

HRA Masters LC Open

SPONSORED BY "OMNI CAPITAL GROUP"

Saturday, July 19th, 2008

Meet Information

Sanctioned by USMS –

FACILITY Lowry Swimming Pool . 6 Lane, 50 Meter Pool. 5 Lanes may be used for competition and 1 lane for continuous warm-up/warm-down
Address: 775 Alton, Building #695 Denver CO 80230

TIMES Saturday, July 19, 2008 7:30AM Warm-Up - 8:30AM Start

AGE GROUPS 18-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.

ELIGIBILITY Only current USMS registered members with a USMS 2008 Registration Card.

ENTRIES Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just postmarked) in the hands of the Entry Coordinator by Saturday, July, 12, 2008 at 5:00PM. **Deck entries will be accepted for a flat \$30.00 fee.**

Send entries to:

Matt Beck / HRA

8801 S. Broadway

Highlands Ranch, CO 80126

TEAM WEBSITE: <http://highlandsranch.usswim.net>

Contact Information:

Phone . (720) 341-6920 E-mail (**Preferred**) . texbeck25@aol.com

TEAM WEBSITE: <http://highlandsranch.usswim.net>

Entry Fees: Flat Fee of \$25.00 for up to 5 events

\$20.00 if you participated/entered in the June 7 HRA Masters meet

Make Checks payable to HRA Masters

RULES Rules to be enforced per the 2008 USMS Rule Book

Events and Event Numbers

<u>Women</u>	<u>Men</u>	<u>Event</u>
1	2	400 Free (10-15 Min. break after last heat of event 2)
3	4	50 Butterfly
5	6	100 Backstroke
7	8	200 Breaststroke
9	10	50 Freestyle
11	12	100 Butterfly
13	14	200 Backstroke
15	16	200 Ind. Medley
17	18	50 Breaststroke
19	20	100 Freestyle
21	22	200 Butterfly
23	24	50 Backstroke
25	26	100 Breaststroke
27	28	200 Freestyle
20 MINUTE WARM UP		
29	30	1500 Freestyle (Estimated start time will be posted on HRA website by Wednesday, July 2)

Note: In the interest of time, men and women may be combined and swim in the same heat in any event.

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Entry Form

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Last Name _____ First Name _____

MALE or FEMALE (Circle one) USMS Number _____

Birthday _____ Age _____

Team _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

Event #	Distance	Stroke	Time
_____ 50 100 200 400	Free Back Breast Fly IM	_____	
_____ 50 100 200 400	Free Back Breast Fly IM	_____	
_____ 50 100 200 400	Free Back Breast Fly IM	_____	
_____ 50 100 200 400	Free Back Breast Fly IM	_____	
_____ 50 100 200 400	Free Back Breast Fly IM	_____	
_____ 1500	Free	_____	

Example:

2 50 100 200 400 Free Back Breast Fly IM 5:00.00

Amt. Due (Check made to HRA Masters) = \$25.00 **TOTAL for all entries up to 5 events**

\$20.00 if you participated in the June 7 HRA Masters meet

"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 of 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, 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."

Signature: _____ Date: _____

Send form to: Matt Beck / HRA, 8801 S. Broadway, Highlands Ranch, CO 80126

DUE IN ENTRY COORDINATOR'S HANDS BY Saturday, July 12th, 5:00PM – NO EXCEPTIONS!!
PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!