

SANCTIONED BY PNA FOR USMS INC. SANCTION#360-09
SECOND ANNUAL WHIDBEY ISLAND SCM MEET
 HOSTED BY THE NORTH WHIDBEY MASTERS

Events Order (#3)	
#	Event
Sunday, November 22, 2009	
1	400 Free
break	
2	200 Free Relay
3	200 Fly
4	200 Back
5	50 Breast
6	100 Free
break	
7	200 Mixed Free Relay
8	200 IM
9	50 Fly
10	100 Back
11	200 Breast
12	50 Free
13	400 IM
14	200 Medley Relay
break	
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
20	200 Mixed Medley Relay
break	
21	1500 Free

Directions

From North or Southbound I-5 take exit 230 for WA-20 toward Anacortes, stay left on WA-20 toward Whidbey Island. In Oak Harbor turn east (left) onto Whidbey Avenue. Turn right after ½ mile onto SE Jerome. Turn right at second parking lot.

From South Whidbey follow WA-20 north. In Oak Harbor turn east (right) onto Whidbey Avenue. Turn right after ½ mile onto SE Jerome. Turn right at second parking lot.

Date: Sunday, November 21, 2010
Time: Warm-Up: 9:00 AM. Meet starts at 10:00 AM
Location: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 (360) 675-7665
Meet Director: Craig Carlson
 director@oakharborpool.com
 (360) 675-7665
Facility: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.
Rules: Current USMS Rules will govern the meet.
Eligibility: Open to all USMS & MSC registered swimmers 18 and above as of 12/31/2010 **Include a copy of your Masters registration card if you are not a PNA member.**
Seeding: All events other than the 400 Free and the 1500 Free will be pre-seeded slow to fast.
Relays: Deck-enter relays at the meet. Mixed relays require two men and two women. Mark your relay entry card carefully with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.
Check-In: Positive check-in required for 400 & 1500 free. Deadline for 400 free is 9:40 am. Deadline for 1500 free is 12:30 pm. Swimmers who do not check in by the deadline may be scratched from the event.

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES

NOTE: we have vending machines but no concessions so please bring some nourishment.

SECOND ANNUAL WHIDBEY ISLAND SCM MEET

MEET ENTRY FORM: **November 21, 2010** Meet Sanction #360-09

Hosted by the North Whidbey Masters

NAME: _____ M F AGE AS OF 12/31/2010: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTH DATE: _____ USMS #: _____

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

EMERGENCY CONTACT: _____

EMERGENCY PHONE NUMBER: _____

AGE GROUP (Determined by your age as of December 31, 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: FIVE EVENTS PLUS RELAYS. Check if your first Masters meet.

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 16 US or Canadian (includes LMSC & timing surcharges)

Individual Events: _____ \$1 per event. No charge for relays.
 No charge for need-based seniors (65 & over)

Total: \$ _____

Register online at: If you submit a paper entry then make checks payable to:	https://www.clubassistant.com/club/meet_information.cfm?c=1577&smid=2551 NWAC
Mail this entry form and fees to:	Craig Carlson
	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor, WA 98277 (360) 675-7665
Entries must be postmarked by Wednesday, November 7 or online by November 17. NO race day entries 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 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 individual 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: _____