

The 2004 IOWA State Masters/22nd Annual Breadbasket Zone Championships

U.S. Masters Swimming Sanction Number : 40404

- HOSTED BY :** Milky Way Masters Swim Club, CRAA, and Coe College
- LOCATION :** Coe College Natatorium, 10th Street NE, Cedar Rapids, Iowa
- DATES :** March 27, 2004 Warm-ups at 12:00 Noon, Competition at 1:00 P.M.
March 28, 2004 Warm-ups at 8:00 A.M., Competition at 9:00 A.M.
- SANCTION :** Sanctioned by U.S.M.S. Inc. and Local Masters Swimming Committee, Iowa Masters Swimming.
- POOL :** Eight (8) lanes, 25 yards, with non-turbulent lane markers, Colorado Timing System with touch pads and back-up system. There is also a 45 by 60 ft swimming area open at all times for warm-up and cool down.
- AWARDS :** There will be a team trophy for first place. (There is also a traveling trophy for the Iowa first place finisher.) There is an OPTIONAL T-shirt available for sale at the meet.
- RULES :** 2004 U.S.M.S. rules prevail. Individual competition is by age groups as follows : 19-24, 25-29, 30-34, 35-39, etc. Age as of March 27, 2004 determines age for the meet. Relay age groups are : 25+, 35+, 45+, etc. The age of the youngest swimmer determines the age of the relay.
- ENTRIES :** Swimmers may enter a maximum of 5 individual events *per day*. Swimmers may enter each relay once. *ENTRY DEADLINE* is March 17th. Late entries will be accepted but are charged an additional \$1.00 per event. All entries received by the deadline will be pre-seeded except for the 1000 and 1650 free events. Deck entries will be seeded in open lanes or "0" heats added if necessary. Mail your entry form, fees, and copy of your USMS card to :
Judy, Hackney, 3708 Yellow Pine Dr.NE, Cedar Rapids, IA 52402-1831
Make checks payable to : CRAA
- ENTRY FEES :** Pre-registered swimmers \$7.50 registration fee + \$2.00 per individual event
After deadline or day of meet \$7.50 registration fee + \$3.00 per event
- MEET DIRECTOR :** Judy Hackney (319) 393-0188
- SEED TIMES :** Submit latest times for 25 yard course. Enter N/T for no time.
- ELIGIBILITY :** Open to all 2004 registered Master's Swimmers. Contact your local registrar for forms. Yearly and single-day memberships are available for purchase at the meet. Please make out a separate check payable to "Iowa Masters Swimming" in the amount of \$25 for a yearly membership or \$10 for a single day membership. Send with completed application form.
- SCRATCHES :** Swimmers not reporting for events will be scratched. NO refunds.
- PARKING :** Parking is available adjacent to the natatorium in 13th Street or across the street from the natatorium.
- DIRECTIONS :** Coming in from Interstate 380 use exit 20b. Drive south from exit to 1st Ave. Turn left onto 1st Ave. (head east). Follow 1st Avenue to 13th Street (also called Center Point Rd.). Turn left onto 13th St. Parking lots at D Ave NE.
- LODGING :** Special arrangements have been made with Holiday Inn Express on 33rd Ave. SW and on Collins Rd. For the 33rd Ave Holiday Inn call 399-5025 and ask for Corporate rate. The 33rd Ave. Holiday Inn Express is just west of Exit 17 off Interstate I-380. For the Holiday Inn Express on Collins Rd, call 294-9407.
- Arrangements for lodging and a Saturday evening social event at Clarion Hotel, 525 33rd Ave SW. Italian Buffet is \$18 per adult. Contact jackfritts@hotmail or 319-396-4496.**

Official Entry Form
2004 IOWA State/22nd Annual Breadbasket Zone Championships

Coe College Natatorium, Cedar Rapids, Iowa

Dates : March 27-28, 2004

Sanctioned by USMS, Inc. & Local Masters Swimming Committee, Iowa Masters Swimming
 Sanction Number : 40404

Please print all information as it appears on your USMS card and sign waiver on form.

NAME _____ **USMS reg #** _____

ADDRESS _____ **Home Phone** _____

City _____ **State** _____ **ZIP** _____

BIRTHDATE ___/___/___ **SEX** M F **AGE** (on March 27, 2004) _____

LMST TEAM _____ **WORKOUT LOCATION** _____

Circle Event Number (women odd/men even) and enter event seed time

SATURDAY March 27 th , 2004		SUNDAY March 28 th	
1/2	400 Free Relay _____	23/24	200 Free Relay _____
3/4	200 Back _____	25/26	200 Breast _____
5/6	50 Breast _____	27/28	100 Free _____
7/8	100 Fly _____	29/30	200 IM _____
9/10	200 Medley Relay _____	31	200 Mixed Free Relay _____
11/12	400 IM _____	33/34	50 Fly _____
13/14	50 Free _____	35/36	200 Free _____
15/16	500 Free _____	37/38	100 Back _____
17/18	100 Breast _____	39/40	200 Fly _____
19	200 Mixed Medley Relay _____	41/42	100 IM _____
21/22	1000 Free _____	43/44	50 Back _____
		45/46	400 Medley Relay _____
		47/48	1650 Free _____

Money Enclosed : Registration Fee \$7.50
 Individual events @ \$2 (late \$3 after Mar. 17) each _____
 T-shirts will be available for sale at the meet
 Total amount enclosed _____

Mail entry to :
 Judy Hackney
 3708 Yellow Pine Dr.NE
 Cedar Rapids, IA 52402-1831

ATTACH CHECK AND COPY OF USMS CARD TO THIS FORM. MAKE CHECKS TO: CRAA
 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.

Signature _____ Date _____