

# 2011 Iowa Masters Short Course State Championship & Breadbasket Zone Swimming Meet

U.S. Masters Swimming Sanction Number: 4011001

Hosted By : Iowa Flyers Swim Club and The University of Iowa Recreational Services Department

Location: University of Iowa Campus Recreation & Wellness Center (309 S. Madison Street)  
Iowa City, Iowa

Date: Saturday, March 26 , 2011. Warm-ups at Noon, Meet begins at 1 PM.

Sanction: Sanctioned by U.S.M.S. Inc, and Local Masters Swimming Committee, Iowa Masters Swimming

Pool: Eight lanes, 25 yards, with non-turbulent lane markers, backstroke flags, electronic timing system with Touch-pads and back-up system with spectator seating. There is also an 8 lane X 25yard attached Pool, which will be available for warm-up/warm down throughout the meet. The facility opened in August, 2010 and can be viewed at <http://recserv.uiowa.edu/Apps/Facilities/CRWC.aspx>

Awards: Team traveling trophy

Team Scoring: Individual events:7-5-4-3-2-1, relays:14-10-8-6-4-2. Your team is the club wear you live. See team definition below.

Rules: 2011 USMS rules prevail. Individual competition is in age groups: 18-24, 25-29, 30-34, 35-39, etc...  
Relay age groups are: 18+, 25+, 35+, 45+, etc... the youngest member of the relay determines your age group.

Event Limit:Swimmers may enter a maximum of five individual events A swimmer may enter each relay once.  
Swimmers may enter either the 1650 or the 1000 but not both.

Cost: \$17.50 entry fee + \$0.50 splash fee = \$18.00. Late entry fee is \$23.00 for entries received after March 19.  
Make check payable to Iowa Flyers Swim Club.

Entry Deadline: March 19,2011. Deck entries will be accepted until 12:15 PM. Entry cards for relay events may be filled out at the meet, and must be complete by 12:45 PM.

USMS Registration: It is strongly recommended that you complete your 2011 USMS registration prior to the date of the meet.

Scratches: Swimmers not reporting for their events will be scratched. Please let us know if you are scratching a Distance event(500, 1000, 1650).

Meet Director: Mail entries with checks to: Wayne Huebener, 24 Koser Avenue, Iowa City, IA 52246. Entries will not be processed unless they are accompanied by a check. Please contact me at (319) 337-4268 or

[huebener@mchsi.com](mailto:huebener@mchsi.com) with any questions.

Parking: parking is available southeast of the facility in a lot and streets

OFFICIAL ENTRY FORM 2011 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP

& BREADBASKET ZONE SWIM MEET

University of Iowa Campus Recreation & Wellness Center (309 S. Madison Street) Iowa City

Saturday, March 26, 2011

Sanctioned by: USMS, Inc. & Local Masters Swimming Committee & Iowa Masters Swimming # \_\_\_\_\_

NAME \_\_\_\_\_ SEX \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Phone# \_\_\_\_\_

E-mail address \_\_\_\_\_ USMS # \_\_\_\_\_ Team \_\_\_\_\_

Make check for \$18.00 to Iowa Flyers Swim Club. Male entry to: Wayne Huebener  
24 Koser Avenue  
Iowa City, IA 52246

- EVENTS(please circle event # and enter seed time or N/A) limit of 5 individual events.
- 1.Womens 400 Free Relay \_\_\_\_\_ 15 minute break
- 2.Men's 400 Free Relay \_\_\_\_\_ 24.Women's 500 Free \_\_\_\_\_
- 3.Women's 200 Backstroke \_\_\_\_\_ 25.Men's 500 Free \_\_\_\_\_
- 4.Men's 200 Back \_\_\_\_\_ 26.Women's 50 Fly \_\_\_\_\_
- 5.Women's 200 Medley Relay \_\_\_\_\_ 27.Men's 50 Fly \_\_\_\_\_
- 6.Men's 200 Medley Relay \_\_\_\_\_ 28.Women's 100 Breast \_\_\_\_\_
- 7.Women's 100 Fly \_\_\_\_\_ 29.Men's 100 Breast \_\_\_\_\_
- 8.Men's 100 Fly \_\_\_\_\_ 30.200 Mixed Medley Relay \_\_\_\_\_
- 9.Women's 200 Breast \_\_\_\_\_ 31.Women's 100 Free \_\_\_\_\_
- 10.Men's 200 Breast \_\_\_\_\_ 32.Men's 100 Free \_\_\_\_\_
- 11.Women's 50 Free \_\_\_\_\_ 33. Women's 50 Back \_\_\_\_\_
- 12.Men's 50 Free \_\_\_\_\_ 34.Men's 50 Back \_\_\_\_\_
- 13.200 Mixed Free Relay \_\_\_\_\_ 35.Women's 200 Fly \_\_\_\_\_
- 14.Women's 200 I.M. \_\_\_\_\_ 36.Men's 200 Fly \_\_\_\_\_
- 15.Men's 200 I.M. \_\_\_\_\_ 37.Women's 100 I.M. \_\_\_\_\_
- 16.Women's 200 Free \_\_\_\_\_ 38.Men's 100 I.M. \_\_\_\_\_
- 17.Men's 200 Free \_\_\_\_\_ 39. Women's 200 Free Relay \_\_\_\_\_
- 18.Women's 100 Back \_\_\_\_\_ 40.Men's 200 Free Relay \_\_\_\_\_
- 19.Men's 100 Back \_\_\_\_\_ 41.Women's 1000 Free \_\_\_\_\_
- 20.Women's 50 Breast \_\_\_\_\_ 42. Men's 1000 Free \_\_\_\_\_
- 21.Men's 50 Breast \_\_\_\_\_ 43.Women's 1650 Free \_\_\_\_\_
- 22.Women's 400 I.M. \_\_\_\_\_ 44.Men's 1650 Free \_\_\_\_\_
- 23. Men's 400 I.M. \_\_\_\_\_

ATHLETES RELEASE(MUST BE SIGNED)

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, UNIVERSITY OF IOWA AND ALL THOSE ASSOCIATED WITH THE UNIVERSITY AND THE MEET ITSELF, 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.(rule book article 203.1)

Signature \_\_\_\_\_ date \_\_\_\_\_