

1st Annual Valpo Masters Invitational

December 5, 2009

Hosted by the Valpo Masters, Inc. @ Valparaiso University

Recognized by GRIN for USMS, Inc.

Sanction Number: 169 S 15

- Location:** Valparaiso University
Athletics-Recreation Center
1009 Union Street
Valparaiso, IN 46383
- Facility:** 6 lane 25 yard swimming pool
Deck seating available for competitors and spectators
- Meet Conduct:** Current USMS rules will govern conduct of the meet
- Eligibility:** The meet is open to all USMS registered swimmers. Please provide a copy of your membership card with the meet entry. For non-members, one day USMS registrations can be purchased for \$10.
- Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, ... 95+
- Entry Fees:** \$25.00 fee for all mail entries received by November 27, 2009
\$30.00 fee for all deck entries
Entry fee covers unlimited events and two relays
- Mail entry forms and \$25.00 check to:
Valpo Masters, Inc.
ATTN: P.J. Ciotola
225 Aberdeen Drive, Suite A
Valparaiso, IN 46385
- Make all checks payable to: **Valpo Masters**
For further assistance contact P.J. Ciotola(email: coach@valpomasters.org, (219)746-2893)
- Event Seeding:** All events shall be seeded according to the pre-entered seed time of each swimmer; regardless of age or gender. In the event of multiple heats, slower heats shall be first. All no-time(NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the meet.
- Order of Events:**
- | | | |
|----------------|-------------------------|------------------------|
| Deck Entry: | 7:00-8:00AM | |
| Meet Warm-Ups: | 8:00-9:00AM | |
| Meet Starts: | 9:00AM | |
| Events: | 1 200 Medley Relay | 7 500 Freestyle |
| | 2 200 Freestyle | BREAK |
| | 3 200 Individual Medley | 8 200 Freestyle Relay |
| | 4 50 Freestyle | 9 100 Backstroke |
| | BREAK | 10 100 Breaststroke |
| | 5 100 Butterfly | 11 400 Freestyle Relay |
| | 6 100 Freestyle | |
- Warm-Ups:** Entry in the pool must be feet-first in a cautious manner. Diving shall be permitted only in designated sprint lanes during the meet warm-up. During the meet, no diving shall be allowed in the designated warm-up/cool down lane. Instructions given by the official must be obeyed at all times.
- Volunteers:** Volunteers for timing, marshalling, etc. are always appreciated. Volunteers should check-in with the deck-entry table prior to the start of the meet.

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Name: _____ Gender: _____ Age: _____ Birthday: _____

Address: _____

Phone: _____ E-mail: _____

USMS#: _____ Team: _____

(Please include a copy of your current USMS registration card or bring to meet)

Circle the events you wish to swim and provide seed time (write "NT" for no seed time). Swimmers may compete in as many events as they wish. All relays shall be deck entered.

- | | | | |
|---------|-----------------------|----------|---------------------|
| 1 _____ | 200 Medley Relay | 7 _____ | 500 Freestyle |
| 2 _____ | 200 Freestyle | | BREAK |
| 3 _____ | 200 Individual Medley | 8 _____ | 200 Freestyle Relay |
| 4 _____ | 50 Freestyle | 9 _____ | 100 Backstroke |
| | BREAK | 10 _____ | 100 Breaststroke |
| 5 _____ | 100 Butterfly | 11 _____ | 400 Freestyle Relay |
| 6 _____ | 100 Freestyle | | |

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\$30.00 entry fee for all deck entries on the day of the meet

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RELEASE FROM LIABILITY: 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 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 the USMS. (Rule Book Article 203.1)

Signature: _____

Date: _____