Kroc Center. Cash will not be accepted with entry forms.

SPONSOR: Lake City Kroc Masters (LCM) of the Hydropower Masters Swim Club (HMS). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 354-S002

DIRECTIONS TO THE SALVATION ARMY RAY AND JOAN KROC CENTER COMPETITION POOL: From I-90 take the Northwest Blvd exit (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

QUESTIONS: Contact Glenn Mabile 208-699-6201.

NOTE: Nourishment will not be provided to athletes. Concessions available in the lobby. Please no food on pool deck.

SATURDAY BREAKFAST:

SERVED FROM 8:00 AM TO 10:00 AM

Todd Cory, 2161 E Briarleaf Avenue, Coeur d'Alene, ID 83815
Directions from KROC Center:

1.	Head EAST on W Golf Course Rd toward N Ramsey Rd	0.1 mi
2.	Turn left onto N Ramsey Rd	1.3 mi
3.	Turn right onto W Dalton Ave	2.4 mi
4.	Turn right onto N Mountain Vista Dr	0.2 mi
5.	Turn left onto E Briarleaf Ave	0.1 mi
Destination will be on the left		

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- Paper entries must be postmarked by February 28, 2014.

Checks Payable to: Salvation Army Kroc Center

Postmarked by: February 28, 2014

Mail Entries to: Glenn Mabile
214 S Pine Ct
Post Falls, ID 83854

Lake City Kroc Masters
Spring Splash
Entry Form
Friday, March 7 & Saturday, March 8, 2014

Name _____ ☐ Male ☐ Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____ Email _____

Short Course Meter Times

Maximum of 5 Individual and 3 Relay Entries for Sanctioned Events (Saturday session)

Unlimited Entries are allowed for Unsanctioned Splash Dash/Relay Events

Friday March 7th

Warm-ups begin at 7:00pm

Event 1 starts at 7:45pm

1- 400 M Individual Medley _____	3- 200 M Butterfly _____
2- 1500 M Freestyle _____	

Saturday March 8th

Warm-ups begin at 11:00am

Event 3 starts at 11:45am

Breakfast? ☐ Yes ☐ No

4- 400 M freestyle _____

RELAY CARDS DUE

15 Minute Break

5- 200 M Freestyle Relay _____

6- 200 M Mixed Freestyle Relay _____

7- 200 M Breaststroke _____

8- 100 M Backstroke _____

9- 50 M Butterfly _____

10- 100 M Freestyle _____

11- 50 M Breaststroke _____

10 Minute Break

12- 200 M Medley Relay _____

13- 200 M Mixed Medley Relay _____

14- 200 M Freestyle _____

15- 100 M Butterfly _____

16- 50 M Backstroke _____

17- 100 M Individual Medley _____

10 Minute Break

SPLASH DASH (Unsanctioned)

18- 25 M Butterfly _____

19- 25 M Backstroke _____

20- 25 M Breaststroke _____

21- 25 M Freestyle _____

SPLASH RELAYS (Unsanctioned)

22- 100 M Splash Relay _____

23- 200 M Splash Relay _____

10 Minute Break

24- 200 M Backstroke _____

25- 100 M Breaststroke _____

26- 50 M Freestyle _____

27- 200 M Individual Medley _____

28- 400 M Freestyle Relay _____

29- 400 M Mixed Freestyle Relay _____

DISCLAIMER: The LCM, HMS, IWMSC, USMS are not owned or operated by The Salvation Army. This content and the conduct of its programs are not controlled or supervised by The Salvation Army Ray and Joan Kroc Center.

LIABILITY 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 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 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.

In case of illness or accident, the Salvation Army Kroc Center is authorized to secure emergency medical treatment at my expense. The Salvation Army Kroc Center reserves the right to dismiss any participant who does not show respect for the facility, including but not limited to: property, equipment, policies, other members and staff. Members who are dismissed will not be given a refund of fees paid. The Salvation Army Kroc Center assumes no responsibility for personal property that is either in or out of lockers. By signing this entry form, I hereby waive any and all claims against The Salvation Army Kroc Center. I understand that the use of the facilities and equipment at The Salvation Army Kroc Center may involve risk of bodily injury or property damage and I agree to assume any such risks. I understand that it is up to me to consult physicians and other professionals to make sure that I can safely participate in this swim meet at The Salvation Army Kroc Center. I also understand and agree that by signing this Entry Form, I am giving up my right to make any claim against The Salvation Army Kroc Center, its agents, employees and volunteers, including the right to sue them, for bodily injury or property damage or any other loss that I might suffer while using The Salvation Army Kroc Center facilities and services, except as limited by law.

By signing and submitting this form, I agree to the terms of the "Liability Release."

Your Signature _____

Date _____