

# Spokane Waves Aquatic Masters

# Summer Plunge Meet

## Saturday, June 9th 2012 at Witter Pool, Spokane, WA

**Date/Times:** Saturday, June 9th, 2012. Warm-up starts at 12:30pm, Meet starts at 1:00 pm.

**Location:** Witter Pool, an outdoor 50 meter facility with deck space and changing facilities. The aquatic center is wheelchair accessible. Warm-up will be in the competition pool.

**Sponsor:** Spokane Waves Aquatic Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03520609.

**Eligibility:** All swimmers must be currently registered USMS swimmers or foreign equivalent. New IWMSC/USMS registration forms can be found in the *Splashmaster* newsletter or can be completed online: [www.usms.org/reg](http://www.usms.org/reg). One event USMS registration is also available for \$15. Forms will be available at the meet.

**Rules:** All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2012 USMS Rulebook ([www.usms.org/rules](http://www.usms.org/rules)) about proper stroke and turn rules. Events will be seeded slow to fast. Note that the competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 200 meter relays will have starts for the 50m and the 150m exchanges from within the water.

**Deadline:** All entries must be postmarked by June 1<sup>st</sup>, 2012. Incomplete or late entries will be treated as "deck entries".

**Fees:** \$20 for entries sent before June 1<sup>st</sup>, \$30 for "deck entries." Make checks payable to: SWAT.

**Conduct of the meet:** Each participant may swim five individual and two relay events.

**Relays:** Submit relay cards to the Clerk of Course during warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club. Events 15a & 15b will be swum in combined heats and swimmers may participate in one or the other; likewise for event 16. However, each relay will be scored separately.

**Awards:** First-Third place ribbons will be available for pick up by swimmers who, having earned them, would like them.

**Directions:** Witter pool, Mission Park, 1400 East Mission, Spokane. Take I-90 east or west to exit 282. Go north on Hamilton. Take a right on Mission. Across the train tracks to your right is the Witter pool.

Postmarked by: June 1, 2012  
Mail Entries to: Harm-Jan Steenhuis  
12424 N. Perry St.  
Spokane, WA 99218  
Entry fee: \$20.00 w/ postmark prior to June 1  
\$30.00 for Deck Entries  
Checks payable to: SWAT

----- ✂ -----  
Name \_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Club/Team \_\_\_\_\_  
Email: \_\_\_\_\_

Please Enter Using LC Meter Times • Maximum of 5 Individual and 2 Relay Events.

- |                             |                             |                                  |
|-----------------------------|-----------------------------|----------------------------------|
| 1) 400 M Freestyle _____    | 7) 50 M Breaststroke _____  | 13) 100 M Breaststroke _____     |
| 2) 50 M Butterfly _____     | 8) 100 M Butterfly _____    | 14) 200 M Freestyle _____        |
| 3) 100 M Backstroke _____   | 9) 50 M Freestyle _____     | 15a) 200 M Medley relay          |
| 4) 200 M Breaststroke _____ | 10) 200 M Backstroke _____  | 15b) 200 M Mixed Medley relay    |
| 5) 200 M Butterfly _____    |                             |                                  |
| <b>10 Minute Break</b>      |                             |                                  |
| 6) 50 M Backstroke _____    | 11) 100 M Freestyle _____   | 16a) 200 M Freestyle Relay       |
|                             | 12) 200 M Ind. Medley _____ | 16b) 200 M Mixed Freestyle Relay |

**Waiver:** 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.

**Your signature** \_\_\_\_\_ **Date** \_\_\_\_\_