

# WATERLINES

## Swim Meets

### Newton

Newton YNCA  
Saturday, Feb. 12, 2005  
Warm-Ups at Noon  
Meet at 1PM  
Contact: Sarah Patterson  
641-792-0678

### Iowa City

U of Iowa Fieldhouse  
Sunday, Feb 27, 2005  
Warm-Ups at 8 a.m.  
Meet at 9 a.m.  
Contact: Wayne Huebener  
(319) 337-4268

### Cedar Falls

UNI Wellness & Rec Center  
Saturday, March 5, 2005  
Warm-ups: 10:00 am  
Competition: 11:00 am  
Contact: Chris Dennison  
319-273-7253

### Ankeny

Ankeny Family YMCA  
Saturday, March 12, 2005  
Warm-Ups: 12:30 – 1:15  
Meet: 1:30 – 6:00

### Cedar Rapids

State Championship  
Coe College  
Sunday, April 10, 2005  
Warm-Ups: 8:00 am  
Meet at 9:00 am

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Send us your e-mail  
address so you can receive  
a notice to check the latest  
WATERLINES on the web  
at [www.iowamasters.org](http://www.iowamasters.org),  
Send your e-mail to Marion  
Johnson,  
[marjoh@clinton.net](mailto:marjoh@clinton.net)

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## Chairman's Comments:

As much as I love the water, and treasure my occasional trips to the ocean, the recent reports about the death and destruction caused by the Asian tsunami were certainly a reality check. My family and I were vacationing in Miami Beach when the sad news reports began. Standing in the saltwater, even 10,000 miles away, one still felt very connected to the event. Thousands of people in Thailand and Indonesia were just going for an innocent walk on the beach, just as I was, when their lives were turned upside down, or worse.

I know that all my fellow swimmers in the masters program share my love for the water, and more importantly, my deep respect for it. The entire masters organization preaches "safety first," and I am proud that our safety record in Iowa is so clean. Here's to another healthy year of competition in 2005!

Several meets coming up. Sign up and show up. Let the organizers know that you appreciate their efforts. The State Meet isn't that far off -- April 10 at Coe College. Get into your training program now, take part in those winter events and be ready for an exciting competition when the teams assemble in Cedar Rapids.

New USMS swimming magazine is on the way. See article elsewhere in this issue of WaterLines. Happy reading ... and training.

-- Norm Bower, Iowa Masters Chairman

[Normone53@aol.com](mailto:Normone53@aol.com)

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## YMCA National Championships

Indianapolis, IN  
April 21 – 24, 2005

See your local YMCA aquatics director;  
[www.YMCAswimminganddiving.org](http://www.YMCAswimminganddiving.org)

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USMS Masters on the Web [www.usms.org](http://www.usms.org)

## ONE YEAR MEMBERSHIP APPLICATION



### 2005 Membership Application

- RENEWAL-My current USMS No. is \_\_\_\_\_
- NEW REGISTRATION

**USMS Fee**  
 11/1/04-12/31/05 20.00

**LMSC Fee** 5.00

**USMS Fee**  
 9/1/05-12/31-05 \_\_\_\_\_

**TOTAL FEE** 25.00

**Membership expires 12/31/05**

Make check payable to:  
 Mail Check to:

**Register with same name you will use for competition. Print clearly.**

Last Name		First Name		Init	For Office Use
Street				Apt	
City		State	Zip	Phone No.	
Date of Birth		Age	Sex	Today's Date	
Mo.	Day	Yr		Mo	Day Yr
Club or Unattached			E-mail Address		

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 \_\_\_\_\_

If you coach Masters Swimmers, please check here

- I wish to contribute \$1.00 (or \$\_\_\_\_\_) to the United States Masters Swimming Foundation. I have added this amount to my 2005 registration fees.
- I wish to contribute \$1.00 (or \$\_\_\_\_\_) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2005 registration fees.

**Benefits of Membership include:** A Subscription to the USMS National publication during the length of the membership year (\$8.00 of the annual dues is designated for a Swim Magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

- USMS Registered swimmers are covered with secondary accident insurance.
- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
  - 2) in USMS sanctioned meets where all competitors are USMS registered.

