



**2009 INDIVIDUAL ENTRY FORM  
SWIMMING  
SAN DIEGO SENIOR OLYMPICS**



**Registration Deadline: August 31, 2009 (postmarked)**  
Late Registration: September 1 - 12, 2009 (postmarked)

**COMPLETE ALL INFORMATION (FRONT & BACK) AND SIGN THE RELEASE OF LIABILITY**

**Personal information**

<b>LAST NAME</b>	<b>FIRST NAME</b>	<b>MI</b>

<b>STREET ADDRESS</b>

<b>CITY</b>	<b>STATE</b>	<b>ZIP CODE</b>	

<b>TELEPHONE NUMBER WITH AREA CODE</b>	<b>AGE ON</b>	<b>(MM)</b>	<b>(DD)</b>	<b>(YYYY)</b>	<b>FEMALE</b>	<b>MALE</b>				
	<b>12/31/2009</b>	<b>&lt;-----BIRTHDATE-----&gt;</b>								

**EMAIL ADDRESS:** \_\_\_\_\_ **T-SHIRT SIZE: (circle) S / M / L / XL / XXL / XXXL**  
\_\_\_\_\_check here if you do not want a complimentary T-shirt

**Person to contact in case of emergency**

**Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_ **Relationship:** \_\_\_\_\_

RELEASE OF LIABILITY

**PHOTO & FILM WAIVER:** I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the San Diego Senior Sports Festival and the San Diego Senior Olympics.

**LIABILITY WAIVER:** In consideration of being allowed to participate in any way in the San Diego Senior Sports Festival (SDSSF) program, related events and activities, the undersigned acknowledges, appreciates and agrees that: (1) The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and, (2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, (3) I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, (4) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE SDSSF, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. (5) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

**Print Name:** \_\_\_\_\_ **SIGNATURE:** \_\_\_\_\_

**PAYMENT INFORMATION**

**Registration Fee** \$ 30  
(Registration Fee includes 1 T-Shirt and entry to 1 event. Each additional swim event is \$3 / event)  
**Late Registration Fee, 9/1-9/12/09, +\$10** \_\_\_\_\_  
**Additional Event Fees (\$3 per event)** \_\_\_\_\_  
**Senior Partner Membership \$100** \_\_\_\_\_  
(Registration fee waived)  
**Donation to San Diego Sr Olympics** \_\_\_\_\_  
Deductible IRS 501(c)(3) Thank You!  
**Total Amount Enclosed** \$ \_\_\_\_\_

**Make check payable to:**  
**SDSSF**  
**P O BOX 84202**  
**SAN DIEGO CA 92138-4202**

**PLEASE DO NOT SEND CASH**  
**Questions: (619) 226-1324 (Office)**  
Swimming Commissioner  
Barbara Dunbar  
[Ssecretary\(at\)usms\(dot\)org](mailto:Ssecretary(at)usms(dot)org)

**Swimming Entry form on page 2**

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PLEASE COMPLETE PAGE 1 & 2 - SIGNATURE required on page 1

Mail entry fee (check or money order) & both completed pages to:
SDSSF, PO Box 84202, San Diego, CA 92138-4202

First event is included in the \$30 Registration Fee, additional events are \$3 ea (5 event total limit).
Competition age is as of 09/27/09.

Please place an entry time on the line to the left of each event which you are entering.
Please do not enter NT or "no time." You can estimate your time if necessary, but we need an entry time.

Table with 2 columns: Entry Time, Swimming Events. Lists events SW-01 to SW-12 with corresponding times.

Table with 2 columns: Entry Time, Swimming Events. Lists events SW-13 to SW-19 with corresponding times.

USMS # is NOT required. Masters Swimmers who provide a USMS number and copy of their USMS card will have their official times submitted to USMS for National Top Ten Times. USMS/SI LMSC Recognition # 449-MS-07Y-R

USMS # \_\_\_\_\_ (attach copy)

22nd ANNUAL SAN DIEGO SENIOR OLYMPIC GAMES 2009

BILL EARLEY MEMORIAL SWIM MEET - Recognized by USMS 449-MS-07Y-R

DATE: Sunday, September 27, 2009 AUTOMATIC TIMING WILL BE AVAILABLE

TIMES: Warm-up: 9:00am, Competition starts at: 10:00am

SITE: Coggan Family Aquatic Complex, 800 Nautilus Street, La Jolla, CA 92037



FEES: \$ 3.00 per event for each additional event entered after the first, plus the \$30 registration fee
Example: For 5 events entered, fees would be \$42 total - \$30 (Reg & 1 event) + \$12 (4 add'l events)

EVENTS: There is a 5-event entry limit. Events will be swum in the order listed above. Gold, silver, and bronze medals will be awarded (#1-17). Novice events (# 03, 10, & 14) are limited to swimmers who have not competed since age 50. A novice swimmer may swim up to 5 events but not 2 of the same stroke & distance (i.e. not two 50 free events). Entry is limited for events #18 - 200 yd Fly & 19 - 400 yd IM.

ENTRY TIMES: Submit yards times. Please do not submit "No Time". Estimate if necessary.

ELIGIBILITY: Open to all swimmers. \* Novice events (# 03, 10, & 14) are limited to swimmers who have not competed since age 50. USMS membership is NOT required. This is a USMS recognized meet. Times will be submitted to USMS Top Ten if a USMS # is included and a USMS card copy is attached to the entry form.

FORMAT: Meet is pre-seeded by entry time, slow to fast, ages and sexes mixed. Awards are by 5-year age group. USMS rules apply for all events including Novice. Violation of stroke, turn, and start rules will result in disqualification. No 'false starts' are allowed. Age group is determined by your age on the meet date (USMS Rules). Remember, volunteers are running the meet; your cooperation is appreciated.

INFO: Contact SDSSF office at 619-226-1324 or Swimming Commissioner Barbara Dunbar, 858-456-2181, SISecretary (at) usms (dot) org.

DIRECTIONS TO Coggan Family Aquatic Complex Pool (25 yard x 50 meter outdoor pool located at 800 Nautilus, La Jolla, CA, 92037, on the northwest corner of Nautilus and Fay Avenue adjacent to and east of La Jolla High School):

From the north, take I-5, exit west onto La Jolla Village Drive. Turn left at Torrey Pines Rd. Continue on Torrey Pines for about 3.2 miles. Turn left at Girard ("T" intersection with a light), turn immediately right onto Pearl, and turn immediately left onto Fay Avenue; drive about 0.5 mile. The pool and parking are located on the right.

From the south or north, take I-5, exit at Grand/Garnet Ave; turn west (toward ocean) at Garnet, turn right onto Soledad Mt Road. Turn Left onto La Jolla Scenic Drive South and immediately turn right onto Nautilus. Turn Right on Fay. The pool and parking are located on the northwest corner of Fay and Nautilus. Pool access and parking are from Fay Ave.