

UNI WRS
 Attn: Chris Denison (aquatics)
 101 WRC UNI
 Cedar Falls, IA 50614-0201
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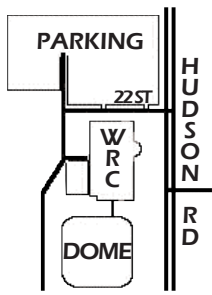
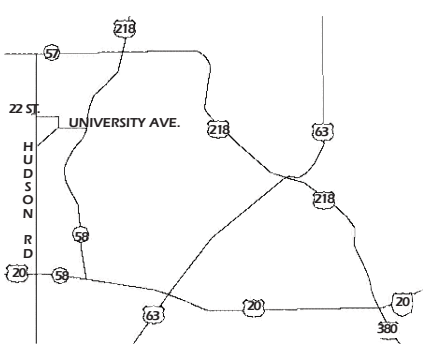
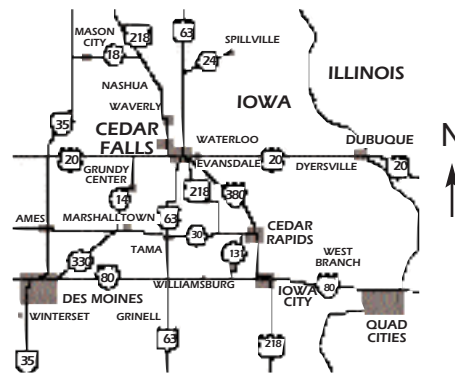
- Hosted by: Panther Masters Swimming
- Location: UNI Wellness & Recreation Center, Hudson Road, Cedar Falls, IA
- Date: March 4, 2006. Warm-ups 12:00 noon. Meet starts at 1:00 pm.
- Recognition: Recognized by U.S.M.S. Inc. and Local Masters Swimming Committee, Iowa Masters Swimming.
- Pool: Eight (8) lanes, 25 yards, with non-turbulent lane markers, backstroke flags, Colorado 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). T-shirts must be ordered by entry deadline of February 28, 2006.
- Rules: 2006 U.S.M.S. rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of March 4, 2006 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: \$12.50 entry fee + .50 splash fee = \$13.00. (A late fee of \$4.00 will be added to all entries not received by Tuesday, February 28, 2006.) Make check payable to: **UNI WRS**. (The splash fee is for the promotion of Masters Swimming in Iowa.)
- Entry Deadline: **Tuesday, February 28, 2006.** 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 28, 2006.
- 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 \$17.00. All events entered by the deadline of February 28 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: 7-5-4-3-2-1; relay events: 14-10-8-6-4-2. 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: Times swum at this meet will not be submitted for USMS Top Ten or national record consideration. Times swum by registered USMS swimmers will be submitted and eligible for Iowa Masters State Records.

100 BACKSTROKE ~ 100 BREASTSTROKE ~ 50 FREESTYLE ~ 100 INDIVIDUAL MEDLEY ~ 200 MIXED MEDLEY RELAY ~ 100 FREESTYLE ~ 50 BACKSTROKE ~ 50 FLY ~ 50 BREASTSTROKE ~ 200 FREE RELAY ~ 1000 FREESTYLE

2006 PANTHER MASTERS SHORT COURSE SWIM MEET

Saturday, March 4, 2006

WARM UP @ 12-12:45 PM ~ START @ 1 PM
 at the UNI Wellness and Recreation Center
 Hosted by PANTHER MASTERS SWIMMING
 Recognized by the Iowa Masters Swimming for USMS, Inc.
 Recognition # 40506R



On the world wide web at:
 Iowa Masters Swimming: <http://www.iowamasters.org>
 United States Masters Swimming: <http://www.usms.org>

ENTRY FORM
2006 PANTHER MASTERS SHORT (YARDS) COURSE SWIM MEET
SATURDAY, MARCH 4, 2006 - 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 # 40506R

NAME:		TEAM NAME:	
ADDRESS:			
CITY:	STATE:	ZIP:	
PHONE:			
E-MAIL:			
BIRTH DATE:	AGE ON MAR 4/2006:	SEX:	F M

WOMEN	ENTRY TIME	EVENT	ENTRY TIME	MEN
EVENT #		SATURDAY MAR 4, 2006		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

MONEY 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. Yearly USMS memberships forms will be available at the meet. Please make out a separate check payable to "Iowa Masters Swimming" in the amount of \$25.00 for a yearly membership.	MEET ENTRY AND SPLASH FEE: (\$12.50 + .50)	\$	13.00	CHECKS PAYABLE TO: UNI WRS MAIL ENTRY AND CHECK TO: UNI WRS CHRIS DENISON (aquatics) 101 WRC UNI CEDAR FALLS, IA 50614-0201
	LATE ENTRY FEE (AFTER FEB 28):	\$ 4.00	\$	
	T-SHIRT (OPTIONAL) M L XL XXL	\$ 15.00	\$	
	DONATION TO THE UNI WOMEN'S SWIMMING AND DIVING PROGRAM	\$	\$	
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: _____