



# U.S. MASTERS SWIMMING

## • LAWRENCE MASTERS SWIM CLUB JANUARY MEET

DATE January 24, 2010  
 LOCATION Carl Knox Natatorium, 1901 Louisiana St., Lawrence, KS  
 MEET DIRECTORS Dulcy Sellon  
 SIGN UP/WARM UP 8:00 am, warm-up continuously throughout the meet  
 START TIME 9:00 am  
 REGISTRATION USMS registrations is required. USMS registration will be available.  
 FEE \$20 for registered USMS swimmers in advance. Entries to DULCY SELLON, 4708 BALTUSROL CT. LAWRENCE, KS 66049 (785-842-0771) They must be received by Jan. 20. \$25 for swimmers deck entering on the day of the meet.

TIMING All events will be electronically timed. Each lane will have backup timers.

EVENT	<u>SEED TIME</u>	EVENT	<u>SEED TIME</u>
1. 200 free	_____	10. 200 fly	_____
2. 100 fly	_____	11. 200 breast	_____
3. 100 back	_____	12. 200 IM	_____
4. 100 breast	_____	13. 50 free	_____
5. 100 free	_____	14. 50 breast	_____
6. 100 IM	_____	15. 50 back	_____
7. 200 back	_____	16. 50 fly	_____
8. 400 Free Relay	_____	17. 200Medley Relay	_____
9. 1000 free	_____	18. 500 free	_____

A maximum of 5 events may be entered. Enter NT if unsure of seed time.

NAME - \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ SEX \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
 USMS NUMBER \_\_\_\_\_

Please sign the waiver below and mail the entry and fee payable to Lawrence Masters Swim Club along with a copy of your USMS registration card to Dulcy Sellon at the above address.

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 risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all 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 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 USMS. (Rule Book Article 203.1)

Signature

Date

This meet is sanctioned by Missouri Valley USMS Swimming for USMS, INC., #2810-01