

URBANDALE FALL MASTERS SWIM MEET

At the Urbandale Pool
Sunday, October 19, 2008

Recognized by Iowa LMSC for USMS, Inc. Recognition Number 400807R
Urbandale Pool (next to Urbandale High School) 7201 Aurora Avenue, Urbandale, IA
Warm-up Starts at **10:00 a.m.** Meet Starts at **11:00 pm**

Entry Fee: \$15.00 if entry received before Friday, October 17, 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 at (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 Back	_____
7/8	200 Mixed Medley Relay	_____	21/22	100 IM	_____
9/10	50 Breast	_____	23/24	50 Free	_____
11/12	50 Fly	_____	25/26	100 Fly	_____
13/14	100 Free	_____	27/28	200 Back	_____
			29/30	500 Free	_____

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 Allen's cell phone (515)-689-7432