



ORCA 2010 SWIM MEET

SHORT COURSE YARDS MEET. Sponsored by the Orca Swim Team Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #360-04

DATE: Saturday, March 13th, 2010
TIMES: Check-in & 1st Warm-up: 10:00a.m. Meet: 11:00a.m.
PLACE: HELENE MADISON POOL
CONTACTS: Mark Handel (handel@gmail.com)
DEADLINE: Postmark by Monday, March 01, 2010.

FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area.

RULES: Current USMS Rules will govern the meet. NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: Open to all year 2010 USMS registered swimmers 18 and above as of 3/13/2010.

DIRECTIONS (located approximately 15 minute drive from downtown Seattle)

From areas north of city limits of Seattle: Take I-5 Southbound, take N/NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

Table with 2 columns of event numbers and descriptions. Events include 400 IM, 500 Free, 200 Women's/Men's* Free Relay, 50 Breast, 100 Fly, 200 Free, 50 Back, 100 IM, 200 Mixed Free Relay, 100 Breast, 50 fly, 100 Free, 200 Back, 200 Women's/Men's* Medley Relay, 200 Breast, 200 Fly, 50 Free, 100 Back, 200 IM, 200 Mixed Medley Relay.

Note: Relays entries done on day of meet and deck-seeded.

* - The entries for Men's Relays and Women's Relays will be swum in combined heats.

For more info on social events for the meet see: http://www.orcaswimteam.org/

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in fitness and community-building.

for USMS, Inc. Sanction # 360-04

Name: _____ Circle if your first Master's Meet: Y

Phone:(_____) _____ E-mail Address: _____

Street Address: _____

City: _____ State/Province: _____ Zip/Postal Cd: _____

M or F Age:____ Birthdate:____/____/____ USMS# _____

Team Abbrev: _____ Team Name: _____ LMSC: _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/13/2010):

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+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

Table with 3 columns: EVENT NUMBER, EVENT NAME, SEED TIME (Short Course Yards)

ENTRY FEE: \$21 (paper) or \$18 (on line)(includes PNA & electronic timing surcharge)

Individual Events: _____ (\$1 each; no charge for relays, 65 and up or needs based)

Total: _____

!!! Please enter on line at: http://www.orcaswimteam.org !!!

Or Mail completed and signed Entry, Check, & copy of USMS card to: Orca Swim Meet c/o Orca Swim Team, PMB 869 - 1122 E Pike St., Seattle, WA 98122.

Please make checks payable to Orca Swim Team. Amount Enclosed: _____

Non-PNA entrants must make a copy of your Year 2010 Masters registration card and mail it in with this entry form. Online registrants must present card at check-in.

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.

SIGNED: _____ DATE: _____

Emergency Contact _____

Phone Number _____

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