**Make check payable to: IOWA MASTERS**  
**Mail to: R.A. Johnson, 403 N. 10<sup>th</sup> St., Clinton, IA 52732**

USMS National Publication  
 Jim Miller, MD  
 President, USMS

Many of you received the latest issue of **SWIM Magazine** and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005. Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, 'USMS SWIMMER'. These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison, and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine. USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics, and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportunities to enhance this service. The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members..

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.



# IOWA MASTERS SWIMMING

Feb. 12, 2005 ~ 1:00 pm start time

Location: Newton YMCA

## REASONS YOU SHOULD COME TO THIS MEET!

- You haven't been to Newton, Iowa in a while (or ever!).
- It could be a tune up meet for the Iowa Short Course Championship.
- You need to work on your meter to yard conversion skills - charts will be provided!
- If there are any wrestlers in your family, you can visit the Hall of Fame Wrestling Museum located in Newton.
- If you like Blue Cheese, you can purchase some at the Maytag Dairy Farm in Newton.
- There is a hot tub in the YMCA right by the pool! (no events held in the hot tub)
- You love swimming and want to get this meet off the ground and help make it an annual event! ☺

**DATE:** February 12, 2005  
**LOCATION:** Newton YMCA/1701 S. 8th Ave. E  
**FACILITY:** 6 lane 25 meter pool /hot tub (no events held in the hot tub)  
**WARMUPS:** 12:00 - 1:00pm

**DIRECTIONS:** Take either Newton exit. If coming on I-80 from the east, exit and take a right. You will curve around a beltline of sorts and pass a Wal-Mart. When you get to the stoplights, take a left on 1st Ave. Go down about a mile to 17th Street, and take a left. You will run right into the Y. If coming from the west, exit and take a right. Continue through the set of lights until you get to a four way stop. Turn right on 1st Ave. Continue all the way through town until you get to 17th Street and take a right. You will run right into the Y.

**ENTRY FEE:** \$10.00 (checks payable to the NEWTON YMCA)  
if entry is received by Wednesday, Feb. 9th  
\$15.00 for late or deck entries

**MEET  
MANAGER:** Sarah Patterson

**RESULTS:** Results will be posted on a wall in the pool area as soon as they are available.

**Note:** Times swum at this meet will not be eligible for National or Top Ten USMS records as the pool length is not certified. Times will eligible for Iowa Masters State records.



Newton Master's Meet: February 12, 2005  
 1:00 pm start time: 12:00 noon warm-ups  
 Sanctioned by Iowa LMSC for USMS, Inc. Sanction Number 40305

NAME: \_\_\_\_\_ AGE AS OF 2/12/05: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_  
 EMERGENCY PHONE#: \_\_\_\_\_ CLUB: \_\_\_\_\_  
 USMS NUMBER: \_\_\_\_\_

\*must have United States Master's up-to-date Swimming Card. We have enclosed the form if you need to sign up. You may also download the form on the Iowa Master's web site - (www.iowamasters.org). Write "APPLIED FOR" if you will not have your USMS# by the entry deadline. In this case, you must show your USMS card at the timing/scoring table prior to the start of the meet.

**Events/order:** please put a YARD time on the line provided if you have a time. Put NT if you do not have a time. Remember, you may enter up to 5 individual events plus relays if you wish. Relays will be deck seeded and cards must be turned in before the last heat of the first event (the women's 500 freestyle). Pick up relay cards at the timing/scoring table when you get to the meet.

- |                                 |                               |
|---------------------------------|-------------------------------|
| _____ (#1)WOMEN'S 500 FREE      | _____ (#2)MEN'S 500 FREE      |
| _____ (#3)WOMEN'S 200 MED RELAY | _____ (#4)MEN'S 200 MED RELAY |
| _____ (#5)WOMEN'S 100 FREE      | _____ (#6)MEN'S 100 FREE      |
| _____ (#7)WOMEN'S 200 BACK      | _____ (#8)MEN'S 200 BACK      |
| _____ (#9)WOMEN'S 50 FLY        | _____ (#10)MEN'S 50 FLY       |
| _____ (#11)WOMEN'S 100 BREAST   | _____ (#12)MEN'S 100 BREAST   |
| _____ (#13)WOMEN'S 200 IM       | _____ (#14)MEN'S 200 IM       |
| _____ (#15)WOMEN'S 50 BACK      | _____ (#16)MEN'S 50 BACK      |
| _____ (#17)WOMEN'S 100 FLY      | _____ (#18)MEN'S 100 FLY      |
| _____ (#19)WOMEN'S 200 BREAST   | _____ (#20)MEN'S 200 BREAST   |
| _____ (#21)WOMEN'S 50 FREE      | _____ (#22)MEN'S 50 FREE      |
| _____ (#25)WOMEN'S 100 BACK     | _____ (#26) MEN'S 100 BACK    |
| _____ (#27)WOMEN'S 200 FLY      | _____ (#28)MEN'S 200 FLY      |
| _____ (#29)WOMEN'S 50 BREAST    | _____ (#30)MEN'S 50 BREAST    |
| _____ (#31)WOMEN'S 200 FREE     | _____ (#32)MEN'S 200 FREE     |
| _____ (#33)WOMEN'S 100 IM       | _____ (#34)MEN'S 100 IM       |
| _____ (#35)WOMEN'S 200 FR RELAY | _____ (#36)MEN'S 200 FR RELAY |

