

PNA Local Masters Swimming Committee  
**6<sup>th</sup> Annual BAMFEST SCY Swim Meet- Sanction # 0367-07**  
 Hosted by Bainbridge Area Masters (BAM)

| ORDER OF EVENTS<br>Modified "High School"<br>Format |                            |
|---|----------------------------|
| #   | EVENT                      |
| 1 & 2   | 200 MEDLEY<br>RELAY W/M    |
| 3   | 200 FREE                   |
| 4   | 50 BACK                    |
| 5   | 200 IM                     |
| 6   | 50 FREE                    |
| 15 minute Break                                     |                            |
| 7   | 100 FLY                    |
| 8   | 50 BREAST                  |
| 9   | 100 FREE                   |
| 10  | 500 FREE                   |
| 11  | 100 IM                     |
| 12 & 13   | 200 FREE<br>RELAY W/M      |
| 14  | 100 BACK                   |
| 15  | 50 FLY                     |
| 16  | 100 BREAST                 |
| 17  | 200 Mixed<br>Fantasy Relay |

**DATE & TIME:** Saturday, October 27, 2007  
 Warm-up: 9:00 AM Meet starts: 10:00 AM  
 Check-in with Clerk of Course upon arrival and  
**positive check-in required for the 500FR** prior to  
 the break.

**LOCATION:** Bainbridge Island Aquatic Center:  
 High School Rd. & Madison Ave, @ the East  
**campus entrance**, Bainbridge Island WA; pool  
 phone: 206-842-2302. 25-yard course with six  
 lanes used for competition and two lanes for  
 continuous warm-up and cool down in a separate  
 pool. The hot tub will be available during the  
 meet for competitors only. Electronic timing will  
 be used.

**DIRECTIONS:**  
*From Seattle:* Take the 7:55 AM ferry to Bainbridge  
 Island. Proceed on SR305 exactly one mile to NE High  
 School Road. Turn left (west) on High School Rd. Turn  
 right (north) at traffic circle onto Madison Ave. Take  
 first left for driveway entrance to pool.  
*From West sound:* Take SR305 to Madison Ave. N and  
 turn right (south). Proceed 0.6 miles to the pool.

**ELIGIBILITY:** Open to all 2006 USMS registered  
 swimmers age 18 and above on 10/27/07. Age  
 groups determined by the swimmer's age on  
 10/27/07.

**RULES:** Current USMS rules will govern meet.

**AGE GROUPS** (individual events): 18-24, 25-29,  
 and 5-year age groups as high as necessary.

**RELAYS:** Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year  
 increments as high as necessary. Age of the youngest relay swimmer determines the  
 age group of the relay. Fantasy relay instructions will be announced at the meet.  
 (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls,  
 sculling, flower caps, and/or other exciting and goofy challenges).

**SEEDING:** Slow to fast. Check-in with the clerk of course.

**MEET DIRECTOR:** Tara Simsak [TaraSimsak@aol.com](mailto:TaraSimsak@aol.com), 206-780-3687; 206-550-2969

**WEBSITE:** For more information, visit the PNA website ([www.swimpna.org](http://www.swimpna.org)), or  
 BAM website [www.bainbridgeaquaticmasters.org](http://www.bainbridgeaquaticmasters.org)

**SAFETY FIRST**

**No diving during warm-up/warm-down except into designated sprint lanes.**

**MEET ENTRY FORM: October 27, 2007 6<sup>th</sup> Annual BAMFEST**  
 Hosted by Bainbridge Area Masters (BAM) - Sanction # 0367-07

NAME: \_\_\_\_\_ M F AGE (on10/27/07) \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_

E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS# \_\_\_\_\_ Team or Unattached \_\_\_\_\_  
 Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

| EVENT # | EVENT NAME | SEED TIME (Short Course Yards) |
|---------|------------|--------------------------------|
|         |            |                                |
|         |            |                                |
|         |            |                                |
|         |            |                                |
|         |            |                                |

ENTRY FEES: \$ 13.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ \_\_\_\_\_ \$1.00 per event. No charge for relays.  
 Optional for age 65 and over, or if needs based.

TOTAL \$ \_\_\_\_\_ Please make checks payable to: **BAM**

Mail this entry form and fees to: **BAM**  
 PO Box 10848  
 Bainbridge Island, WA 98110

**Entries must be postmarked by Oct. 16 or received by Oct. 20, 2007.**

Late entries will not be accepted.

**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.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_