

The 2013 Iditaswim Check Off Challenge

Sanctioned by Alaska Masters Swimming LMSC for USMS, Inc. # 563-S002
GET ON THE SWIMMING TRAIL. PARTICIPATE IN THE ALASKAN IDITASWIM!

The 2013 Check-Off Challenge is a postal event designed to help motivate swimmers by swimming 19 events in a pool and an open water swim during the calendar year. Alaska Masters is proud to include an 800 Individual Medley as part of the line up for this event.

Whether swimming an event for the first time or striving to achieve a personal best, this is a fun challenge for swimmers of all ability levels. The events may be swum in practice or in meets, in yards or meters, any time during 2013. Coaches may use the Iditaswim as a team challenge.

The event is open to registered Masters swimmers. You must have your 2013 registration number before you can enter.

Cost: Each entry will include a [t-shirt and a swim cap](#).
T-shirt sizes S-M-L-XL are \$24. XXL sizes are \$27.

Scoring:

Simply mark the event on the back of the [t-shirt](#) or check it off on [this convenient tracking sheet](#).

Entries and shirt mailings:

- ★ Enter by filling out and mailing in [this entry form](#) or [enter on-line](#).
- ★ Shirts for entries received by March 1, 2013 will be mailed in April 1, 2013.
- ★ Shirts for entries received by June 1, 2013 will be mailed by July 1, 2013.
- ★ Shirts for entries received after June 1, 2013 will be mailed within 60 days.
- ★ DEADLINE: Entries must be received by November 1, 2013.
- ★ The coach of a team with 10+ entries will receive a complimentary shirt. Sign your team up today!

Event Director

If you miss the entry deadline and are still interested in purchasing a shirt or have other questions, please contact Joanne Wainwright at jowims@alaska.net

The 2013 Check-Off Challenge is sponsored by Alaska Masters Swimming and sanctioned by the Alaska LMSC for USMS, Inc., sanction #563-S002.

<http://www.usms.org/fitness/content/checkoff>



The 2013 Iditaswim Check Off Challenge



Sanctioned by Alaska Masters Swimming LMSC for USMS, Inc. #563-S002

Get on the Swimming Trail and Set your goals for 2013. PARTICIPATE IN THE ALASKAN IDITASWIM!

Please Print Clearly:

Name _____ Sex _____

Age on 1/1/13 _____ Birthdate _____ / _____ / _____
month day year

Address: _____ City _____ State _____ Zip _____

Phone (_____) _____ - _____ E-mail _____

Team/Club _____ USMS # _____

T-Shirt Qty: ____ S ____ M ____ L ____ XL @ \$24 ea = \$ _____

____ XXL @ \$27 ea = \$ _____

Ship to (if different than above):

Name _____

Address _____ City _____ State _____ Zip _____

Liability Release Waiver: 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, HOST FACILITIES, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Please visit http://www.akmswim.org/pdfs/idthaswim_info_entry.pdf for additional entry forms.

Mail this form and your check to:

AKMS

Attention: Check-Off Challenge

P. O. Box 2953

Soldotna, AK 99669

Contact person: Joanne Wainwright jowims@alaska.net 907-262-5308