<b>ENTRY CHECKLIST</b>
__ entry form filled out completely?
__ picked your events and listed times or NT?
__ enclosed a \$10.00 check payable to Newton Y
__ have current USMS number or applied?
__ liability release signed and dated?

**ENTRY FEE: \$10.00** Enclose a check payable to Newton YMCA  
 Send your completed registration form (this page) and your check to:  
 Sarah Patterson                      questions? Call her at: 641-792-0678  
 200 E. 23rd St. N.  
 Newton, IA 50208

**WAIVER: Must read and sign waiver below to be able to participate.**  
**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: \_\_\_\_\_

# Hawkeye Masters Swim Club MASTERS SWIM MEET

Sanctioned by Iowa LSMC for USMS, Inc. - Sanction Number: 40205

University of Iowa Field House Pool- Melrose Ave/Grand Ave. Iowa City  
Sunday- February 27, 2005 Warm-Ups: 8 A.M. Meet: 9 A.M.

Entry Deadline: Entries MUST be received by Friday, February 25, 2005. "Deck" or "late" entries will be accepted up to 8:45 A.M. on Sunday morning but may be placed in slower heats.  
Entry Fee: \$9.50 + 50 cent "splash fee"(\$10.00 total) or \$12.00 total for "late" entries.

Mail Entries to: **Wayne Huebener, 24 Koser Ave, Iowa City, IA 52246-1916**  
USMS REGISTRATION FORMS WILL BE AVAILABLE AT THE MEET

Further Info: Call Wayne at 319-337-4268 Marc Long at 319-631-4930

Age Groups:(circle one) 19-24, 25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,etc..  
Age Group for relays: 19+, 25+,35+,45+, 55+,65+

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- |                                 |                                |
|---------------------------------|--------------------------------|
| 1. 200 Medley Relay M/F _____   | 10. 50 backstroke _____        |
| 2. 200 Freestyle _____          | 11. 100 Butterfly _____        |
| 3. 200 I.M. _____               | 12. 500 Freestyle _____        |
| 4. 50 Freestyle _____           | 13. 200 Mixed Free Relay _____ |
| 5. 100 Backstroke _____         | 14. 50 Breastroke _____        |
| 6. 100 Breastroke _____         | 15. 100 Freestyle _____        |
| 7. 2X 50 Mixed Free Relay _____ | 16. 200 Backstroke _____       |
| 8. 50 Butterfly _____           | 17. 100 I.M. _____             |
| 9. 200 Breastroke _____         | 18. 1650 Freestyle _____       |
- ( 5 event limit plus relays)
- 

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Birth Date \_\_\_\_\_

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 the 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 STATESMASTERS 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 \_\_\_\_\_ USMS Number \_\_\_\_\_



**Kevin Kelly Memorial Swim Meet**

**March 12, 2005**

**Ankeny Family YMCA**

Warm-Ups: 12:30-1:15 PM

Meet Times: 1:30- 6:00 PM

RECOGNITION # 40303R

Please complete the following information. Write your best current time in front of each event you would like to compete in. If no time, enter N/T for no time. There is a five event limit plus relays.

