

Entry Form - 2010 Ad Astra Long Course Meet

Saturday, July 31st, 2010, 8:00-10:00pm

83rd & Maurer, Lenexa, KS

Sanctioned by Missouri Valley LMSC for USMS, Inc., #2810-05

Name _____ Email _____

Address _____ Age on 12/31/10 _____ Sex _____

City _____ State _____ Zip _____ Birthdate _____

Day Phone (____) _____ Evening or Cell Phone (____) _____

2010 USMS # _____ Workout Group / Team _____

Circle event number and enter seed time (or "NT" for no time).

Event		Seed Time
1	400 M IM	
2	100 M Free	
3	200 M Back	
4	100 M Breast	
5	50 M Fly	
* 10-minute break		
6	400 Free Relay	<i>Enter at meet</i>
7	200 M IM	
8	50 M Back	
9	100 M Fly	
10	200 M Free	

Event		Seed Time
11	50 M Breast	
12	400 Medley Relay	<i>Enter at meet</i>
* 10-minute break		
13	400 M Free	
14	200 M Fly	
* 5-minute break		
15	200 M Breast	
16	50 M Free	
17	100 M Back	
18	200 Medley Relay	<i>Enter at meet</i>

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, any agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OF 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 USMS.

Date _____ Signed _____

Please enclose: A check for \$18 (\$5 for full-time students 18-25) made out to **Missouri Valley Masters Swimming** postmarked no later than July 27. Entries sent after July 27 and deck entries are \$25 (\$10 for students).

Mail to:
 Bob Welchlin
 9824 W. 124th St.
 Overland Park, KS 66213-1865

2010 Ad Astra Long Course Meet – Meet Information

Saturday, July 31st, 2010, 8:00-10:00pm

Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction #2810-05

Location: Ad Astra Municipal Pool, 83rd & Maurer, Lenexa, KS

Directions: Exit I-435 at 87th, east 1/4 mile to Maurer. North 1/2 mile to the Ad Astra pool (right-hand side of Maurer going north).

Time: Saturday, July 31st, 2010. Check-in begins at 6:45 pm. Check-in will end at 7:15 pm to allow time for deck seeding. Warm-up 7:00 pm. Meet starts 8:00 pm. The meet should conclude by approximately 10 pm.

Social: There will be a social after the meet in the picnic area next to the pool. Pizza and drinks will be provided by MOVY Masters. Local swimmers are invited to bring side dishes.

Eligibility: If you are not currently registered with USMS, you may register *ONLINE* (preferred!) at www.movymasters.org or at www.usms.org. Applications for USMS membership will also be available at check-in. You must be a member of USMS to swim in the meet. **Non-MOVY swimmers should send a copy of their USMS registration with their entry form.**

Rules: 2010 USMS rules will govern the conduct of the meet. Events will be deck seeded, slowest to fastest. Entries with no times will be seeded in the slowest heats. Ages and sexes will be mixed. Note that your age for this meet is your age on December 31, 2010.

Limits: Swimmers are limited to five events, not including relays. Please be aware that this is a fast-running meet. If you enter back-to-back events, your rest time will be short (or non-existent).

Fees: \$18.00 entry fee; late and deck entries are \$25.00. Make checks payable to **Missouri Valley Masters**. Full-time students 25 years or younger may enter the meet for a \$5.00 mail-in fee or a \$10.00 deck entry fee.

Deadline: Mail in entries should be postmarked on or before July 27, 2010 for the \$18.00 (\$5 student) entry fee. Late and deck entries will be accepted at the \$25.00 rate.

Entries: Mail entries to: Bob Welchlin, Missouri Valley Masters, 9824 W. 124th St., Overland Park, KS, 66213-1865

Hotels near the I-435 87th St. Exit:

Radisson Hotel Lenexa 12601 W. 95th St., Lenexa, KS 66215
Guesthouse Suites, 9775 Lenexa Dr., Lenexa, KS 66215
La Quinta, 9461 Lenexa Dr., Lenexa, KS 66215
Comfort Inn, 12601 W. 95th Terrace, Lenexa, KS 66215
Days Inn, 9630 Rosehill Rd., Lenexa, KS 66215

Meet Director: Bob Welchlin, rwelchlin@yahoo.com