HRCA MASTERS SHORT AND SWEET MEET  
March 8, 2014

Sanctioned by COMSA for USMS Inc. Sanction number: 324-S003

When: Saturday. March 8, 2014 Entry Fees: $25 flat fee for up to 5 events  
 Warm Up 8:30am, Meets starts at 9:00am \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Deadline: E-MAIL and DECK ENTRIES ONLY.  
Who: Any 2014 USMS Registered Swimmers All e-mail entries are due by 11:59  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ p.m. on March 6th. All entries after  
Where: Northridge Rec Center that will be deck entries. All fees   
 8801 Broadway I Highlands Ranch CO are due at check in at the meet.  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Seeding: Seeding will be done by gender. Swimmers E-Mail to: <Kimsey.cornelison@hrcaonline.org>  
 will be seeded by time based on entries. All \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 deck entries will be included before seeding Check In: E-mail and deck entries will be  
 is done. Required to provide payment at   
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ check in. Cash or Check will be   
Ages: USMS age groups (18-24, 25-29, …etc.) accepted. NO Credit Cards. All  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ participants must show proof of   
Course: 25 Yard, eight lane pool registration and must sign the USMS Liability Release.

More Info: Kimsey Cornelison 303-471-8942 or [Kimsey.cornelison@hrcaonline.org](mailto:Kimsey.cornelison@hrcaonline.org)

**Swimmer Information** (Please Print Clearly)

**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Birthdate** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Age** \_\_\_\_\_\_\_\_ Male Female **USMS #** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **City/State/Zip** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone #** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **E-Mail** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**COMSA Team/Workout Group** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Circle the event numbers and write down your seed time on the form below. Entries without a seed time will be entered in the first heat according to gender. Women and Men will swim in separate heats.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Women | Men | Event | Seed Time | Women | Men | Event | Seed Time |
| Event #1 | Event#2 | 500 Freestyle |  | Event #15 | Event #16 | 200 IM |  |
| **10 Minute Break** | | | | 17 | 18 | 50 Breaststroke |  |
| 3 | 4 | 50 Butterfly |  | 19 | 20 | 100 Freestyle |  |
| 5 | 6 | 100 Backstroke |  | 21 | 22 | 200 Butterfly |  |
| 7 | 8 | 200 Breaststroke |  | 23 | 24 | 50 Backstroke |  |
| 9 | 10 | 50 Freestyle |  | 25 | 26 | 100 Breaststroke |  |
| 11 | 12 | 100 Butterfly |  | 27 | 28 | 200 Freestyle |  |
| 13 | 14 | 200 Backstroke |  | 29 | 30 | 100 IM |  |
|  |  |  |  |  |  |  |  |

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