

3rd Annual Munster Masters Fall Frenzy
Saturday, Nov. 1, 2014
Hosted by Munster Swim Club/Munster Masters
Recognized by GRIN for USMS, Inc. #

Location: Munster HS Aquatic Center
8808 Columbia Ave.
Munster, IN 46321
Ph: 219-902-6734

Facility: 10 Lane, 25 yd. x 25 yd. competition pool. Separate 25 yd. pool for Warm up /cool down
Deck seating for competitors; Elevated spectator seating

Meet Conduct: Current USMS rules will govern the conduct of the meet

Eligibility: The meet is open to anyone 18 and older. Swimmers do not have to be a member of USMS to swim the event.

Age Groups: 18-24; 25-29, 30-34, 35-39, 40-44,

Entry Fee: \$15.00 fee for all mail entries received by October 29, 2014
\$20.00 fee for all deck entries
Entry fee covers ALL entries (NO MORE THAN 5 INDIVIDUAL EVENTS) and one relay

Mail Entry forms and \$15.00 check
to: "Munster Swim Club"

Matt Lee - MMA
Munster Masters Association / Munster Swim Club
242 Briar Ln
Munster, IN 46321

Event Seeding: All events shall be seeded according to the pre-entered seed time of each swimmer, regardless of age or gender. In the event of multiple heats, slower heats shall be swum first. All no-time (NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the competition.

Hospitality: There **WILL BE** Athlete Hospitality at this meet

Order of

Events: **(ALL TIMES are CENTRAL!!!)**

Deck Entry/Warm up: 7:30am - 8:45 am

Heat Sheets: 9:00am

Meet Start: 9:10am

Events:	1 400 I.M.	10 100 Freestyle
	2 50 Freestyle	11 100 Individual Medley
	3 100 Breaststroke	12 200 Butterfly
	4 200 Backstroke	13 100 Backstroke
	5 200 I.M	14 50 Breaststroke
	6 50 Butterfly	15 200 Freestyle
	7 500 Freestyle	16 100 Butterfly
	8 50 Backstroke	17 200 Free Relay
	9 200 Breaststroke	18 1650 (mile) Freestyle

Warm ups: Entry into the pool must be feet first in a cautious manner. Diving shall be permitted only in the designated sprint lanes during the meet warm-up. Instructions given by the meet official must be obeyed at all times

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Name: _____ Gender: _____ Age: _____ DOB: _____

Address: _____

Phone: _____ email: _____

USMS # _____ Team: _____

Circle the events you wish to swim and provide a seed time (write "NT" for no seed time) You may compete in up to 5 events. All relays shall be deck entered/seeded and swam together.

- | | | | |
|---------|------------------|----------|--------------------------|
| 1 _____ | 400 IM | 10 _____ | 100 Freestyle |
| 2 _____ | 50 Freestyle | 11 _____ | 100 I.M. |
| 3 _____ | 100 Breaststroke | 12 _____ | 200 Butterfly |
| 4 _____ | 200 Backstroke | 13 _____ | 100 Backstroke |
| 5 _____ | 200 IM | 14 _____ | 50 Breaststroke |
| 6 _____ | 50 Butterfly | 15 _____ | 200 Freestyle |
| 7 _____ | 500 Freestyle | 16 _____ | 100 Butterfly |
| 8 _____ | 100 Backstroke | 17 _____ | 200 Free Relay |
| 9 _____ | 200 Breaststroke | 18 _____ | 1650 (mile)
freestyle |

Mail entry form and \$15.00 check by October 29, 2014

Made out to "Munster Swim Club"

c/o Matt Lee - MMA
242 Briar Ln
Munster, IN 46321

\$20.00 entry fee for all deck entries on the day of the meet

Make all checks payable to: "Munster Swim Club"

For more information, contact Matt Lee –matthewalee@comcast.net 219-902-6734

RELEASE FROM LIABILITY:

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 HEARBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOS 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: _____