

MASTERS SWIMMING ENTRY FORM – LONG COURSE METERS

Master's Developmental Swim Meet
Tuesday, September 30, 2003

| Event – Women | Stroke | Event – Men |
|---------------|------------|-------------|
| 1 | 200 IM | 2 |
| 3 | 50 Back | 4 |
| 5 | 100 Fly | 6 |
| 7 | 50 Free | 8 |
| 9 | 100 Breast | 10 |
| 11 | 200 Free | 12 |
| 13 | 50 Fly | 14 |
| 15 | 100 Free | 16 |
| 17 | 50 Breast | 18 |
| 19 | 100 Back | 20 |
| 21 | 400 Free | 22 |

Fill out the following entry form:

Name: _____

Address: _____

Tel: _____ Email address: _____

Date of Birth: _____ Age: _____ Male/Female _____

USMS # _____ Club Name _____

| Event # | Time | Event # | Time |
|---------|-------|---------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

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 NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCALS MASTERS 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Date: _____ Signature: _____

In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.