

OLYMPIA MEET
SHORT COURSE YARDS MEET HOSTED BY THE BRIGGS MASTERS SWIM TEAM
Sanctioned by the Pacific Northwest Association of Masters Swimmers (PNA) for USMS,
Inc. Sanction #360-02

EVENTS (ORDER #4)	
#	Event
Saturday, February 6	
1	400 IM
2	1650 Free
Warm-up	
3	200 Free relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
8	100 IM
Break	
9	200 Mixed Free Relay
10	100 Breast
11	50 Fly
12	100 Free
13	200 Back
Break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
Break	
20	200 Mixed Medley Relay

DATE: Saturday, February 6, 2010

TIME: Warm-up: 8:30 AM; Meet starts 9:00 AM

A 30 minute warmup will be held after the 1650 free. Earliest starting time for remainder of the meet is 10:30 AM.

LOCATION: Briggs YMCA 1530 Yelm Hwy SE Olympia WA 98501. Phone: (360) 753- 6576

MEET DIRECTOR: Mel Smith
melcomplynow@msn.com (360) 970-9466

FACILITY: Six-lane 25-yard competition pool; separate warm- up pool next to the main pool.

Water temperature; 81.5 degrees F

CONCESSIONS: Available throughout the meet.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2010 registered swimmers, 18 and above as of *February 6, 2010*

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

AWARDS: Available for purchase at the Meet

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.

CHECK IN: Positive check-in required for the 400 IM and 1650 Free. Deadline for both is 8:45 AM. Meet Director reserves right to limit # of entries on 1650.

DIRECTIONS: From the North-- take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland on-ramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2

miles). The Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd. Turn left and down a long hill; back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner. **Website:** Formoreinformation, visit the PNA website (www.swimpna.org)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

OLYMPIA MEET

Short Course Yards Meet February 6, 2010 Hosted by Briggs Masters Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ - _____ LMSC _____ (PNA, Oregon, etc.)

Include a copy of your current Masters Registration card if you are not a PNA member

TEAM _____ or UNATTACHED _____

AGE GROUP (determined by your age as of February 6, 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 plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 14.50 (includes LMSC & electronic timing fees)

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

Total: \$ _____ [from \$14.50 (relays only) to \$19.50 (five events)]

Please make checks payable to: Aquatics Department, Briggs YMCA

Mail this entry form and fees to: Mel Smith, Masters Coach - c/o Aquatics Department
 1530 Yelm Highway SE
 Olympia, WA 98501

*****Please send entries postmarked no later than January 28, 2010**

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: _____