Age Group (Circle one): 19 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 50, 55 – 59, 60 – 64, 65 – 69, 70 and over

Name: \_\_\_\_\_ Sex: M / F Age: \_\_\_\_\_ Birthday: / /

Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

City: \_\_\_\_\_ Work Phone: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Events**

- |                                |                                   |                                 |
|--------------------------------|-----------------------------------|---------------------------------|
| #1: 200 Medley Relay _____     | #8: 50 Fly _____                  | #15: 200 Free _____             |
| #2: 500 Free _____             | #9: 100 Free _____                | #16: 200 Mixed Free Relay _____ |
| #3: 200 IM _____               | #10: 50 Back _____                | #17: 50 Breast _____            |
| #4: 50 Free _____              | #11: 100 IM _____                 | #18: 100 Fly _____              |
| #5: 100 Back _____             | #12: 200 Breast _____             | #19: 200 Back _____             |
| #6: 100 Breast _____           | #13: 200 Mixed Medley Relay _____ | #20: 1650 Free _____            |
| #7: 400 Mixed Free Relay _____ | #14: 200 Fly _____                |                                 |

**Meet Entry Fee: \$25.00 Entry fee includes a \$.50 contribution of Masters Swimming in Iowa.**

**Please have entries into Makala R. Brinkley by March 9<sup>th</sup>, 2005**

**Mail entries and make checks payable to:**

Ankeny Family YMCA,  
1102 N. Ankeny Blvd.,  
Ankeny, Iowa 50021

**Attention:** Makala R. Brinkley, Aquatic Director

**Phone:** 965-8303 ext. 114

Makala.brinkley@dmymca.org

**LIABILITY RELEASE (as follows):** "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 the USMS."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**THE 2005 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET**  
U.S. Masters Swimming Sanction Number : 40405

**Hosted by :** Milky Way Masters Swim Club, Cedar Rapids Aquatics Association, and Coe College  
**Location :** Coe College Natatorium, 1220 1st Avenue N.E., Cedar Rapids, Iowa  
**Dates :** April 10, 2005. Warmups 8:00 a.m. Meet starts at 9:00 a.m.  
**Sanction :** Sanctioned 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. There is also a 45 by 60 ft swimming area open at all times for additional warm-up and cool down.  
**Awards :** Team: Traveling trophy for first place.  
**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 definition" below.  
**Rules :** 2005 U.S.M.S. rules prevail. Individual competition is age groups, 19-24, 25-29, 30-34, 35-39, etc. Age as of April 10, 2005 determines age for the meet. Relay age groups are : 25+, 35+, 45+, etc. The age of the youngest swimmer determines the age of the relay.

**Event Limit :** Swimmers may enter a maximum of five (5) individual events. A swimmer may enter each relay once. Swimmers are limited to one distance event (1000 or 1650).

**Distance Events :** Swimmers may enter either the 1000 or 1650 freestyle, but not both. Heats for the two different distances may be combined. Swimmers may be asked to swim two to a lane.

**Cost :** \$17.50 entry fee + .50 splash fee = \$18.00. (A late fee of \$5.00 will be added to all entries not received by Saturday, April 2, 2005. Make check payable to CRAA. The splash fee is for the promotion of Masters Swimming in Iowa.

**Entry Deadline :** Saturday, April 2, 2005. Deck entries will be accepted, but will be assessed a \$5.00 late fee. We do want to encourage all entries including deck entries. **However, entries for events 1-24 will be accepted until 8:30 a.m. on the day of the meet. Entries for events 25-46 will be accepted until 11:00 a.m.**

**Late Entries :** Swimmers with late entries should be sure to have your entry blank filled out completely. It is important to include full address also. Late entries are \$23.00. Make check payable to CRAA. Checks are preferred but cash is accepted.

**The distance events will be deck-seeded. We will ask all distance swimmers to check in at the computer table 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 with current U.S. Masters swimming cards.

**U.S.M.S. Cards :** Yearly and single-day memberships are available for purchase at the meet. Please make out a separate check payable to "Iowa Masters Swimming" in the amount of \$25.00 for a yearly membership or \$10.00 for a single day membership. Please make sure membership application form is also completed.

