

Grinnell Alumni Swim Team

Masters Swim Meet

Sanctioned by Iowa LMSC for USMS, Inc., Sanction No. 40602

Sunday, November 16, 2003

warm-ups: 8 am meet: 9 am

Ray Obermiller Pool, PEC, Grinnell College, 1118 10th Ave., Grinnell, IA

Entries: \$8.00 entry fee if received by November 14. Deck entries will be allowed, but will be subject to a \$2.00 surcharge. Entry fee includes a \$.50 contribution for the perpetuation of Masters Swimming in Iowa. **Make checks payable to Grinnell College, and mail entries to Tim Pulkrabek, 1118 10th Ave., Grinnell College, Grinnell, IA 50112-1690.**

Facility: 6 lane, 25 yard pool with non-turbulent lane markers; warm-up/warm-down wells; Colorado timing system with touchpads.

Further Info: Tim Pulkrabek, 641-269-4744 or pulkrabe@grinnell.edu

USMS registration forms will be available at the meet

Events

Entry limit: 5 individual plus relays please check events and provide time (NT for no time)
there will be a break between events 4 and 5

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|--------------------------|------------------------------|
| 1. 200 Medley Relay_____ | 6. 100 Butterfly_____ |
| 2. 200 Freestyle_____ | 7. 500 Freestyle_____ |
| 3. 200 I.M._____ | 8. 100 Backstroke_____ |
| 4. 50 Freestyle_____ | 9. 100 Breaststroke_____ |
| 5. 100 Freestyle_____ | 10. 200 Freestyle Relay_____ |

Name_____ Phone_____

Address_____ Date of Birth_____

City, State, Zip_____ Age_____ Gender: M___ F___

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. (Rule Book Article 203.1)

Signature_____ Date_____

USMS Number_____