

# DES MOINES MASTERS SWIM MEET

At the Urbandale Pool  
Sunday, January 13, 2008

Recognized by Iowa LSMC for USMS, Inc. Recognition Number 400801R  
Urbandale Pool (next to Urbandale High School) 7201 Aurora Avenue, Urbandale, IA  
Warm-up Starts at 10 a.m. Meet Starts at 11:00 a.m.

Entry Fee: \$15.00 if entry received before Friday, January 11, 2008  
\$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: Allen Anderson, 1309 Meadow Drive, Norwalk, IA 50211  
Make checks payable to: **Allen Anderson**  
For further information contact Allen (515)-981-5568. E-Mail: freestyleal@msn.com

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 Breast
3/4	200 Free	17/18	200 Mixed Free Relay
5/6	100 Back	19/20	50 Free
7/8	200 Mixed Medley Relay	21/22	100 IM
9/10	50 Breast	23/24	50 Back
11/12	50 Fly	25/26	100 Fly
13/14	100 Free	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 86<sup>th</sup> Street, turn right on Aurora Avenue and proceed to Urbandale High School. If you get lost on the day of the Meet, call Allen's cell phone 515-689-7432.