

HEARTLAND SWIM ASSOCIATION MASTERS SHORT COURSE METERS MEET
SUNDAY JUNE 14, 2009 (8:15am start) - ENTRIES DUE JUNE 06 - SANCTION #449-MS-03S
@ El Cajon Valley High School, 1035 E. Madison Ave, El Cajon, CA 92021-6226

ATTACH LEGIBLE COPY of front of USMS CARD or FOREIGN EQUIVALENT HERE → → →

NAME: _____ e-mail address: _____
 ADDRESS: _____
 Telephone #: Day (_____) _____ Eve (_____) _____
 2009 USMS # or
 Foreign Equivalent: _____ SEX: _____
 BIRTHDATE: _____ AGE: _____ as of 12/31/09 (year end)
 CLUB (or UNAT): _____

ENTRIES MUST BE RECEIVED BY: JUNE 6, 2009 (Saturday)
Absolutely NO LATE and NO DECK entries will be accepted.

ENTRY FEE: \$ 10.00 Flat Fee payable to "Heartland Masters Aquatics Boosters, Inc" (entry fee not refundable)

MAIL Entry, MANDATORY legible copy of USMS or Foreign Card, & Entry Fee To:
Paul Nagle
1839 Hacienda Dr.
El Cajon, CA 92020

Warm Up Starts at 7:15 am, RELAY Entries due by 7:45am, Meet Starts at 8:15 am

WRITE entry time next to each EVENT entered – Do not enter "NO TIME" – Limit 5 Events

- | | |
|---|--|
| 1. _____ 800 m Freestyle | 14. <u>Deck Enter</u> 200 m Women's Free Relay |
| 2. _____ 100 m Freestyle | 15. <u>Deck Enter</u> 200 m Mixed Free Relay |
| 3. <u>Deck Enter</u> 200 m Men's Medley Relay | 16. <u>Deck Enter</u> 400 m Men's Free Relay |
| 4. <u>Deck Enter</u> 200 m Women's Medley Relay | 17. <u>Deck Enter</u> 400 m Women's Free Relay |
| 5. <u>Deck Enter</u> 200 m Mixed Medley Relay | 18. <u>Deck Enter</u> 400 m Mixed Free Relay |
| 6. <u>Deck Enter</u> 400 m Men's Medley Relay | BREAK |
| 7. <u>Deck Enter</u> 400 m Women's Medley Relay | 19. _____ 50 m Freestyle |
| 8. <u>Deck Enter</u> 400 m Mixed Medley Relay | 20. _____ 100 m Backstroke |
| BREAK | 21. _____ 50 m Butterfly |
| 9. _____ 100 m Individual Medley | 22. _____ 100 m Breaststroke |
| 10. _____ 50 m Backstroke | 23. _____ 200 m Individual Medley |
| 11. _____ 50 m Breaststroke | 24. <u>Deck Enter</u> 800 m Men's Free Relay |
| 12. _____ 100 m Butterfly | 25. <u>Deck Enter</u> 800 m Women's Free Relay |
| 13. <u>Deck Enter</u> 200 m Men's Free Relay | 26. <u>Deck Enter</u> 800 m Mixed Free Relay |
- Post Meet PICNIC & SI LMSC MEETING**

SIGN THIS LIABILITY RELEASE:

"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 SAN DIEGO-IMPERIAL LOCAL MASTERS SWIMMING COMMITTEE, 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."

SIGN _____ **DATE** _____

-----RETURN ENTIRE ABOVE ENTRY FORM PORTION-----

**HEARTLAND SWIM ASSOCIATION MASTERS SHORT COURSE METERS MEET
SUNDAY JUNE 14 2009 (8:15am start) - ENTRIES DUE JUNE 6 - SANCTION 449-MS-03S
@ El Cajon Valley High School, 1035 E. Madison Ave, El Cajon, CA 92021-6226**

DATE: JUNE 14 2009, SUNDAY, 7:15 AM WARM UP, 8:15 AM START

ENTRIES DUE: JUNE 6, 2009 (RECEIVED)

Entry will **NOT** be accepted without CURRENT USMS or Foreign Equivalent Card Copy & ENTRY FEE. The Liability Release must be signed. **NO LATE and NO DECK entries will be accepted.**

POT-LUCK PICNIC: Please bring A-L Dessert and M-Z Salad; MAIN DISH & BEVERAGES provided.

POST MEET: San Diego-Imperial Local Masters Swimming Committee (SI LMSC) MEETING

SANCTIONED BY: San Diego-Imperial Local Masters Swim Committee for U.S. Masters Swimming, Inc., SANCTION number: 449-MS-03S

SPONSORED BY: Heartland Swim Association Masters (HSAM)

INFORMATION: Patrick Greeson, Cell #619-246-3972

ENTRY FEE: \$10.00 Flat Fee (not refundable) payable to "Heartland Masters Aquatics Boosters, Inc"

MAIL ENTRY FEE, LEGIBLE COPY OF USMS CARD (mandatory), & ENTRY FORM TO:
Paul Nagle, 1839 Hacienda Dr., El Cajon, CA 92020

TIMING: There is a possibility that electronic timing will be provided if a system is available.

ELIGIBILITY: All persons holding a 2009 United States Masters Swimming (USMS) Membership Card or Foreign Equivalent may participate. All participants, including relay only swimmers, must sign the Liability Release and submit a current USMS member card copy and completed entry form. USMS Membership is available on-line at <https://www.clubassistant.com/club/USMS.cfm?i=44> or from the ALL SPORTS OFFICE, 1511 Morena Blvd, San Diego 92110 (619/275-1292, call for hours).

INDIVIDUAL AGE GROUPS: 18-24, 25-29, 30-34, 35-39, ... in 5-year increments.

RELAYS: Day-of-meet-entered by 7:45am. All 4 Swimmers on each relay must belong to the same USMS-chartered club and must be entered in the meet (completed entry form with signed liability release and copy of USMS card attached). Unattached swimmers cannot swim relays. Relays must be composed of either 4 men, 4 women, or 2 men+2 women (mixed). Meters Relay Age Groups (cumulative age of relay members): 72-99, 100-119, 120-159, 160-199, 200-239, 240-279,

USMS RULES: USMS Rules govern the meet. Officials are certified. Failure to act in a sportsman-like or safe manner or to cooperate with the officials can result in disqualification from the meet. Events are seeded strictly by time from slow to fast with ages and sexes mixed. Enter short course meters entry times (estimate if necessary by adding 10% to your yards time); do not enter "no time."

WARM-UP/ WARM-DOWN RULES: NO DIVING is permitted into the pool during the pre-meet warm-up except into the designated "one-way" dive only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up/warm-down lanes.

POOL LOCATION: El Cajon Valley High School, 1035 E. Madison Ave, El Cajon, CA 92021-6226

POOL: heated, outdoor 25 meter length pool, 8 lanes, length certified

DIRECTIONS: Take I-8 east to Mollison exit (Exit 18); exit right/south onto Mollison, turn left onto Madison. High school is on your right.