

**Alaska Masters Short Course Meters State Championship**  
Bartlett Pool – Anchorage, Alaska - Saturday, December 10, 2011  
Sanctioned by AKMS for USMS, Inc. Sanction # 5611-003

**Schedule:** Saturday: Warm-up 10:00 a.m. Meet Starts 11:00 a.m.

**Entries**

- You may enter up to five individual events, excluding relays.
- Online meet registration is preferred for speed and accuracy. Begin online meet registration at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1816&smid=3460](https://www.clubassistant.com/club/meet_information.cfm?c=1816&smid=3460)
- Online meet registration closes at midnight December 8, 2011.
- The meet coordinator must receive **paper entries** by November 28, 2011.
- Meet entry fee is \$27 flat fee.
- Online meet registration accepts credit cards. The charge on your credit card statement will be to "ClubAssistant.com Events"
- Meet Coordinator:

Ken Winterberger  
3000 Capstan Drive  
Anchorage, AK 99516 e-mail: [kwinterberger@gmail.com](mailto:kwinterberger@gmail.com)

**USMS Membership:** This meet is open to all currently registered USMS swimmers. USMS registration forms will not be accepted at the meet. It is **your** responsibility to be USMS registered. **Your USMS membership will be verified during on-line registration. If you need to join or renew your memberships, links for this are presented during on-line meet registration.** You may also locate membership registration info at [www.akmswim.org](http://www.akmswim.org) and [www.usms.org/](http://www.usms.org/)

**Other Paper Entry Information:** Entry forms must be completely filled out and signed. Send form along with the entry fee and a copy of your 2011 or 2012 registration card. You may complete and send a 2012 USMS registration form and the appropriate fee along with your meet entry form and entry fee. Write one check for all applicable fees. Make checks payable to Alaska Masters Swimming.

**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/> website for a link to the current rules.

**Seeding:** Events (except the 1500 freestyle and relays) will be pre-seeded slowest to fastest regardless of gender or age group.

**1500 freestyle:** is open to the first 16 swimmers signing up for this event. You must provide your own lap counter. Check in will be required by 11:45 a.m. on Saturday. Seeding is fastest to slowest regardless of age or gender. This event may be reseeded after check-in.

**Relays:** All relays will be deck-seeded. If you are interested in being on a relay, check the box for "available for this relay" on the *on-line event entry form* (or on paper form, fill out "relay interest" portion). Individuals expressing interest in relays will be assigned to relays if there are enough swimmers available. There will be 10-minute breaks after the relays (if requested by relay swimmers) to accommodate those with individual events right after the relays.

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Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ E-mail: \_\_\_\_\_

Male / Female (circle) Age \_\_\_\_\_ (as of 12/31/11)

Birthdate \_\_\_\_\_ USMS # \_\_\_\_\_

Emergency Contact Name and Number \_\_\_\_\_

This entry form along with the meet fee must be received by Monday, November 28, 2011. Please send to: Ken Winterberger, 3000 Capstan Drive, Anchorage, AK 99516. Include a copy of your 2011 and 2012 registration card or include your 2012 USMS registration form and fee.

You must include a seed time next to the event you would like to swim. Please go to <http://www.swimmingworldmagazine.com/results/conversions.asp> for a time conversion chart.

Seed Time	Event	Seed Time	Event
_____ 1-3	800 Free Relay*	_____ 16	100 Individual Medley
_____ 4-6	200 Medley Relay*	_____ 17-19	200 Free Relay*
_____ 7	100 Freestyle	_____ 20	400 Freestyle
_____ 8	50 Backstroke	_____ 21	200 Backstroke
_____ 9	200 Butterfly	_____ 22	100 Butterfly
_____ 10	100 Breaststroke	_____ 23	50 Breaststroke
_____ 11	400 Individual Medley	_____ 24	200 Individual Medley
_____ 12	200 Freestyle	_____ 25	50 Freestyle
_____ 13	100 Backstroke	_____ 26-28*	400 Medley Relay
_____ 14	50 Butterfly	_____ 29-31*	400 Free Relay
_____ 15	200 Breaststroke	_____ 32	1500 Freestyle

\*Men, Women, Mixed Relay - please mark "X" if you are interested in swimming a relay

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**ENTRY FORM, continued**

**FEES**

Meet Entry	\$ <u>27.00</u>
2012 USMS Registration fee and form (if applicable)	\$ _____
Total Fees Enclosed	\$ _____

**Make checks payable to Alaska Masters Swimming**

**Remember: Be sure to include a 2012 USMS registration form or a copy of your current 2011 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**