

# INLAND NW MASTERS CHAMPIONSHIPS

Saturday/Sunday, April 5 & 6, 2014 Moscow - University of Idaho Swim Center

**DATE/TIMES:** Saturday, April 5, 2014 warm-up starts at 11:30am, meet starts at 12:15pm, event #3 will not begin before 1:00pm.

**Sunday**, April 6 warm-up starts at 8:30 am, meet starts at 9:00 am, event #19 will not begin before 10:00 am.

**FACILITY:** University of Idaho Swim Center (1040 Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for warm-up/-down. Locker rooms adjacent to pool. Snacks/drinks for swimmers and volunteers provided.

*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.*

**SPONSOR:** Moscow Chinooks of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #354-S004.

**ELIGIBILITY:** All currently registered Masters swimmers. Entry must include 2014 membership number. Copy of membership card or proof of registration outside USMS is required.

**RULES:** All current USMS rules will apply. Certified stroke and turn judges will be present. Consult the current USMS Rulebook ([www.usms.org/rules](http://www.usms.org/rules)) for complete swimming rules. NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

**DEADLINES & FEES:** \$40 fee by postmark deadline of March 29th. Make payment by check or money order payable to MCM. **Cash will not be accepted.** Online registrations charged to a credit card will be accepted until 11:59pm PDT, Tuesday, April 1st. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

## ONLINE ENTRY:

[WWW.INLANDNWMASTERS.ORG](http://WWW.INLANDNWMASTERS.ORG)

**US MAIL:** Send paper entries by postmark deadline to:  
Paige Buehler, 814 Mabelle St., Moscow, ID 83843

**RELAYS:** Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. \*The entries for Women's Relays and Men's Relays may be swum in combined heats.

**CONDUCT OF THE MEET:** Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events with no more than five events in one day, plus four relay events. Participation in the 1000 and 1650 yd freestyle events will be limited to the first 16 entrants in each.

**AWARDS:** Ribbons for 1<sup>st</sup>-3<sup>rd</sup> place will be available.

## DIRECTIONS:

**1a.** From ID Hwy 95 come into Moscow & head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St.

**2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Additional parking on Rayburn St. Obey all parking signs.

**ACCOMMODATIONS:** H.O.S.T. (House Our Swimmers Tonight): Moscow Chinooks are happy to house you (and your family) for the night. Contact the Meet Director. Nearby hotels are the Idaho Inn, Palouse Inn, Super 8 Moscow and the Best Western University Inn.

**QUESTIONS:** Contact Meet Director Matthew Edde at (360) 624-8557 before 9pm PT or email [mcm@galacticnorth.net](mailto:mcm@galacticnorth.net).

## Saturday, April 5

11am warmup, meet starts at 11:30am

1. 400 Y Individual Medley
2. 1000 Y Free
- Event 3 will not begin before 1:00 PM
3. 200 Y Freestyle
4. 100 Y Breaststroke
5. 50 Y Butterfly
6. 200 Y Mixed Medley Relay
7. 400 Y Mixed Medley Relay
- 10 minute BREAK
8. 200 Y Backstroke
9. 50 Y Freestyle
10. 100 Y Butterfly
11. 200 Y Individual Medley
- 10 minute BREAK

- 12/13. 200 Y W/M\* Free Relay
- 14/15. 400 Y W/M\* Free Relay
- 16/17. 800 Y W/M\* Free Relay

## Sunday, April 6

8:30am warm up, meet start 9:00am

18. 1650 Y Free
- Event #19 not to begin before 10:00am
19. 200 Y Breaststroke
20. 100 Y Freestyle
21. 50 Y Backstroke
- 22/23. 200 Y W/M\* Medley Relay
- 24/25. 400 Y W/M\* Medley Relay
- 10 minute BREAK
26. 100 Y Individual Medley
27. 200 Y Butterfly
28. 100 Y Backstroke
29. 50 Y Breaststroke
- 5 minute BREAK
30. 200 Y Mixed Free Relay
31. 400 Y Mixed Free Relay
32. 800 Y Mixed Free Relay
33. 500 Y Free

## SATURDAY EVENING SOCIAL:

Will be held at 5:30pm at a location to be announced.

Cost for dinner is \$15 per person. The IWMSC annual membership meeting & awards will follow dinner.

**LMSC AWARDS:** The Inland NW Masters Swimming Committee recognizes **Most Dedicated and Most Inspirational swimmers and volunteers** each year. Send your nominations to Margaret Hair ([margareth20@frontier.com](mailto:margareth20@frontier.com)) so we can recognize those who make a difference in and out of the pool.

# INLAND NW MASTERS CHAMPIONSHIPS

Saturday/Sunday, April 5 & 6, 2014

Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc Sanction #354-S004

Name \_\_\_\_\_

Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Email address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov \_\_\_\_\_ Zip \_\_\_\_\_

☐ Male ☐ Female Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ USMS or MSC # \_\_\_\_\_

USMS Club Name \_\_\_\_\_ USMS Club Abbrev \_\_\_\_\_

Team Name \_\_\_\_\_ Team Abbrev \_\_\_\_\_ LMSC \_\_\_\_\_

AGE GROUPS (Determined by your age as of 4/5/2014):

18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+

RELAY AGE GROUPS: 18+, 25+, 35+, 45+,

55+, 65+, 75+, 85+, 95+. The age of the youngest relay team member shall determine the age group.

## Maximum of 6 Individual Events (up to 5 max in one day)

| EVENT # | EVENT NAME | SEED TIME |
|---------|------------|-----------|
|         |            |           |
|         |            |           |
|         |            |           |
|         |            |           |
|         |            |           |
|         |            |           |

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.

Your Signature \_\_\_\_\_ Date \_\_\_\_\_

|              |                                 |                |
|--------------|---------------------------------|----------------|
| <b>Fees:</b> | Meet Entry Fee                  | \$ 40          |
|              | Social Event Fee \$15 x ____ppl | \$ ____        |
|              | <b>Total Enclosed (no cash)</b> | <b>\$ ____</b> |

**Postmark Deadline:** Saturday, March 29<sup>th</sup>  
**Check Payable to:** Moscow Chinooks Masters  
**Mail Entries to:** Paige Buehler  
814 Mabelle St.  
Moscow, ID 83843  
**Online Entries:** [www.inlandnwmasters.org](http://www.inlandnwmasters.org)