

Lake City Masters
SPRING SPLASH

Entry Form
Saturday, March 3rd, 2012

Date/Times: Saturday, March 3, 2012. Warm-up at 8:30 am. Meet starts at 9:00 am. Event 3 will not start before 11:00 am.

Location: The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815

Eligibility: All swimmers must be currently registered with US Masters Swimming or foreign equivalent. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. You may also register at the meet. Include a copy of your registration card if registered outside Inland NW Masters.

Rules: All current USMS rules will apply. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast.

Conduct of the Meet: Participants are limited to five individual events (four individual events for deck entries) and three relay events.

Check-in: All deck entries must be checked-in by 8:40 am. Positive check-in required for 1500 free & 400 free. Deadline for 1500 free is 8:40 am. Deadline for 400 free is 1:00pm.

Relays: Submit relay cards to the clerk of course by 10:30 am. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

DISCLAIMER: The LCM, HMS, IWMS, USMS are not owned or operated by The Salvation Army. This content and the conduct of its programs are not controlled or supervised by The Salvation Army Ray and Joan Kroc Center.

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 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.

In case of illness or accident, the Salvation Army Kroc Center is authorized to secure emergency medical treatment at my expense. The Salvation

Army Kroc Center reserves the right to dismiss any participant who does not show respect for the facility, including but not limited to: property, equipment, policies, other members and staff. Members who are dismissed will not be given a refund of fees paid. The Salvation Army Kroc Center assumes no responsibility for personal property that is either in or out of lockers. By signing this entry form, I hereby waive any and all claims against The Salvation Army Kroc Center. I understand that the use of the facilities and equipment at The Salvation Army Kroc Center may involve risk of bodily injury or property damage and I agree to assume any such risks. I understand that it is up to me to consult physicians and other professionals to make sure that I can safely participate in this swim meet at The Salvation Army Kroc Center. I also understand and agree that by signing this Entry Form, I am giving up my right to make any claim against The Salvation Army Kroc Center, its agents, employees and volunteers, including the right to sue them, for bodily injury or property damage or any other loss that I might suffer while using The Salvation Army Kroc Center facilities and services, except as limited by law.

Awards: First-Third place ribbons will be available free of charge.

Fees: \$25 for entries postmarked by February 25, 2012. \$35 for deck entries. Incomplete or late entries will be treated as deck entries. Make checks payable to: The Salvation Army Kroc Center. Cash will not be accepted with entry forms or at the meet. Online registration available at www.InlandNWMasters.org.

Sponsor: Lake City Masters (LCM) of the Hydropower Masters Swim Club (HMS). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 03520303.

Directions to The Salvation Army Ray and Joan Kroc Center Competition Pool: From I-90 take the Northwest Blvd (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

Questions: Can be answered by Noelle Adams, 208-651-6733, noelleterese@yahoo.com.

Note: Nourishment will not be provided. Concessions available in the lobby. Please no food on pool deck.

Postmarked by:	February 25, 2012
Mail Entries to:	Noelle Adams 3228 Fernan Terrace Drive Coeur d'Alene, Idaho 83814
Checks Payable to:	The Salvation Army Kroc
Entry Fees:	<ul style="list-style-type: none">• \$25 for online entries completed by midnight Pacific time on Feb. 28, 2012 (online entries are preferred). Online entries are charged to your credit card by "ClubAssistant.com Events." Online meet registration is available at www.InlandNWMasters.org.• \$25 for paper entries postmarked by Feb. 25, 2012.• \$35 for deck entries.• Incomplete or late entries will be treated as deck entries.

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Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____ Email _____
(Or Foreign Equivalent)

By signing and submitting this form, I agree to the terms of the "Liability Release."

Your Signature _____ Date _____



Short Course Meter Times

Maximum of 5 Individual (maximum 4 Individual for Deck Entries) and 3 Relay Events

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|--|---------------------------------------|-----------------------------------|
| 1. 400 M Individual Medley _____ | 10 Minute Break | 10 Minute Break |
| 2. 1500 M Freestyle _____
(Limited to first 18 entrants.) | 10. 400 M Medley Relay _____ | 18. 200 M Breaststroke _____ |
| Event 3 will start no earlier than 11:00 am | 11. 400 M Mixed Medley Relay _____ | 19. 200 M Butterfly _____ |
| 3. 200 M Freestyle Relay _____ | 12. 100 M Breaststroke _____ | 20. 50 M Freestyle _____ |
| 4. 200 M Mixed Freestyle Relay _____ | 13. 50 M Butterfly _____ | 21. 100 M Backstroke _____ |
| 5. 50 M Breaststroke _____ | 14. 100 M Freestyle _____ | 22. 200 M Individual Medley _____ |
| 6. 100 M Butterfly _____ | 15. 200 M Backstroke _____ | 5 Minute Break |
| 7. 200 M Freestyle _____ | 16. 800 M Freestyle Relay _____ | 23. 400 M Freestyle _____ |
| 8. 50 M Backstroke _____ | 17. 800 M Mixed Freestyle Relay _____ | |
| 9. 100 M Individual Medley _____ | | |

Mail page 2 of the entry form to the address listed above. Please keep page 1 for your personal reference.