

Entry Form – First Annual Gladstone Masters Meet
Saturday, November 7th, 2009, 5:00 - 8:00p
6901 N. Holmes, Gladstone, Mo. 64118
 Sanctioned by Missouri Valley LMSC for USMS, Inc., #2809-05

Name _____ Email _____

Address _____ Age on 11/07/09 _____ Sex _____

City _____ State _____ Zip _____ Birth date _____

Day Phone (____) _____ Evening Phone (____) _____ Cell Phone (____) _____

2009 USMS # _____ Workout Group / Team _____

Circle event number and enter seed time (or “NT” for no time).

Event	Seed Time
1 **1000 or 1650 Free	
2 50 Fly	
3 200 Breast	
4 100 Back	
5 200 Free	
6 400 IM	
7 200 Free Relay	<i>Enter at meet</i>
* 10-minute break	
8 50 Breast	
9 200 Fly	
10 50 Back	

Event	Seed Time
11 200 IM	
12 100 Free	
13 500 Free	
14 200 Medley Relay	<i>Enter at meet</i>
* 10-minute break	
15 100 Breast	
16 50 Free	
17 200 Back	
18 100 Fly	
19 100 IM	
20 Optional Fun Relay	<i>Enter at meet</i>

RELEASE FROM LIABILITY: 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, any 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.

Date _____ Signed _____

Please enclose: A check for \$20 or \$25 made out to **Missouri Valley Masters**

Mail to:
 Doug Hayden
 6379 N Myrtle Ave
 Gladstone, Mo. 64119

2009 First Annual Gladstone Masters Meet - Meet Information

Saturday, November 7th, 2009, 5:00 - 8:00pm

Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction #2809-05

Location: Gladstone Community Center, 6901 N. Holmes, Gladstone, Mo. 64118

Directions: <http://www.gladstone.mo.us/Recreation/directions.pdf>

Time: Saturday, November 7th, 2009. Check-in begins at 4:00 pm, warm-up 4:00 – 5:00 pm. Meet starts 5:00 pm. Warm-up and cool down will be available in the diving well (20 yards) throughout the meet. The meet should conclude by approximately 8:00 pm.

Social: We will gather at a local establishment after the meet.

Eligibility: You must be a member of USMS to swim in the meet. If you are not currently registered, you may register *ONLINE* (preferred!) at www.MOVYmasters.org or at www.usms.org. Applications for USMS membership will also be available at check-in. You can register for the remainder of 2009 for a reduced fee of \$20, or (after Nov 1st) you can register for the remainder of 2009 AND 2010 for the normal \$35.

Rules: The 2009 USMS rules will govern the conduct of the meet. Events will be deck seeded, slowest to fastest. Entries with no times will be seeded in the slowest heats. Ages and sexes will be mixed. You may swim next to someone older or younger, Man or Woman, of approximately the same speed, but results will be broken out by sex and age groups (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 and so on). NOTE that your age for this meet is your age on 11/07/09.

Limits: Swimmers may swim up to five events, plus relays. Please be aware that this meet will run fast. If you enter back-to-back events, your rest time will be short (or non-existent).

** 1000/1650 will be limited to the first 16 swimmers to sign up.

Fees: \$20.00 entry fee; late and deck entries are \$25.00. Make checks payable to **Missouri Valley Masters**.

Deadline: Postmarked on or before November 3rd, 2009 for the \$20.00 entry fee. Late and deck entries will be accepted at the \$25.00 rate.

Entries: Mail entries to: Doug Hayden, 6379 N Myrtle Ave., Gladstone, Mo. 64119

Meet Director: Doug Hayden – If you have any questions please contact me at 816-560-4887, dhayden@bfdsmidwest.com or doughayden@sbcglobal.net