



# 2012 Iowa Masters Short Course State Championship Swimming Meet

U.S. Masters Swimming Sanction Number: 4012001

- Hosted By** Grinnell Masters Swim Club/Grinnell P & R Tiger Sharks Swimming
- Location** Charles Benson Bear '39 Recreation & Athletic Center, Grinnell College, 1201 10<sup>th</sup> Avenue, Grinnell, IA 50112
- Date** Saturday, March 24 , 2012. Warm-ups at Noon, Meet begins at 1 PM.
- Sanction** Sanctioned by U.S.M.S. Inc. and Local Masters Swimming Committee, Iowa Masters Swimming
- Pool** Eight lanes, 25 yards, with non-turbulent lane markers, backstroke flags, electronic timing system with Touch- pads and back-up system with spectator seating. There are additional 25yd lanes that will be available for warm-up/warm down throughout the meet.
- Awards** Trophies **1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>** all events. **Participation medals to all swimmers.** Team traveling trophy.
- Team Scoring** Individual events: 7-5-4-3-2-1, relays: 14-10-8-6-4-2. Your team is the club where you live. See team definition below.
- Rules** 2012 USMS rules prevail. Individual competition is in age groups: 18-24, 25-29, 30-34, 35-39, etc...Relay age groups are: 18+, 25+, 35+, 45+, etc... the youngest member of the relay determines your age group.
- Event Limit** Swimmers may enter a maximum of five individual events. A swimmer may enter each relay once. Swimmers may enter either the 1650 or the 1000 but not both.
- Cost** \$19.50 entry fee + \$0.50 splash fee = \$20.00. Late entry fee is \$25.00 for entries received after March 17. Make check payable to Grinnell Masters Swim Club.
- T-Shirts** 2012 Souvenir shirts with Iowa Masters Swimming Championship logo. Must order by deadline. S\_\_\_\_M\_\_\_\_ L\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_Clydesdale\_\_\_\_\$20. Make check payable to Grinnell Masters Swim Club.
- Entry Deadline** March 17, 2012. Deck entries will be accepted until 12:15 PM. Entry cards for relay events may be filled out at the meet, and must be complete by 12:45 PM.
- USMS Registration** It is strongly recommended that you complete your 2012 USMS registration prior to the date of the meet.
- Scratches** Swimmers not reporting for their events will be scratched. Please let us know if you are scratching a Distance event (500, 1000, 1650).
- Meet Director** Jack Mathews, 515-306-SWIM (7946). E-mail jack@jackmathews.com. Mail entries with checks to: GMSC PO Box 413, Grinnell, IA 50112. Entries will not be processed unless they are accompanied by a check
- Team Definitions** All USMS swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. For the purposes of this meet only, in order to have a sporting competition for A State Championship Team Trophy, a "team" is defined as follows:
1. A team must have a designated City or Town which is a single city or town in Iowa.
  2. Every team member must reside in the designated City or Town, or swim regularly (at least 20 times per year) at a pool within 25 miles of the designated City or Town.
  3. Relays, to score team points must consist of the members from a single team.
  4. Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
  5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

# OFFICIAL ENTRY FORM

## 2012 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIM MEET

Saturday, March 24, 2012 Charles Bear '39 Recreation & Athletic Complex, Grinnell College, Grinnell, IA 50112

Sanctioned by: USMS, Inc. & Local Masters Swimming Committee & Iowa Masters Swimming #4012001

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail address \_\_\_\_\_ USMS # \_\_\_\_\_

Team \_\_\_\_\_

**Make check for \$20.00 to Grinnell Masters Swim Club.  
Mail entry and check to: GMSC, PO Box 413, Grinnell, IA 50112**

### EVENTS (please circle event # and enter seed time or N/A) limit of 5 individual events.

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Womens 400 Free Relay _____    | 15 minute break                  |
| 2. Men's 400 Free Relay _____     | 24. Women's 500 Free _____       |
| 3. Women's 200 Backstroke _____   | 25. Men's 500 Free _____         |
| 4. Men's 200 Back _____           | 26. Women's 50 Fly _____         |
| 5. Women's 200 Medley Relay _____ | 27. Men's 50 Fly _____           |
| 6. Men's 200 Medley Relay _____   | 28. Women's 100 Breast _____     |
| 7. Women's 100 Fly _____          | 29. Men's 100 Breast _____       |
| 8. Men's 100 Fly _____            | 30. 200 Mixed Medley Relay _____ |
| 9. Women's 200 Breast _____       | 31. Women's 100 Free _____       |
| 10. Men's 200 Breast _____        | 32. Men's 100 Free _____         |
| 11. Women's 50 Free _____         | 33. Women's 50 Back _____        |
| 12. Men's 50 Free _____           | 34. Men's 50 Back _____          |
| 13. 200 Mixed Free Relay _____    | 35. Women's 200 Fly _____        |
| 14. Women's 200 I.M. _____        | 36. Men's 200 Fly _____          |
| 15. Men's 200 I.M. _____          | 37. Women's 100 I.M. _____       |
| 16. Women's 200 Free _____        | 38. Men's 100 I.M. _____         |
| 17. Men's 200 Free _____          | 39. Women's 200 Free Relay _____ |
| 18. Women's 100 Back _____        | 40. Men's 200 Free Relay _____   |
| 19. Men's 100 Back _____          | 41. Women's 1000 Free _____      |
| 20. Women's 50 Breast _____       | 42. Men's 1000 Free _____        |
| 21. Men's 50 Breast _____         | 43. Women's 1650 Free _____      |
| 22. Women's 400 I.M. _____        | 44. Men's 1650 Free _____        |
| 23. Men's 400 I.M. _____          |                                  |

#### ATHLETES RELEASE (MUST BE SIGNED)

*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, 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, UNIVERSITY OF IOWA AND ALL THOSE ASSOCIATED WITH THE UNIVERSITY AND THE MEET ITSELF, 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)*

Signature \_\_\_\_\_ Date \_\_\_\_\_