

**2009 EXTREME AQUATIC TEAM  
TURKEY TROT MASTERS SWIM MEET  
EAT and Extreme Aquatic Masters Swim Club  
Sanctioned by OMS for USMS, INC. Sanction No. \_\_\_\_\_**

**DATE: Sunday, November 22, 2009  
Warm-up 2:00pm, Meet 2:30pm**

**LOCATION: Oklahoma City Community College**

Olympic Festival Pool  
SW 77 and South May Ave.  
Oklahoma City, OK 73159

**FACILITIES:** 25 yard, eight lane indoor pool with non-turbulent lane ropes and electronic timing system. Spectator seating and swimmer bleachers are available. A warm-up/ cool down area will be in a separate diving well.

**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 2009 USMS rule, which states that your age at this meet is determined by your age on December 31, 2009.

**FORMAT:** The meet will be conducted under 2009 USMS rules, including the no-false-start rule. Deck entries will be accepted until 2:15pm on the day of the meet. The meet will be run slowest to fastest, alternating women to men. Entrants with "NO 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.

**ENTREE FEE:** Pre-entry fee is \$20.00 for one to five events, if postmarked by Saturday, November 14, 2009. Entries postmarked after that date or entries submitted the day of the meet will be accepted at a flat rate of \$25.00 for one to five events.

**RESULTS:** Will be e-mailed upon request and posted online at [www.extremeaquatics.org](http://www.extremeaquatics.org)

**DECK ADMISSION:** Only athletes, staff, and volunteers will be granted admission to deck. Athlete, coach or volunteer credentials are required.

**ENTRIES:** mail your check, entries, and copy of your 2009 MASTERS Registration Card to: **MARCI McVAY- Meet Director** (405-341-9102)  
**18329 Chestnut Oak Drive** (405-830-9027)  
**Edmond, OK 73012** [marci5121@cox.net](mailto:marci5121@cox.net)

**Starting times** are subject to change, due to deviations in the morning USA Age Group session, but will not start sooner than 2:30 pm.

**Make all checks payable to EAT**  
**Extreme Aquatic Masters Swim Club**  
**2009 Turkey Trot Masters Swim Meet**  
**Sunday, November 22, 2009**  
**WARM-UP 2:00pm, MEET 2:30pm**  
**Sanction # \_\_\_\_\_**

NAME (as it appears on your USMS card) \_\_\_\_\_  
 BIRTHDATE (MO./DAY/YR) \_\_\_\_\_ AGE as of 12-31-09 \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 DAY PHONE \_\_\_\_\_ SWIM CLUB \_\_\_\_\_  
 USMS Reg. # \_\_\_\_\_ SEX \_\_\_\_\_

**You must include a copy of your 2009 USMS card with your entry & time cards.**  
**Mail to Meet Director:** Marci McVay, 18329 Chestnut Oak Dr., Edmond, OK 73012

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

#	EVENT	TIME	#	EVENT	TIME
1055-	Women's 100 yard IM		1056-	Men's 100 yard IM	
1057-	Women's 100 yard Free		1058-	Men's 100 yard Free	
1059-	Women's 100 yard Breast		1060-	Men's 100 yard Breast	
1061-	Women's 100 yard Back		1062-	Men's 100 yard Back	
1063-	Women's 50 yard Free		1064-	Men's 50 yard Free	

**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 \_\_\_\_\_