

Wenatchee Valley Masters Presents

a Winter Invitational

Sunday February 21, 2010

Date & Time: Sunday, February 21, 2010. Warm-up starts at 10 am, meet starts at 11 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11:30 am.

Sponsor: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. Sanction # 35010210.

Eligibility: All swimmers must be currently registered IWMSC/U.S. Masters swimmers. Registration is available online (www.usms.org) or will be available at the meet. Swimmers from outside IWMSC must provide proof of registration.

Rules: All current U.S. Masters rules will apply. Certified stroke and turn judge(s) will be present. Please consult the 2010 U.S. Masters Swimming Rulebook for current rules. Events will be seeded slow to fast.

Fees: \$20 for entries postmarked February 13, 2010. \$25 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Conduct of the Meet: Each participant may swim a maximum of five individual events and three relay events.

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

Deadline: All entries must be postmarked by February 13, 2010. Incomplete or late entries will be treated as "deck entries".

Relays: Submit relay cards to the clerk of course during the

warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Directions: Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will propped open.

Lodging: Home stays are available with members of the host team. If interested, contact Carolyn MaGee for more information, 509-860-1027.

Postmarked by:	February 13, 2010
Mail Entries to:	Carolyn MaGee 1580 South Miller Wenatchee, WA 98801
Entry Fee:	\$20 prior to February 13 \$25 for Deck Entries
Checks payable to:	IWMSC

Name _____ Male _____ Female _____ Birthdate _____ Age _____
 Address _____ City, State, Zip _____
 Phone _____ USMS # _____ Club/ Workout Group: _____

Short Course Yard Times Please • Maximum of 5 Individual and 3 Relays

1 400 Y Individual Medley _____	8 200 Y Individual Medley _____	15 200 Y Butterfly _____
2 1650 Y Freestyle _____	9 200 Medley Relay _____	16 100 Y Backstroke _____
SECOND WARM-UP	10 MINUTE BREAK	17 200 Y Freestyle _____
3 200 Freestyle Relay _____	10 50 Y Backstroke _____	18 50 Y Breaststroke _____
5 MINUTE BREAK	11 100 Y Butterfly _____	19 100 Y Individual Medley _____
4 50 Y Butterfly _____	12 50 Y Freestyle _____	20 200 Y Mixed Free Relay _____
5 100 Y Breaststroke _____	13 200 Y Breaststroke _____	5 MINUTE BREAK
6 200 Y Backstroke _____	14 200 Y Mixed Medley Relay _____	21 500 Y Freestyle _____
7 100 Y Freestyle _____	10 MINUTE BREAK	

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 MASTER SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERE TO, I HERBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR SAMAGES CAUSE BY THE MEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUB, HOSE 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.

Participant Signature _____ Date _____