HAMMERHEAD

Last Chance Sprint Meet

Saturday, May 31, 2014

Sanction by Florida Gold Coast LMSC for USMS, Inc. sanction #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sponsored by: Hammerhead Aquatics/Gold Coast Masters

Schedule: Warm up will start at8:00 AM and the meet will start at 9:00 AM.

Course: 5 lanes 25 yard, with electronic timing. Two warm-up/down lanes will be available.

Eligibility: All swimmers must be USMS registered, and USMS rules will govern the meet.

Facility: Sunrise Middle School, 1750 NE 14 Street, Fort Lauderdale, FL 33304.

Breaks: Breaks will be taken at the discretion of meet management.

Seeding: All events with be seeded mixed men and women. All results will be categorized by gender and age.

Entry/ Fees: $25.00 fee an entries due by midnight THURSDAY MAY22, 2014. All entries and fees are non refundable. Please make checks payable to Hammerhead Aquatics. Mail completed entry to:

 Hammerhead Aquatics

                                      2716 NE 6th Lane

                                      Wilton Manors, FL 33334

                                      Phone # 954-588-6371

Deck Entry: Deck entries will be accepted for double the entry fee,$50, if a lane is available. Deck entries need to be received within 30 minutes prior to session start.

Entry Limit: Entries are limited to 4 individual events plus relays

Awards: Awards will be given to 1st – 8th place in each event as well as 1st – 3rd in the relay events.

Relays: Entries for relays will be accepted until 8:30 AM day of meet. Relays are $10 per relay.

Results: [www.hammerheadaquatics](http://www.hammerheadaquatics/), [www.swimgold.net](http://www.swimgold.net/) or [www.dixiezone.org](http://www.dixiezone.org/)

HAMMERHEAD LAST CHANCE SPRINT MEET

SATURDAY May31, 2014 warm up 8am meet starts 9am.USMS sanction#504-

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_USMS#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attach copy of 2014 card

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_age as of May 31, 2014\_\_\_\_\_\_\_\_\_\_

Team \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Team Abbreviation\_\_\_\_\_\_

Women event men

1\*\*\*\*\*\*\*\* 800 free relay \*\*\*\*\*\*\*\*\*\*\*2

3\_\_\_\_\_\_\_\_ 100 IM \_\_\_\_\_\_\_4

5\_\_\_\_\_\_\_\_ 50 back \_\_\_\_\_\_\_6

7\_\_\_\_\_\_\_\_ 100 breast \_\_\_\_\_\_\_8

9\_\_\_\_\_\_\_\_ 50 fly \_\_\_\_\_\_\_10

11\*\*\*\*\*\*\*\*\* `` 400 medley relay \*\*\*\*\*\*\*\*\*\*\*12

13\_\_\_\_\_\_\_ 100 back \_\_\_\_\_\_\_14

15\_\_\_\_\_\_\_ 50 free \_\_\_\_\_\_\_16

17\_\_\_\_\_\_\_ 100 fly \_\_\_\_\_\_\_18

19\*\*\*\*\*\*\*\*\* 800 mixed free relay

20\_\_\_\_\_\_\_ 50 breast \_\_\_\_\_\_\_\_21

22\*\*\*\*\*\*\*\*\*\* 400 mixed medley relay

23 \_\_\_\_\_\_\_ 100 free \_\_\_\_\_\_\_\_24

25\*\*\*\*\*\*\*\*\*\*\* 400 free relay \*\*\*\*\*\*\*\*\*\*\*26

27\*\*\*\*\*\*\*\*\*\*\* 400 mixed free relay

Entry fee(required with entry) $25.00 by midnight Thursday May 22,2014:

All entries without A USMS card attached will be voided. MAKE CHECKS PAYABLE TO HAMMERHEAD AQUATICS, MAIL TO : 2716 NE 6TH LANE , WILTON MANORS , FL 33334

THIS RELEASE MUST BE SIGNED

*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. (rule book article 203.1)*

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