

2009 PANTHER MASTERS SWIM CLUB
SHORT COURSE SWIM MEET
Saturday, March 7, 2009
Warm up @ 12-12:45 pm – Start @ 1 pm
At the UNI Wellness and Recreation Center
Hosted by PANTHER MASTERS SWIMMING CLUB
Recognized by the Iowa Masters Swimming for USMS, Inc.
Recognition# 400902R

Mail Entry Form to: UNI Wellness and Recreation Center, Attn: Kristi O'Brien (Aquatics), 101C WRC UNI, Cedar Falls, IA 50614-0201. For more information call/email: (319) 273-7263 ~ kristi.obrien@uni.edu

- Hosted by: Panther Masters Swimming
Location: UNI Wellness & Recreation Center, Hudson Road, Cedar Falls, IA
Date: March 7, 2009. Warm-ups 12:00 noon. Meet starts at 1:00 pm.
Recognition: Recognized 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, backstroke flags, Daktronics Timing System with touch pads and back-up system, and spectator seating. Pool length certified for times to qualify for National Records/Top Ten.
T-shirt: Optional T-Shirt available for sale (long sleeve), \$16.00. T-shirts must be ordered by entry deadline of February 27, 2009.
Rules: 2009 U.S.M.S. rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of March 7, 2009 determine age for the meet. Relay age groups are: 25+, 35+, 45+, etc. The age of the youngest swimmer determines the age of the relay.
Cost: \$13.50 entry fee + .50 splash fee = \$14.00. (A late fee of \$4.00 will be added to all entries not received by Friday, February 27, 2009.) Make check payable to: UNI WRS. (The splash fee is for the promotion of Masters Swimming in Iowa.)
Deadline: Friday, February 27, 2009. Deck entries will be accepted, but will be assessed a \$4.00 late fee. We do want to encourage all entries including deck entries. We will pre-seed all entries received by February 27, 2009.
Late Entries: Swimmers with late entries should be sure to have your entry blank filled out completely. Please be prepared to fill out individual event cards (available at the meet) for each individual event you swim. Late entries are \$18.00. All events entered by the deadline of February 27 will be pre-seeded except for the 1000. All late entries will be entered into open lanes or a "0" heat added if necessary. The distance events will be deck seeded. We will ask all distance swimming to check in at the clerk of course to confirm their entry in the event. Entry cards for relay events must be completed at the meet.
Seed Times Submit latest times for 25-yard course. Enter "N/T" for no time.
Eligibility: Open to all swimmers 18 years of age or older. All meet entries must be in by 11:00 am the day of the meet.
Team Scoring: Individual events: 9-7-6-5-4-3-2-1; relay events: 18-14-12-10-8- 6-4-2. Generally your "team" is the city or town where you live. See "team definitions" below.
Scratches: Swimmers not reporting for events will be scratched. No refunds.
Event Limit: Swimmers may enter a maximum of five (5) individual events.
A swimmer may enter each relay once.
Team Definitions: "Team" is defined as follows:
1. A team must have a designated Name (City,Town, etc.) which represents a single team;
2. Relays, to score team points, must consist of the members from a single team.
Proceeds PROCEEDS BENEFIT THE UNI WOMEN'S SWIMMING AND DIVING PROGRAM
Records: Registered USMS swimmers are eligible for the top 10, national and state records.

ENTRY FORM
 2009 PANTHER MASTERS SHORT (YARDS) COURSE SWIM MEET
 SATURDAY, MARCH 7, 2009 - WARM UP: 12:00 -12:45 PM - START TIME: 1:00 PM
 Hosted by PANTHER MASTERS SWIMMING
 Recognized by the Iowa Masters Swimming for USMS, Inc. - Recognition # 400902R

NAME		TEAM NAME:	
ADDRESS:			
CITY:		STATE:	ZIP:
PHONE		E-MAIL:	
BIRTH DATE:		AGE ON MAR 7/2009:	SEX: F M

WOMEN	ENTRY TIME	SATURDAY MARCH 7, 2009	MEN	ENTRY TIME
EVENT #		EVENTS	EVENT #	
1		200 MEDLEY RELAY	2	
3		500 FREESTYLE	4	
5		200 INDIVIDUAL MEDLEY	6	
7		200 FREESTYLE	8	
9		100 FLY	10	
11		200 MIXED FREE RELAY	11	
12		100 BACKSTROKE	13	
14		100 BREASTSTROKE	15	
16		50 FREESTYLE	17	
18		100 INDIVIDUAL MEDLEY	19	
20		200 MIXED MEDLEY RELAY	20	
21		100 FREESTYLE	22	
23		50 BACKSTROKE	24	
25		50 FLY	26	
27		50 BREASTSTROKE	28	
29		200 FREE RELAY	30	
31		1000 FREESTYLE	32	

AMOUNT ENCLOSED: MAKE CHECK PAYABLE TO: UNI WRS. CHECKS ARE PREFERRED BUT CASH IS ACCEPTED. ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A PAYMENT.	MEET ENTRY AND SPLASH FEE:	(\$13.50 + .50)	\$	14.00	CHECK PAYABLE TO UNI WRS
	LATE ENTRY FEE (AFTER FEB 27):	\$4.00	\$		
	T-SHIRT (OPTIONAL) M L XL XXL	\$16.00	\$		
	DONATION TO THE UNI WOMEN'S SWIMMING AND DIVING PROGRAM		\$		MAIL ENTRY AND CHECK TO: UNI WRS ATTN: KRISTI OBRIEN 101C WRC UNI CEDAR FALLS, IA 50614-0201
	TOTAL AMOUNT ENCLOSED		\$		

**PLEASE READ AND SIGN THE MANDATORY ATHLETE'S RELEASE FROM LIABILITY:
 (MUST BE SIGNED BY EACH SWIMMER)**

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 and death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM/MEET OR ANY ACTIVITIES INCIDENT THERETO I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, UNIVERSITY OF NORTHERN IOWA, STATE OF IOWA, OR ANY INDIVIDUALS OFFICIATING OR ASSISTING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

SIGNATURE: _____ DATE: _____