

**Alaska Masters Short Course Yards State Championship**  
Bartlett Pool – Anchorage, Alaska  
**February 29 – March 1, 2008**  
**Sanctioned by AKMS for USMS, Inc. Sanction # 568-001**

**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 8, 2008.** Late Entries will be accepted on a case by case basis. Fill out the entry form completely and send it along with the entry fee and a copy of your **2008 USMS registration** to the Meet Entry

Coordinator: **Shannon Titzel**  
**927 E. Fireweed Ln**  
**Anchorage, AK 99508**  
**e-mail: [shannon@smccpa.us](mailto:shannon@smccpa.us)**

**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> website for a link to 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 2008 USMS registration form or 2008 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 2008. The registration forms are available on our website at [www.akmswim.org](http://www.akmswim.org).

**1650 freestyle:** the 1650 Free is open to the first 24 swimmers signing up for this event. Check-in will be required by 5:45 pm on Friday. Seeding is fasted 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 earner in each age group, male and female. Team Awards will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. 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 immediately after the meet on Saturday.

Results will be available on the web site ASAP.

**Relay:** All relays are 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 after the relays (if requested by relay swimmers) to accommodate those with individual events right after 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, March 1 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.

Taco bar, drinks and dessert will be available. Cost is \$6 per adult and \$4 per child. 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 **Friday, February 8, 2008** by the meet coordinator: **Shannon Titzel, 927 E. Fireweed Ln, Anchorage, AK 99508.** **Include a copy of your 2008 registration card, or include your 2008 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
_____	1-3	400 Medley Relay (Men, Women, Mixed)	_____	15-17	400 Freestyle Relay (Men, Women, Mixed)
_____	4	100 Breaststroke	_____	18	400 Individual Medley
_____	5	200 Freestyle	_____	19	100 Butterfly
_____	6	50 Butterfly	_____	20	200 Backstroke
_____	7	100 Backstroke	_____	21	50 Breaststroke
_____	8-10	200 Freestyle Relay (Men, Women, Mixed)	_____	22	500 Freestyle
_____	11	200 Butterfly	_____	23-25	200 Medley Relay (Men, Women, Mixed)
_____	12	50 Freestyle	_____	26	100 Individual Medley
_____	13	200 Individual Medley	_____	27	100 Freestyle
_____	14	1650 Freestyle	_____	28	200 Breaststroke
			_____	29	50 Backstroke

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

**Special Event:** After the 50 backstroke we'll have a T-shirt relay! This will be a fun, non-timed event. Instructions will be provided at the meet.

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**ENTRY FORM, continued**

**FEES**

Meet Entry		\$	25.00
2008 USMS Registration (if not already registered)			_____
Please include signed registration form	#		_____
Taco/burrito bar party	Adults	\$ 6.00	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 2008 USMS registration form or a copy of your current 2008 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**