**Scratches :** Swimmers not reporting for events will be scratched. No refunds.

**Meet Director :** Mail entries and check to :

**Judy Hackney, 3708 Yellow Pine Dr. NE, Cedar Rapids, IA 52402 Phone : 319-393-0188**

**ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A CHECK.**

**Team Definitions :** All U.S.M.S. swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. FOR THE PURPOSES OF THIS MEET ONLY, in order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

1. A team must have a designated City or Town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly (at least 20 times per year) at a pool within 25 miles of the designated city or town.
3. Relays, to score team points must consist of the members from a single team.
4. Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

**OFFICIAL ENTRY FORM**  
**2005 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET**

Coe College Natatorium, 1220 1st Avenue NE

Sunday, April 10, 2005

Sanctioned by : USMS, Inc. and Local Masters Swimming Committee, and Iowa Masters Swimming

Sanction Number : 40405

**NAME** \_\_\_\_\_ **SEX** \_\_\_\_\_ **AGE** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_

(age on April 10, 2005)

**ADDRESS** \_\_\_\_\_ **HOME PHONE** \_\_\_\_\_

\_\_\_\_\_ **BUSINESS PHONE** \_\_\_\_\_

**U.S.Masters Swimming Number** \_\_\_\_\_ **AGE GROUP** \_\_\_\_\_ **TEAM** \_\_\_\_\_

Money enclosed : Meet entry and splash fee \$18.00 Mail form to: Judy Hackney  
 Late entry fee (after April 2) 5.00 3708 Yellow Pine Dr NE  
 Total enclosed (ck payable to CRAA) \_\_\_\_\_ Cedar Rapids, IA 52402-1831

**EVENTS** (please circle event number and enter seed time) limit of 5 individual events :

- |   |                                  |                                  |
|---|----------------------------------|----------------------------------|
| 1. Mixed Ascending Relay _____<br>(50free/50free/100free/200free) | 15 minute break                  | 25. Women's 500 Free _____       |
| 3. Women's 200 Back _____   | 26. Men's 500 Free _____         | 27. Women's 50 Fly _____         |
| 4. Men's 200 Back _____   | 28. Men's 50 Fly _____           | 29. Women's 100 Breast _____     |
| 5. Women's 200 Medley Relay _____                                 | 30. Men's 100 Breast _____       | 31. 200 Mixed Medley Relay _____ |
| 6. Men's 200 Medley Relay _____                                   | 33. Women's 100 Free _____       | 34. Men's 100 Free _____         |
| 7. Women's 100 Fly _____  | 35. Women's 50 Back _____        | 36. Men's 50 Back _____          |
| 8. Men's 100 Fly _____  | 37. Women's 200 Fly _____        | 38. Men's 200 Fly _____          |
| 9. Women's 200 Breast _____                                       | 39. Women's 100 I.M. _____       | 40. Men's 100 I.M. _____         |
| 10. Men's 200 Breast _____  | 41. Women's 200 Free Relay _____ | 42. Men's 200 Free Relay _____   |
| 11. Women's 50 Free _____   | 43. Women's 1000 Free _____      | 44. Men's 1000 Free _____        |
| 12. Men's 50 Free _____   | 45. Women's 1650 Free _____      | 46. Men's 1650 Free _____        |
| 13. 200 Mixed Free Relay _____                                    |                                  |                                  |
| 15. Women's 200 I.M. _____  |                                  |                                  |
| 16. Men's 200 I.M. _____  |                                  |                                  |
| 17. Women's 200 Free _____  |                                  |                                  |
| 18. Men's 200 Free _____  |                                  |                                  |
| 19. Women's 100 Back _____  |                                  |                                  |
| 20. Men's 100 Back _____  |                                  |                                  |
| 21. Women's 50 Breast _____                                       |                                  |                                  |
| 22. Men's 50 Breast _____   |                                  |                                  |
| 23. Women's 400 I.M. _____  |                                  |                                  |
| 24. Men's 400 I.M. _____  |                                  |                                  |

Choose only one of events 43-46

**ATHLETE'S 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 and death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENTAL 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, 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.

