

TUALATIN HILLS "SIZZLING SUMMER" LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction # 374-S005

Eligibility: Currently registered USMS swimmers, 18 years and older.

Place: Tualatin Hills Aquatic Center Pool
15707 SW Walker Rd.
Beaverton, Oregon

DATE: Saturday, May 31, 2014

50 meters - 6-8 lanes competition-electronic timing
50 meter races will be 3 button timing
Continuous warm-up/down in 1-2 lanes

WARM-UPS: 8AM
MEET STARTS: 9AM

Meet director: Julie Andrade • 503-649-3839 • andradejuliea@yahoo.com

Directions to the pool: Hwy 26 west to Cornell Road exit. Turn left and cross over the Hwy heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Submit a 2014 registration card or 2014 registration form and fee with this form.

ENTRY DEADLINE: POSTMARK NO LATER THAN TUESDAY MAY 20, 2014



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY



NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-14) _____ SEX _____

2014 USMS # _____

USMS CLUB (OREG, DUCK, PSM, ETC) _____

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC. 31ST, 2014. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS, PLUS UNLIMITED RELAYS. ENTER RELAYS AT THE MEET. 200, 400 AND 800 METER RELAYS WILL BE AVAILABLE WITH THE LONGER RELAYS SWUM AFTER 200 RELAYS OF THE SAME TYPE. THE 400 IM AND 1500 FREESTYLE WILL BE DECK SEEDED. CHECK-IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS ARE TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, May 31, 2014

1500 FREE* (1) _____ : _____ . _____

*** BREAK* (event #2 will not start before 10:30)**

100 BREAST (2) _____ : _____ . _____

200 FREE (3) _____ : _____ . _____

50 FLY (4) _____ : _____ . _____

*** BREAK***

FREE RELAYS (5-10)

100 BACK (11) _____ : _____ . _____

200 BREAST (12) _____ : _____ . _____

50 FREE (13) _____ : _____ . _____

200 IM (14) _____ : _____ . _____

*** BREAK***

MIXED MEDLEY RELAYS (15-16)

100 FLY (17) _____ : _____ . _____

200 BACK (18) _____ : _____ . _____

50 BREAST (19) _____ : _____ . _____

*** BREAK***

MEDLEY RELAYS (20-23)

100 FREE (24) _____ : _____ . _____

200 FLY (25) _____ : _____ . _____

50 BACK (26) _____ : _____ . _____

*** BREAK***

MIXED FREE RELAYS (27-29)

400 IM (30) _____ : _____ . _____

"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."

"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 & 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."

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$20.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072