

## 2005 Check-off Challenge

**Federal Way Kings  
Masters Swimmers Present  
3 Missions to challenge  
your swimming abilities:**

**Mission Freestyle – Swim all freestyle events  
Mission Open Water – Add open water events  
Mission Stroke & IM – Add strokes and IM**

Sanctioned by the Pacific Northwest LMSC for USMS,  
Inc. #053612

Visit [www.usms.org/fitness](http://www.usms.org/fitness) for additional entry forms

**MISSION:**  
**IMPOSSIBLE!**

### **What is the Check-off Challenge?**

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete as many swimming events as possible during the 2005 calendar year. It challenges all levels of swimmers. Novice swimmers can swim Mission Freestyle and consider adding Mission Open Water. Experienced competitors can add MISSION IM or even add goal times.

### **Workout Group Involvement**

Federal Way Kings Masters Swimmers challenge all workout groups to aim for 100% participation. For the purpose of this event, a workout group is defined as swimmers practicing under the same coach or at the same pool. There is no cost to enter the event unless a t-shirt is desired. Check-off forms are available to keep track of multiple swimmers. . Order 10 or more t-shirts as a group and get a free t-shirt for your coach. Simply send the 10 entries together and add an extra entry form marked “coach” across the top.

### **Where and when do I accomplish the missions?**

The events may be swum in practice or in meets, in yards or in meters, any time during 2005. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team “Challenge”. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the missions.

### **How do I score the Check-Off challenge?**

“Scoring” is simple – just mark the log sheet or optional t-shirt.

### **When do I receive my T-shirt?**

T-shirts will be mailed in lots based on receipt of order  
Received by December 10, 2004, mailed by December 20  
Received by February 10, 2005, mailed by February 20  
Received by June 10, 2005, mailed by June 20  
Received by September 10, 2005, mailed by September 20th  
T-shirts are short-sleeved, cotton with two color design.

### **Who may enter the Check-off challenge, and how do I enter?**

The event is open to registered Masters swimmers. Enter by filling out the entry form below:

### **Event Director**

Send questions to Hugh Moore  
2102 N. Vassault  
Tacoma, WA 98406

[swimmoore@comcast.net](mailto:swimmoore@comcast.net)

If you use the Check-off challenge, but don't order t-shirts, please send an email identifying how many swimmers participated.

**2005 Check-Off Challenge Entry Form**  
**Hosted by Federal Way Kings Masters Swimmers**

Name \_\_\_\_\_ Club or workout group \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_ Registration # \_\_\_\_\_

T-shirt size	Qty	Price	Total \$
M	___	@\$15	___
L	___	@\$15	___
XL	___	@\$15	___
XXL	___	@\$17	___

Mail this form and your check to:

Holly Bork  
 25107 62<sup>nd</sup> AVE S #J-201  
 Kent, WA 98032

Make checks payable to **"Federal Way Masters"**

**Liability release**

WAIVER: 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.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_



