

SANCTIONED BY PNA FOR USMS INC. SANCTION#360-001

SHORT COURSE YARDS MEET: January 10, 2010

Hosted by Thunderbird Aquatic Club & Masters and
Anacortes High School Swim Team

EVENTS (ORDER #2)	
#	Event
Sunday, Jan. 10	
1	500 Free
break	
2	200 Free Relay
3	100 Back
4	200 Free
5	50 Fly
6	200 Breast
7	100 IM
break	
8	200 Mixed Free Relay
9	200 Back
10	50 Free
11	100 Fly
12	50 Breast
break	
13	200 Medley Relay
14	50 Back
15	100 Free
16	200 Fly
17	100 Breast
18	200 IM
break	
19	200 Mixed Medley Relay
20	400 IM

DATE: Sunday, January 10, 2010

TIME: Warm-up: **9:00 AM**;
Meet starts **10:00 AM**

PLACE: Fidalgo Pool, Anacortes, WA
1603 22nd
Anacortes, WA

Phone: 360-293-0673 ext. 14

MEET DIRECTOR: Myke Lund
h2obug101@yahoo.com

FACILITY: Six-lane 25 yard pool
Warm-up: 42 ft. by 23 ft.
Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2010 registered swimmers, 18 and above as of *January 10, 2010*.

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

Positive check in required for 500 free by 9:30 and for the 400 IM by the end of event 13.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22nd street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left.

M o t e l s :

The Marina Inn 3300 Commercial 360-293-1100

Anaco Bay Inn 916 33rd (kitchens) 360-299-3320

Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

EMERGENCY CONTACT _____
PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
MEET ENTRY FORM: January 10, 2010 **Meet Sanction #360-001**
Hosted by TAC/TACM/AHS Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of JANUARY 10, 2010):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based)
(No charge for relays)

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: **TAC**

Mail this entry form and fees to: January Masters Meet
C/O Myke Lund
1603 22nd
Anacortes, WA 98221

Questions? Myke Lund h2obug101@yahoo.com

Please send entries postmarked no later than **Saturday, January 2nd**

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: _____