

Alaska Masters Short Course Yards State Championship
Bartlett Pool – Anchorage, Alaska
February 26-27, 2010
Sanctioned by AKMS for USMS, Inc. Sanction #5610-001

Schedule: Friday night: Warm up: 5:00 pm Meet Starts 6:00 pm
Saturday: Warm-up 10:00 am Meet Starts 11:00 am

Entries: You may enter up to **six individual events**, with no more than five events per day, excluding relays. **ALL INDIVIDUAL ENTRIES ARE DUE TO THE MEET COORDINATOR BY FEBRUARY 12, 2010.** Late Entries will be accepted on a case by case basis, **however you will not be able to order a t-shirt if your entry is late and you will not be able to score team points.** Fill out the entry form **completely** and send it, your entry fee, and a copy of your **2010 USMS registration** to the Meet Entry Coordinator:

Ken Winterberger
3000 Capstan Drive
Anchorage, AK 99516
E-mail: kwinterberger@gmail.com

Rules and eligibility: All AKMS and USMS rules govern this meet. It is your responsibility to know the rules. Check out <http://www.usms.org/rules/> to review the current rules. Events (except the 1650 freestyle and relays) will be pre-seeded slowest to fastest regardless of gender or age group. This meet is open to all currently registered USMS swimmers.

You may send a 2010 USMS registration form or 2010 one-day event registration form and the appropriate fee along with your meet entry form and entry fee. **Write one check for all applicable fees, make it payable to Alaska Masters Swimming** and send it to the Meet Entry Coordinator. USMS registration will not be accepted at the meet. It is your responsibility to be registered for 2010. The registration forms are available on our website at: www.akmswim.org or online at: <https://www.clubassistant.com/club/usms.cfm>

1650 freestyle: The 1650 free is open to the first 22 swimmers signing up for this event. Check-in will be required by 6:45 pm on Friday. Seeding is fastest to slowest regardless of age or gender. This event may be reseeded after check-in.

Awards: High Point Awards will be given to the top point-earner in each age group, male and female. Team Awards will be given for 1st, 2nd and 3rd place. Team points may only be accrued by swimmers who are registered with their respective workout group by the entry deadline. Relays do not count towards individual or team point awards. High point and team awards will be presented at the annual party in the pool balcony area immediately after the meet on Saturday. Club affiliation for the team competition **must** match your 2010 USMS registration. Late entries may not be eligible to compete for individual or team high point awards. Results will be posted to the AKMS web site ASAP.

Relay: All relays will be deck-seeded. If you are interested in being on a relay, fill out the "relay interest" portion of the entry form. Individuals who fill out relay interest cards on the meet entry form will be assigned to relays if there are enough swimmers expressing interest. There will be 10 minute breaks before and/or after the relays (if requested by relay swimmers) to accommodate those with individual events adjacent to the relays.

T-Shirts: T-shirts will be available on a **pre-order, pre-payment basis only**. The shirts will be delivered at the meet for those who ordered. Indicate quantity, size and style (long or short sleeve) in the appropriate place on the entry form. Long sleeve shirts are \$18 and short-sleeved shirts are \$15.

Party & Annual Meeting: The AKMS annual meeting will take place after the meet on Saturday, February 27th in the Bartlett Pool balcony. High point and team awards will be presented; the scholarship winner will be announced, there will be elections and more. Please plan to attend.

Dinner, drinks and dessert will be available. Cost is \$7 per adult and \$4 per child. Please pre-pay with your entry form so we can order the appropriate amount of food.

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ENTRY FORM

Name _____ Phone _____
 Address _____ E-mail _____
 Male or Female Age _____ Birthdate _____
 Team _____ USMS # _____

Emergency Contact Name & Number _____

This entry along with the meet fee must be received by **FEBRUARY 12, 2010** by the meet entry coordinator: **Ken Winterberger, 3000 Capstan Drive, Anchorage, AK 99516**. **Include a copy of your 2010 USMS registration card, or include your 2010 USMS registration and fee.** You must include a seed time for each individual event. Write your seed time next to the event you would like to swim. If you are interested in swimming on a relay place an "x" on the appropriate line.

FRIDAY			SATURDAY		
Seed Time	Event	Seed Time	Event	Seed Time	Event
_____	1-3 400 Medley Relay (Men, Women, Mixed)	_____	16-18 400 Freestyle Relay (Men, Women, Mixed)	_____	
_____	4 200 Freestyle	_____	19 100 Freestyle	_____	
_____	5 200 Breaststroke	_____	20 200 Individual Medley	_____	
_____	6 100 Individual Medley	_____	21 50 Backstroke	_____	
_____	7 100 Backstroke	_____	22 200 Butterfly	_____	
_____	8-10 800 Freestyle Relay (Men, Women, Mixed)	_____	23 100 Breaststroke	_____	
_____	11 400 Individual Medley	_____	24-26 200 Medley Relay (Men, Women, Mixed)	_____	
_____	12 100 Butterfly	_____	27 500 Freestyle	_____	
_____	13 50 Freestyle	_____	28 200 Backstroke	_____	
_____	14 200 Freestyle Relay (Men, Women, Mixed)	_____	29 50 Breaststroke	_____	
_____	15 1650 Freestyle	_____	30 50 Butterfly	_____	

* Please mark an "X" if you are interested in swimming in a relay
 Medley Relay Stroke Preference: _____

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ENTRY FORM, continued

FEES

Meet Entry		\$	25.00	
2010 USMS Registration (if not already registered)				
Please include signed registration form				
Dinner party	Adults	\$ 7.00	X	
	Children	\$ 4.00	X	
T-shirts	Short Sleeve (s, med, lg, xl, xxl)	\$ 15.00	X	
	Long Sleeve (s, med, lg, xl, xxl)	\$ 18.00	X	
Total Fees Enclosed				\$

Make checks payable to **Alaska Masters Swimming**

Remember: Be sure to include a 2010 USMS registration form or a copy of your current 2010 USMS registration card.

"I, the undersigned participant, intending to be legal 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 possibly 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 RIGHT TO CLAIMS FOR LOSS OR DAMAGE 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____
This form must be signed or you will not be allowed to swim