

**2010 OKLAHOMA MASTERS
ROSE STATE COLLEGE SWIM MEET
Hosted by Oklahoma Masters Swim Club
Sanctioned by OMS for USMS, INC. Sanction No. 2710 - 178**

DATE: **Saturday, March 13, 2010**
Warm-up 12:15pm, Meet 1:15pm

LOCATION: **Rose State College, 6420 SE 15th, Midwest City, Oklahoma.**
From I-40 exit north on Air Depot (exit 157B), then go west on SE 15th. The campus and the aquatic center are on the south side of the road. (Behind the tennis courts)

FACILITY: **The pool is a 25-meter, six-lane indoor facility** with anti-turbulent lane lines. All six lanes may be used in the 800 freestyle and 1500 freestyle events. One lane will be open for warming up and cooling down throughout these events.

ELIGIBILITY: **The meet will be conducted in strict compliance with the current rules of United States Masters Swimming. All participants must currently be registered with United States Masters Swimming.** Ages will be determined according to the 2010 USMS rule, which states that your age at this meet is determined by your age on December 31, 2010.

FORMAT: **The meet will be conducted under 2010 USMS rules,** including the no-false-start rule. Deck entries will be accepted until 12:30pm on the day of the meet. The meet will be deck seeded slow to fast by time only. Entrants without seed times will be placed in the slowest heat. All events will be timed finals.

ENTRY LIMIT: An individual may enter a maximum of five (5) individual events plus relays.

ENTREE FEE: **Pre-entry fee is \$15.00 for one to five events,** if postmarked by **Saturday, March 6.** Entries postmarked after that date or entries submitted the day of the meet will be accepted at a flat rate of \$20.00 for one to five events. There is no entry fee for relays.

RESULTS: Will be mailed upon request and posted online at
<http://oklahomamastersswimclub.com>

Mail your check, entry, and copy of your 2010 registration card to:

Meet Director: Janet Latham, 2732 Somerset Pl.

Oklahoma City, OK. 73116.

Questions call 405-297-3612 or email janet.latham@okc.gov

Make all checks payable to OKMS

Oklahoma Masters Swim Club

ENTRY FORM

2010 OKLAHOMA MASTERS ROSE STATE COLLEGE SWIM MEET

Saturday, March 13, 2010 WARM-UP 12:15, MEET 1:15 pm

Sanction # 2710 - 178

NAME_(as it appears on your USMS card)_____

BIRTHDATE (MO./DAY/YR)_____ AGE as of 12-31-10_____

MAILING ADDRESS_____

CITY_____ STATE_____ ZIP_____

DAY PHONE_____ SWIM CLUB_____

USMS Reg#_____ SEX_____

You must include a copy of your 2010 USMS card with your entry & time cards.

Mail to Meet Director: Janet Latham, 2732 Somerset Pl. OKC, OK. 73116

Please circle the numbers of the events you wish to swim (maximum is five individual events) and indicate your entry time for short course meters.

EVENT	TIME	EVENT	TIME
1 800 Freestyle (only enter one)		11 200 Freestyle	
2 1500 Freestyle (only enter one)		12 50 Breaststroke	
3 200 Individual Medley		13 200 Backstroke	
4 100 Butterfly		14 100 Freestyle	
5 50 Freestyle		15 50 Backstroke	
6 100 Backstroke		16 200 Medley Relay	
7 200 Butterfly		17 400 Freestyle	
8 200 Free Relay		18 100 Breaststroke	
9 50 Butterfly		19 400 Individual Medley	
10 100 Individual Medley		20 200 Breaststroke	

Short breaks will be taken during the meet and can be requested at any time.

Please read and sign the following liability waiver; this is required as part of your entry process!

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 of 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)

SIGNED _____ DATE _____

Questions call 405-297-3612 or email janet.latham@okc.gov

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