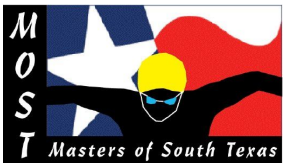
	<b>The 2014 USMS Check-Off Challenge</b> <i>Sanctioned by the South Texas LMSC for USMS, Inc.</i> <i>Sanction #434-S001</i>	
	<b>GET WET and BUBBLE IN YOUR ACHIEVEMENTS!</b>	

The 2014 Check-Off Challenge, hosted this year by Masters of South Texas, is designed to motivate swimmers by encouraging them to swim 18 events in a pool and an open water swim during the calendar year. Whether swimming an event for the first time or striving to achieve a personal best, this is a fun challenge for swimmers of all ability levels. The events may be swum in practice or in meets, in yards or meters, at any time during 2014. Coaches can use the Check-Off Challenge to motivate their clubs to attend meets or inspire individual swimmers to try new events. The event is open to all registered USMS members. The cost is \$20–\$24, depending on T-shirt size, and includes shipping.

**Scoring:** Throughout the year, mark each event you've swum the back of your event T-shirt (see pattern below). It's on the honor system!

**Entries and shirt mailings:** Enter by filling out and mailing in this entry form.

- Shirts for entries received by March 1, 2014 will be mailed in April 1, 2014
- Shirts for entries received by June 1, 2014 will be mailed by July 1, 2014
- Shirts for entries received after June 1, 2014 will be mailed within 60 days

**Deadline:** Entries must be received by November 1, 2014.

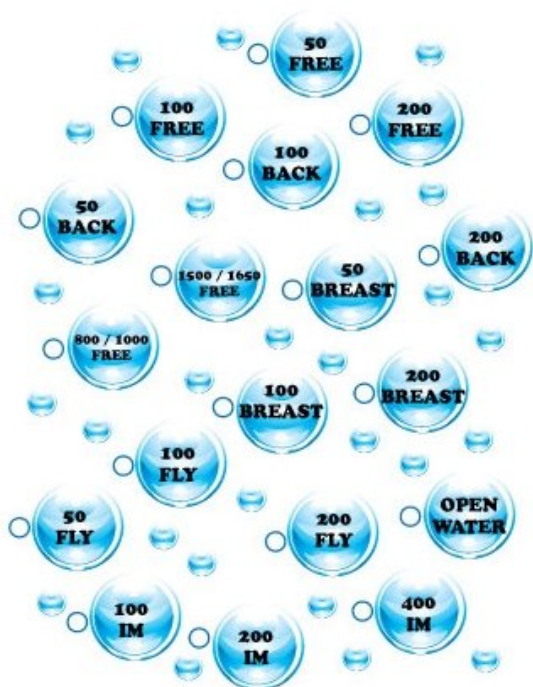
**Event Director:** Susan Ingraham, Aquatex101@aol.com, 210-859-2859

*The coaches of clubs with 10 or more entries receive a complimentary shirt. Sign your club up today!*

For more information, visit: [usms.org/fitness/content/checkoff](http://usms.org/fitness/content/checkoff)

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Name \_\_\_\_\_ Age on 1/1/14 \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_ USMS# \_\_\_\_\_ USMS Club \_\_\_\_\_  
 T-Shirt Quantity: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL @(\$20) \_\_\_ XXL @\$24 Total \$ \_\_\_\_\_  
 Ship to (if different than above): \_\_\_\_\_



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: \_\_\_\_\_

Mail this form and your check for the T-shirts specified above to:

AQUATEX/Attention: Check-Off Challenge  
 302 Happy Trail  
 San Antonio, Texas 78231