

SWIM SMARTER MASTERS APRIL 8-10, 2006 ** SANCTION 446-MS-01Y
2006 SOUTHWEST ZONE SHORT COURSE YARDS CHAMPIONSHIPS
at COGGAN FAMILY AQUATIC COMPLEX, 800 Nautilus St, La Jolla, CA 92037

2006 USMS or Foreign # _____ ATTACH legible card copy in upper right corner
NAME: _____ BIRTHDATE: _____
ADDRESS: _____
Area Code +Telephone # _____ AGE: _____ as of 04/10/06 SEX: _____
E-mail address: _____ CLUB (or UNAT): _____

ENTRIES MUST BE RECEIVED BY: MARCH 29, 2006, Wednesday

FLAT ENTRY FEE: \$40.00 payable to "Swim Smarter" (not refundable). Late entries and day-of-race entries WILL NOT be accepted. The \$40 entry fee entitles swimmers to enter up to 4 individual and 2 relay events per day. Relay-only swimmers must submit entry and \$40 fee by March 29, 2006.

MAIL ENTRY, USMS CARD COPY, & ENTRY FEE (payable to "Swim Smarter"):
to ---> **DAN PECK, 10855 SERAFINA LANE #33, SAN DIEGO, CA 92128**

WRITE entry time next to each EVENT entered
* Don't enter "NO TIME" Limit 4 Events Per Day

WARM UP – 8 AM EVENTS START at 9 AM
EACH SESSION starts at 9 AM, Saturday-Monday.

Saturday April 8, 2006 (Session One)

1. _____ 500 yd Freestyle
2. _____ 100 yd Backstroke
3. _____ 200 yd Individual Medley
4. _____ 200 yd Breaststroke
5. _____ 50 yd Butterfly
6. _____ 200 yd Freestyle
7. _____ 50 yd Backstroke
8. _____ 100 yd Individual Medley
9. _____ 100 yd Butterfly
10. Deck Enter 200 yd Women's Medley Relay
11. Deck Enter 200 yd Men's Medley Relay
12. Deck Enter 200 yd Mixed Medley Relay

Sunday April 9, 2006 (Session Two)

13. _____ 1000 yd Freestyle ** limited entry
14. _____ 50 yd Freestyle
15. _____ 100 yd Breaststroke
16. _____ 400 yd Individual Medley
17. _____ 200 yd Backstroke
18. _____ 100 yd Freestyle
19. _____ 50 yd Breaststroke
20. _____ 200 yd Butterfly
21. Deck Enter 200 yd Women's Free Relay
22. Deck Enter 200 yd Men's Free Relay
23. Deck Enter 200 yd Mixed Free Relay

Monday April 10, 2006 (Session Three)

24. _____ 1650 yd Freestyle ** limited entry

** 1000 and 1650 yd Free events may be limited in size.

Warm Up/Warm Down Safety Rules:

There is NO DIVING into the Pool during warm up except in the designated "one-way" sprint lane. There is NEVER any diving allowed into the pool during the meet in the warm up/warm down lanes. You must enter the pool feet first in a safe and controlled manner.

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, SWIM SMARTER MASTERS, SAN DIEGO SWIM MASTERS, 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 _____

A legible copy of your USMS card/foreign equivalent must be attached for valid entry.