



# DUKE CITY AQUATICS

## 3rd Annual Masters Grand Prix Sunday March 30, 2014

**Sanction:** This meet is held under the sanction of USMS and NMMS. Sanction number **XXX-XXXX**.

**Eligibility:** Any swimmer with a valid 2014 USMS registration. One day USMS registrations are available.

**Facility:** West Mesa Aquatic Center, 6705 Fortuna Road NW, Albuquerque, NM 87121. The pool is 8 lanes by 50 meters (configured as 25 yards), equipped with non-turbulent lane lines and Colorado Timing System with an 8 lane scoreboard. Warm-up and cool-down lanes will be available throughout the meet.

**Start Time:** Warm-up opens at **7:00 AM**. Events start at **8:00 AM**.

**Events:** All events are timed finals. Swimmers may enter a total of **5 individual events** plus relays. All events will be pre-seeded, men and women combined, slowest to fastest.

Individual Events	Relays (Time Permitting)
<ol style="list-style-type: none"><li>50 Back</li><li>200 Free</li><li>100 Breast</li><li>50 Free</li><li>100 Fly</li><li>500 Free</li><li>50 Breast</li><li>100 Back</li><li>50 Fly</li><li>100 Free</li><li>100 IM</li><li>200 IM</li></ol>	<ol style="list-style-type: none"><li>200 Anything Goes Relay Each team consists of 4 members. Each swimmer swims 50 yards. Anything goes: zoomers, paddles, wetsuits!</li><li>200 Fly Relay 8 x 25 fly relay. Relay team can consist of anywhere from 1 to 8 participants. Oh yeah!</li><li>200 Mixed Multi-Age Free Relay Teams must include 2 men and 2 women and must have one person in each of the following age ranges: 20-29, 30-39, 40-49, 50+.</li></ol>

**Scoring:** For individual events, scoring is by gender and age-group: M & W 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+. 1st-8th place: 9, 7, 6, 5, 4, 3, 2, 1 points. For relay events, scoring is 1st-8th place: 18, 14, 12, 10, 8, 6, 4, 2 points.

**Awards:** Trophy awarded to the top team. That's the grand prix!

**Entry Fees:** Entry fee is \$30.00. All proceeds, after pool usage fees, to benefit Duke City Aquatics Age Group Swimming and Water Polo (equipment and travel). Additional donations are accepted!

**Registration (two options):**

1. **Online Registration:** Online registration available at [www.newmexicosportsonline.com](http://www.newmexicosportsonline.com).
2. **Mail-In Registration:** Use the entry form below.

All entries must be received by 5:00 PM on Friday March 28, 2014.

**Questions:** contact Janet Lyon-Huffman: [jlyonhuff@msn.com](mailto:jlyonhuff@msn.com)

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**3rd Annual 2013 DCA Masters Grand Prix  
MAIL-IN REGISTRATION FORM**

Name \_\_\_\_\_

Age: \_\_\_\_\_ Gender \_\_\_\_\_ USMS # \_\_\_\_\_ Club \_\_\_\_\_

Event 1 \_\_\_\_\_ Entry Time \_\_\_\_\_

Event 2 \_\_\_\_\_ Entry Time \_\_\_\_\_

Event 3 \_\_\_\_\_ Entry Time \_\_\_\_\_

Event 4 \_\_\_\_\_ Entry Time \_\_\_\_\_

Event 5 \_\_\_\_\_ Entry Time \_\_\_\_\_

Mail To:

Janet Lyon-Huffman  
4412 Rancho Largo NW  
Albuquerque, NM 87120

Entry Fee \$30.00 One day license \$10.00 Additional Donation \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

***Please make checks payable to "Duke City Aquatics"***

***Please include a copy of your USMS Registration card and sign the waiver below.***

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, THE 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_