

6th Annual Hall of Fame Short Course Swim Meet

Entry Form

Saturday April 24, 2010

Sanction # 2310-002 by Arkansas Masters LMSC for USMS, Inc.

Name _____ Age as of April 24, 2010 _____ Gender _____
Address _____ Day Phone _____ - _____ - _____
City _____ State _____ Zip _____ Evening Phone _____ - _____ - _____
USMS Reg. # _____ Swim Club _____

Location:

University of Arkansas Little Rock
2801 South University Dr
Little Rock, AR

Time:

Warm Up: 12:30p.m.
Meet Starts: 1:30 p.m.

Please complete Registration Form and Mail with copy of current registration card and check to:

Mike Booth

#8 Old Bridge Lane

Little Rock, AR 72211

Or E-mail to: Mike-booth@sbcglobal.net

ORDER OF EVENTS

- | | |
|---------------------|--------------------------|
| 1. 100 free _____ | 8. 200 Fly _____ |
| 2. 100 breast _____ | 9. 50 Breast _____ |
| 3. 50 back _____ | 10. 100 IM. _____ |
| 4. 50 Fly _____ | 11. 50 Free _____ |
| 5. 200 Free _____ | 12. 100 Back _____ |
| 6. 200 Back _____ | 13. 100 Fly _____ |
| 7. 200 Breast _____ | 14. 200 Free Relay _____ |
| | 15. 1000 Free _____ |

Please read and sign the following waiver and 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 the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCEDENT 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 _____

6th Annual Hall of Fame
Short Course Swim Meet Entry Form
Saturday April 24, 2010

Sanction #2310-002 by Arkansas Masters LMSC for USMS, Inc.

Note: Anyone swimming in this meet will receive \$10 off their Hall of Fame banquet tickets. Hall of fame is April 25th at U.A.L.R. Donaghey center

PLACE: University of Arkansas Little Rock, Donaghey fitness and aquatic center. 2801 South University, Little Rock, AR 72204

POOL FACILITY: The swimming complex consists of an 8 lane, 25 yard x 50 meters. .Keifer competitor lane lines and non-skid starting blocks. Colorado timing system with touch pads. Meet course will be 8 nine foot wide lanes x 25 yard. Separate 25 yard lanes will be available for warm up during meet.

FORMAT: 2010 USMS rules will govern the conduct of the meet. One day meet format in 25 yard pool. Heats will be deck seeded. **Deck entries are permitted till 1:00 pm** Age for the meet is determined as of April 24, 2010. Age groups and genders will be mixed based upon seed times. Entries without times will be placed in the slowest heats. A current USMS card is required for participation. Cards may be purchased at the meet.

TIME: Warm-up 12:30 p.m. Meet Starts 1:30 p.m.

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

ENTRY FEES: \$20.00 pre-entry fee, \$25.00 deck entry fee. Make checks payable to **Little Rock Athletic Club (LRAC)**. Please include a copy of current USMS registration card with entry.

PRE-ENTRY DEADLINE: Tuesday, April 20, 2010

MAIL ENTRIES TO:

Mike Booth
#8 Old Bridge Lane
Little Rock, AR 72211
Or E-mail: mike-booth@sbcglobal.net

University of Arkansas at Little Rock

From Interstate 630 take the University Ave. South Exit. Go south to 28th Street and take a left. Take your first right. Go to the 4 way stop. A large parking lot will be on your right. If the gate is open you may park there. The Donaghey Student Center will be on your left as you pull into the parking lot. If the gate is closed turn left and go to the parking deck which will be on your right. The cost is 50 cents.