

WSU MASTERS SWIMMING
Inland NW Masters Championships

SATURDAY MARCH 29 & SUNDAY MARCH 30, 2008

DATE/TIMES: Saturday, March 29, 2008. Warm-up starts at 11 am, meet starts at 12 pm, event three will not begin before 12:30 pm. Sunday warm-up starts at 8 am, meet starts at 9, event 17 will not begin until 10 am.

SPONSOR: WSU Masters. Sanctioned by Inland Northwest Masters Swimming for USMS, Inc. Sanction number 3580329.

ELIGIBILITY: All 2008 registered USMS swimmers.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present. Consult the 2008 USMS Rulebook about proper stroke and turn rules.

DEADLINE: All entries must be postmarked by March 19, 2008.

FEES: \$15.00 checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet. Deck entries will be \$20

RELAYS: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the team they represent to have their relay points count for that team.

DIRECTIONS: visit www.WSUMastersSwimming.org, click schedule and location link. Follow all parking signs.

CONDUCT OF THE MEET: Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events, and four relay events, and no more than five events in one day.

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

SATURDAY EVENING SOCIAL will be held at the Fireside Grille in Pullman. Cost will be \$25 person, includes a choice of salmon, steak, chicken parmesan or pasta primavera entrées, salad, and a non-alcoholic beverage. A no host bar will be available. Please include payment with your entry, (checks payable to IWMSC).

QUESTIONS OR NEED HOUSING: contact meet director Doug Garcia at 509-332-1621 before 9 pm, or email douggarcia@usms.org

Postmarked by:	March 21, 2007
Mail Entries to:	Virgil Crampton 615 East Southview Avenue Colfax, WA 99111
Early Entry Fee:	\$15.00, Checks payable to IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Team _____

Maximum of 6 individual events • Include a copy of your USMS registration card if you are from outside Inland Northwest LMSC.

DEADLINE FOR ENTRIES IS MARCH 19, DECK ENTRIES TAKEN

Saturday, March 29

11 am warm up, meet starts at 12 pm

1) 500 Freestyle _____

2) 400 Individual Medley _____

Event 3 will not begin before 12:30 pm

3) 200 Freestyle _____

4) 100 Breaststroke _____

5) 50 Butterfly _____

10 Minute Break

6) 200 Medley Relay _____

7) 400 Medley Relay _____

8) 200 Backstroke _____

9) 50 Freestyle _____

10) 100 Butterfly _____

11) 200 Individual Medley _____

10 Minute Break

12) 200 Mixed Freestyle Relay _____

13) 400 Mixed Freestyle Relay _____

14) 800 Mixed Freestyle Relay _____

Sunday, March 30

8 am warm up, meet starts at 9 am

15) 1650 Freestyle _____

16) 1000 Freestyle _____

Participants may swim the 1000
or the 1650 not both.

Event 17 will not begin before 10 am

17) 200 Breaststroke _____

18) 100 Freestyle _____

19) 50 Backstroke _____

20) 100 Individual Medley _____

10 Minute Break

21) 200 Freestyle Relay _____

22) 400 Freestyle Relay _____

23) 800 Freestyle Relay _____

24) 200 Butterfly _____

25) 100 Backstroke _____

26) 50 Breaststroke _____

10 Minute Break

27) 200 Mixed Medley Relay _____

28) 400 Mixed Medley 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 _____