

DES MOINES MASTERS SWIM MEET

At the Urbandale Pool
Sunday, January 15, 2006

Recognized by Iowa LSMC for USMS, Inc. Recognition Number 40106R
Urbandale Pool (next to Urbandale High School) 7201 Aurora Avenue, Urbandale, IA
Warm-up Starts at Noon Meet Starts at 1:00pm

Entry Fee: \$15.00 if entry received before Friday, January 13, 2006
\$20.00 fee for late entries. Deck entries will be accepted until the start of the meet. Late entries will be placed in slower heats.
(Entry fee includes a 50¢ "splash fee" for the perpetuation of Iowa Masters.)

Mail Entries To: Rachel Stauffer, 424 51st Street, Des Moines, IA 50312
Make checks payable to: **Rachel Stauffer**
For further information contact Rachel 515-277-8852.

Age Groups: (circle one) 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Circle up to five individual events (women odd # / men even #) and add event seed time or NT (no time):

1/2 200 IM _____	15/16 100 IM _____
3/4 200 Free _____	17/18 200 Mixed Free Relay _____
5/6 100 Fly _____	19/20 100 Free _____
7/8 200 Mixed Medley Relay _____	21/22 50 Back _____
9/10 100 Back _____	23/24 50 Breast _____
11/12 100 Breast _____	25/26 50 Free _____
13/14 50 Fly _____	27/28 1000/1650 Freestyle _____

(Choose one distance)

Name: _____ Phone: _____
Address: _____ Birthdate: _____
City, State, Zip: _____ Age: _____ Gender: Male ___ Female ___

Athlete's Release: 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:** _____

NOTE: Times swum at this meet will not be submitted for USMS Top Ten or record consideration, as the pool length is not certified. Times will be submitted and eligible for Iowa Masters State Records.

Directions: From I-80, take the Merle Hay Road exit and head south. At Aurora Avenue, turn right and proceed to the high school, approximately 7-8 blocks. The pool is next to Urbandale High School. From points in Des Moines, head north on 86th Street, turn right on Aurora Avenue and proceed to Urbandale High School. If you get lost on the day of the meet, call Rachel's cell phone 515-240-8163.