SANCTIONED BY PNA FOR USMS INC. SANCTION#360-05

SHORT COURSE Yards MEET: February 21, 2010

Hosted by the Lake Washington Masters

EVENTS (ORDER #1)	
#	Event
Sunday, February 21	
1	400 IM
2	200 Free Relay
3	50 Free
4	100 Breast
5	200 Back
6	50 Fly
7	200 IM
break	
8	200 Mixed Free Relay
9	100 Free
10	200 Breast
11	50 Back
12	100 Fly
13	200 Medley Relay
break	
14	200 Free
15	50 Breast
16	100 Back
17	200 Fly
18	100 IM
19	200 Mixed Medley Relay
break	
20	500 Free

DATE: **Sunday, February 21, 2010**

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

PLACE: Juanita Aquatics Center
10601 NE 132nd St
Juanita High School Drive
Kirkland, WA 98034
Phone: 425-823-7627

MEET DIRECTOR: **Becca Watson 602-363-0746**
beccawatson@msn.com

FACILITY: six-lane 25 yard pool
Warm-up: separate warm up area.
Water temperature: ~ 81 degrees F

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2010 registered swimmers, 18 and above as of *February 21, 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* with proper age group.

CHECK-IN. Positive check-in required for 400 IM & 500 free; Deadline for 400 is 8:40 am. Deadline for 500 is 11AM. Swimmers who do not check in by the deadline may be scratched from the event.

DIRECTIONS: From I-405 take the NE 124th St exit and head W. Turn R at 116th Ave NE. Turn L on NE 132nd St. Turn L on Juanita HS Dr. Pool is located next to the W parking lot.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: February 21, 2010 Meet Sanction #360-05

Hosted by the Lake Washington Masters

NAME: _____ M F AGE: _____

ADDRESS: _____

_____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

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

AGE GROUP (determined by your age as of February 21, 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: _____($2each; no charge for relays or if 65 and up; or if needs based);

Total: $_____ [from $13.00 (relays only) to $23.00 (five events)]

Please make checks payable to: JUANITA AQUATICS CENTER 425-823-7627 (w)

Mail this entry form and fees to: **Becca Watson**
C/O Lake Washington Masters
PO Box 2863
Kirkland, WA 98034
Questions? Email beccawatson@msn.com

Please send entries postmarked no later than **Wednesday, February 11th**

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: _____