

1650 Freestyle
400 Individual Medley
200 Butterfly



BRUTE SQUAD



DATES: November 1-December 31, 2007.

EVENT: Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly at one workout.

SPONSOR: Washington State University Masters Swimming. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3571231P.

LOCATION: Fitness/participation division, any pool (Meter swimmers should swim the 1500 Freestyle). Competitive division, your local short course yards pool. Conversion from meters will not be allowed.

RESULTS: Will be sent as a pdf to all swimmers as well as posted at www.WSUMastersSwimming.org/BruteSquad by January 25. Results will be available by mail if indicated on entry form.

WHO: Any 2007 or 2008 USMS registered swimmer. Swimmers can select from a fitness/participation division or a competitive division.

Fitness/Participation Division

RULES: Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly all in one day. **Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day.** • All swimmers must be USMS registered for 2007 or 2008, and include a copy of their USMS registration with their entry.

SCORING: All swimmers will receive a minimum of one point for participating in the event. This point will count toward the club participation award.

AWARDS: Satisfaction of a job well done—not every one can swim these three events! • Points will be tallied for a club participation award. The club with the most swimmers completing the three swims win the club participation award.

Competitive Division

RULES: Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly all in one day. **Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day.** • 2006 USMS rules will govern these events. • Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. • No more than two swimmers may share a lane, with each swimming on one side of the lane during the entire race (i.e., no circle swimming). • Swimmers are on their honor to swim each event as indicated in the USMS Rule Book—no one armed Butterfly. • Each swimmer must have a counter/timer to record cumulative splits for each events. Split sheets (see reverse side) must be kept for each swimmer and included with the entry. Splits need to be recorded to the nearest second and tenth for each 50. • Swimmers who change age groups during the meet may enter twice (paying twice), and must swim twice (once in each age group). • All swimmers must be USMS registered for 2007 or

2008, and include a copy of their USMS registration with their entry form.

SCORING: Swimmers will be competing in USMS age groups for short course yards (18-24, 25-29, etc). • The combined time (the sum of the times for each of the three events) will determine placing. • Points will be given for first through fourth place in each age group, with points going towards club scoring. Clubs will compete in Women's, Men's and the Mixed categories. • All swimmers will receive a minimum of one point for participating in the event.

AWARDS: First through Fourth place ribbons will be mailed to swimmers who have earned the recognition. First through third place clubs will receive certificates.

HOODED SWEATSHIRTS will be available for purchase for both fitness and competitive participants. Details of the shirt design will be available online starting November 1 (www.WSUMastersSwimming.org/BruteSquad).

Postmarked by:	January 5, 2007 to be received no later than January 11
Mail to:	Doug Garcia 1505 NW Kenny Dr Pullman, WA 99163
Entry Fees:	\$10.00 Competitive entry \$35.00 Competitive entry and sweatshirt \$5.00 Fitness entry \$30.00 Fitness entry and sweatshirt \$27.00 Shirt only
Checks payable to:	WSU Masters Swimming
Questions:	Contact Doug Garcia 509-332-1621 (before 9 pm PST) douggarcia@usms.org WSUMastersSwimming/BruteSquad

Swimmer Information (PLEASE PRINT CLEARLY)

Name _____ Male Female

Please do not send me awards should I be eligible Please send me a printed copy of the results via the mail

Birth date _____ Age _____ Date of swim _____

Address _____ City, State, Zip _____

Phone number _____ Email address _____

USMS # _____ USMS Club (on your USMS Card) _____

Fitness/Participation Division Competitive Division Three event total time _____

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.

Swimmers Signature _____ Date _____

Payment Information

Entry

Competitive Entry \$10.00 Competitive Entry and Sweatshirt \$35.00 Fitness Entry \$5.00 Fitness Entry and Sweatshirt \$30.00

Sweatshirt

Circle sweatshirt size S M L XL XXL Sweatshirt Only \$27.00 _____

Total Amount Enclosed _____

Checks payable to: WSU Masters Swimming.
 All entries to be postmarked no later than January 5, to be recieved no later than January 11.
Mail to: Doug Garcia, 1505 NW Kenny Drive, Pullman WA 99163

Counter/Timer Information (PLEASE PRINT CLEARLY)

Name _____	Signature _____			
Phone Number _____	Email address _____			
1650 Freestyle	500 _____	1000 _____	1500 _____	400 Individual Medley
50 _____	550 _____	1050 _____	1550 _____	50 Fly _____
100 _____	600 _____	1100 _____	1600 _____	100 Fly _____
150 _____	650 _____	1150 _____	1650 _____	150 Back _____
200 _____	700 _____	1200 _____		200 Back _____
250 _____	750 _____	1250 _____	200 Butterfly	250 Breast _____
300 _____	800 _____	1300 _____	50 _____	300 Breast _____
350 _____	850 _____	1350 _____	100 _____	350 Free _____
400 _____	900 _____	1400 _____	150 _____	400 Free _____
450 _____	950 _____	1450 _____	200 _____	