

17th ANNUAL NORTHWEST ARKANSAS AQUATICS MASTERS SWIMMING INVITATIONAL

Sanctioned by Arkansas Masters for U.S. Masters -- Sanction number 2310-003

DATE: JUNE 12, 2010

LOCATION: MELVIN FORD AQUATIC CENTER, MEMORIAL PARK
BENTONVILLE, ARKANSAS

FACILITY: 8 lane x 50 meter outdoor pool with separate diving well for warm-up & warm down. (Great Pool❖❖❖Not much shade❖❖❖Bring lawn chairs)

FORMAT: 2010 USMS rules will govern the conduct of the meet. Events will be deck seeded. Deck entries are permitted. Ages & sexes will be mixed based upon seed times. Entries without times will be placed in the slowest heat.

ELIGIBILITY: A current USMS card is required. If you are not currently registered, applications for USMS membership will be available at check-in. Attach a copy of your 2010 USMS registration card to your entry form.

TIME:

WARM-UP	8 AM
MEET STARTS	9 AM

SOCIAL: ANOTHER GREAT SOCIAL...immediately following the meet.
More information available at the meet. No charge for those entered in the meet. Non-swimming spouses/friends/children welcome to join us for a fee of \$5.00 each. No charge for children 5 & under.

ENTRY LIMIT: Each swimmer may swim a maximum of 5 individual events plus relays.

FEES: Pre-entry fee is \$20.00 if postmarked by FRIDAY, JUNE 4, 2010. Deck entry fee is \$25.00. Make all checks payable to Jon Terlouw. (Entry fee covers events, social and meet souvenir for first 75 swimmers).

MAIL TO: Lori Terlouw
207 S.E. 3rd. St.
Bentonville, AR 72712

Contacts: Lori at (479) 633-2635 or E-mail: swimfans@cox.net
or Carolyn Haefner at (479) 273-7439 or E-mail: jaycar13@gmail.com

AGE GROUPS: 19-24, 25-29, 30-34, etc

DIRECTIONS: Melvin Ford Aquatic Center in Memorial Park is located on Highway 72 East next to Washington Junior High School (west of the 540/71 Bypass).

From south of Bentonville: Take 540 north to Bentonville to Exit #88 (72 to Bentonville). Turn left (west), go 1.2 miles to 2nd park entrance. Turn right--pool is on the right.

From north of Bentonville: Take 71 to Exit #88 (72 to Bentonville). Turn right (west), go 1 mile to 2nd park entrance. Turn right--pool is on the right.

From Oklahoma: Take 412 to Springdale to 540 north to Bentonville and follow directions above when coming to Bentonville from the south.

AREA MOTELS:

- | | | |
|--|---|--|
| 1. Simmons Suites
1540 (Exit 88) & Hwy. 72
Bentonville, AR 72712
(479) 254-7800 | 2. Holiday Inn Express
2205 S.E. Walton Blvd.
Bentonville, AR 72712
(479) 271-2222 | 3. Clarion Hotel and Convention Center
211 SE Walton Blvd.
Bentonville, AR 72712
(479) 464-4600 |
| 4. Bentonville Sleep Inn
205 SE Walton Blvd.
Bentonville, AR 72712
(479) 464-4400 | 5. Courtyard by Marriott
1540 (Exit 88) & Hwy. 72
Bentonville, AR 72712
(479) 273-3333 | 6. Comfort Inn of Bentonville
3609 Moberly Ln.
Bentonville, AR 72712
(479) 271-9400 |

There are many new motels close-by. The listed motels are just a few of those available.

NORTHWEST ARKANSAS AQUATICS MASTERS SWIMMING INVITATIONAL

SANCTIONED BY THE ARKANSAS MASTERS FOR USMS, INC. SANCTION # 2310-003

ENTRY FORM

PLEASE COMPLETE AND MAIL TO:

LORI TERLOUW
207 S.E. 3RD STREET
BENTONVILLE, AR 72712

Please be sure to include a copy of your 2010 USMS registration card along with the entry form and your check.

NAME _____ PHONE # _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ AGE _____ BIRTHDATE _____ SEX _____ EMAIL _____

USMS# _____ TEAM NAME _____ TEAM INITIALS _____

ORDER OF EVENTS

	<u>EVENT</u>	<u>ENTRY TIME</u>	<u>EVENT</u>	<u>ENTRY TIME</u>
Saturday:	1. 200 Free Relay	_____	10. 400 Free	_____
	2. 100 Back	_____	11. 200 Back	_____
	3. 200 Fly	_____	12. 100 Breast	_____
	4. 50 Breast	_____	13. 400 I.M.	_____
	5. 200 I.M.	_____	14. 50 Fly	_____
	6. 100 Free	_____	15. 200 Free	_____
	7. 50 Back	_____	16. 200 Medley Relay	_____
	8. 200 Breast	_____	17. 50 Free	_____
	9. 100 Fly	_____	18. 1500 Free	_____

(Breaks between events will be held when deemed necessary.)

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 ACITIVITIES 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 United States Masters Swimming.

DATE: _____ SIGNATURE: _____