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_

Check Number \_\_\_\_\_ Cash Amount \_\_\_\_\_ # Cards \_\_\_\_\_

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

**2005 PANTHER MASTERS  
 SHORT COURSE SWIM MEET**  
 Sunday, March 5, 2005

WARM UP @ 10 AM ~ START @ 11 AM  
 at the UNI Wellness and Recreation Center  
 Hosted by PANTHER MASTERS SWIMMING.  
 Recognized by the Iowa Masters Swimming for USMS, Inc.  
 Recognition # 40505R

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

- Hosted by: Panther Masters Swimming  
 Location: UNI Wellness & Recreation Center, Hudson Road, Cedar Falls, IA  
 Date: March 5, 2005. Warm-ups 10:00 a.m. Meet starts at 11:00.  
 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.  
 T-shirt: Optional T-Shirt available for sale (long sleeve). T-shirts must be ordered by entry deadline of February 28, 2005.  
 Towel: Optional Towel available for sale. Towel must be ordered by entry deadline of February 28, 2005.  
 Rules: 2005 U.S.M.S. rules prevail. Individual competition is age groups, 19-24, 25-29, 30-34, 35-39, etc. Age as of March 5, 2004 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 Friday, February 28, 2005.) Make check payable to: **UNI WRS**. (The splash fee is for the promotion of Masters Swimming in Iowa.)  
 Entry Deadline: **Friday, February 28, 2005.** 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, 2005.  
 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 swimmers 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 19 years of age or older. All meet entries must be in by 10:00 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

**ENTRY FORM**  
**2005 PANTHER MASTERS SHORT (YARDS) COURSE SWIM MEET**  
**SATURDAY, MARCH 5, 2005 - WARM UP: 10:00 - 10:45 AM - START TIME: 11:00 AM**

Hosted by PANTHER MASTERS SWIMMING  
 Recognized by the Iowa Masters Swimming for USMS, Inc. - Recognition # 40505R

<b>NAME:</b>		<b>TEAM NAME:</b>	
<b>ADDRESS:</b>			
<b>CITY:</b>	<b>STATE:</b>	<b>ZIP:</b>	
<b>PHONE:</b>	<b>E-MAIL:</b>		
<b>BIRTH DATE:</b>	<b>AGE ON MAR 5/2005:</b>	<b>SEX: F M</b>	

WOMEN	ENTRY TIME	EVENT	ENTRY TIME	MEN
EVENT #		<b>SATURDAY MAR 5, 2005</b>		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

<b>MONEY ENCLOSED:</b>  Make check payable to <b>UNI WRS</b> . Checks are preferred but cash is accepted.  ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A PAYMENT.	MEET ENTRY AND SPLASH FEE: (\$12.50 + .50)	\$ 13.00	CHECKS PAYABLE TO: <b>UNI WRS</b>  MAIL ENTRY AND CHECK TO: UNI WRS ATTN: 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	
	TOWEL (OPTIONAL)	\$ 12.00	
	DONATION TO THE UNI WOMEN'S SWIMMING AND DIVING PROGRAM	\$	
	TOTAL AMOUNT ENCLOSED:	\$	
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.			

**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: \_\_\_\_\_

Waterlines  
c/o Warren Tunwall  
100 Koser Ave.  
Iowa City, Iowa 52246-1918

# ~Waterlines~

## ***Iowa Masters Executive Committee***

Chairman: Norm Bower, 3946 Fernwood Ave., Davenport, IA 52807, PH: 563-355-7738,  
Treasurer: Jack Fritts, 405 Cobblestone Dr. NW, Cedar Rapids, IA 52405  
Newsletter Editor: Warren Tunwall, 100 Koser Ave., Iowa City, IA 52246, PH: 319-338-8738  
Registrar: Marion Johnson, 403 N. 10<sup>th</sup> St., Clinton, IA 52732, PH: 319-243-5350  
Records and Top Ten STATS: Steve Spangler, 9468 Indian Hills Dr., Clive, IA 50325, PH: 515-223-4119  
Sanctions and Safety: Rachel Windsor, 424 51<sup>st</sup> St., Des Moines, IA 50312, PH: 515-277-8852  
U.S. Masters Swimming Inc: 2 Peter Ave., Rutland, MA 01543, PH: 508-886-6631; FAX: 508-886-6265

## **Statewide Iowa Masters Representatives**

AMES: Andrea Dorn 515-382-5604  
CEDAR RAPIDS: Nick Gearhart 319-364-6567  
COUNCIL BLUFF: Tom Kealy 712-322-4998  
IOWA CITY: Warren Tunwall 319-338-8738  
QUAD CI TIES: Norman Bower 563-355-7738

WATERLOO / CF: Mike Savage 319-266-8561  
CLINTON: Richard Johnson 319-243-5350  
DES MOINES: Roger Jorgensen 515-221-3995  
OTTUMWA: Stuart Ashmead 515-684-6074