

The Noblesville Adult Swim Team, Inc. (NASTI) invites you to go
FROM BLOCK TO WALL ... SWIM THEM ALL!
the 2008 USMS Check-off Challenge

Sanctioned by the Greater Indiana (GRIN) LMSC for USMS, Inc. # 168 S 05

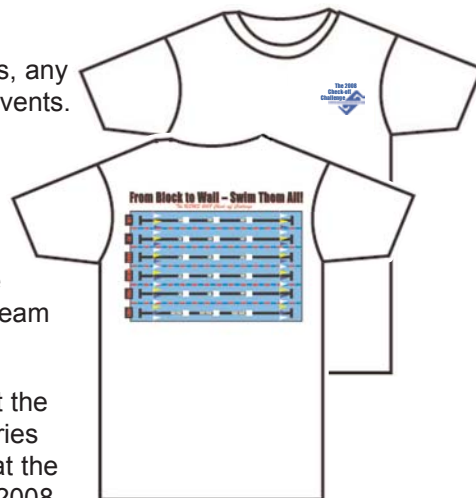
The 2008 Check-off Challenge is a postal event designed to motivate swimmers to complete as many of the 18 "pool" events as possible during the 2008 calendar year. It is challenging for all levels of swimmers. Novice swimmers can swim events that they never have before. Experienced swimmers can try for their personal best times in as many events as practical.

The events may be swum in practice or in meets, in yards or in meters, any time during 2008. The challenge is to complete all events or try new events.

Scoring is simple: just complete your swim and check off the event on the back of your T-shirt!

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 events.

The event is open to registered Masters swimmers. Enter by filling out the entry form below. Shirts will be mailed at the end of December for entries received by December 15, 2007, so that swimmers will receive them at the beginning of the new year. A second mailing will occur in mid-March, 2008, for entries received by February 28, 2008. Additional mailings may occur as needed. Custom-designed T-shirts are short-sleeved, white cotton. The USMS logo and "The 2008 Check-off Challenge" are in one-color on the front; shirts are printed with full-color check-off design on the back.



PLEASE PRINT CLEARLY:

NAME _____ SEX ____ AGE 1/1/08 ____ BIRTH DATE ____/____/____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE (____) _____-_____ EMAIL _____

TEAM OR CLUB _____ USMS# _____

T-shirt Qty: ____S ____M ____L ____XL @ \$15 ea. = \$ _____

____XXL @ \$18 ea. = \$ _____

TOTAL = \$ _____

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, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Please visit www.usms.org/fitness for additional entry forms, and feel free to distribute copies.

Mail this form and your check payable to "Noblesville Adult Swim Team" to:
 Raena A. Latina – Attn: "Checkoff Challenge"
 8001 Dowitch Lane #E, Indianapolis, IN 46260

Questions? Call Raena at 317-876-3253 or email raenalex@hotmail.com