

SIMPSON STORM MASTERS (SC-25-METERS) SWIM MEET

At Simpson College, Indianola, IA

Saturday, October 24, 2009

Recognized by Iowa LSMC for USMS, Inc.
Simpson College Pool (Cowles Center)

Recognition Number 400905R
701 North C Street, Indianola 50125

Warm-up starts at **10:00 a.m.**

Meet starts at **11:00 a.m.**

Entry Fee: \$15.00 if entry received before Friday, October 23, 2009
\$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: **Simpson College Swimming**

For further information contact Allen at (515) 981-5568. E-Mail: freestyleal@msn.com

Age Groups: (circle one) 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

***The eligibility for a particular age group shall be determined by the age as of December 31, 2009.

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

| | | | |
|-------|------------------------------|-------|----------------------------|
| 1/2 | 200 IM _____ | 17/18 | 50 Back _____ |
| 3/4 | 200 Free _____ | 19/20 | 200 Mixed Free Relay _____ |
| 5/6 | 100 Back _____ | 21/22 | 100 IM _____ |
| 7/8 | 200 Mixed Medley Relay _____ | 23/24 | 50 Free _____ |
| 9/10 | 50 Breast _____ | 25/26 | 100 Fly _____ |
| 11/12 | 50 Fly _____ | 27/28 | 200 Back _____ |
| 13/14 | 100 Free _____ | 29/30 | 1,000 Free _____ |
| 15/16 | 100 Breast _____ | | |

Name: _____

Phone: _____

Address: _____

Birthdate: _____

City, State, Zip: _____

Age: ____ Gender: Male ____ Female ____

E-Mail: _____

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: Simpson College is located 17 miles South of Des Moines, off Highways 65/69. Coming from East or West, take the Highway 5 By-Pass to Highways 65/69. Turn South on #65/69 to Indianola. Turn right on Iowa Ave. Proceed to N. C Street, turn left. Cowles Center is 1 ½ blocks on your right. Parking lots off C and D Streets, across from Football Stadium. Or, on the streets. Pool entrance South side of Cowles. If you get lost on the day of the meet, call Allen's cell phone (515)-689-7432.