

DES MOINES MASTERS SWIM MEET

At the Urbandale Pool

Sunday, January 16, 2005

Recognized by Iowa LSMC for USMS, Inc. Recognition Number 40105R
Urbandale Pool (next to Urbandale High School) 7201 Aurora Avenue, Urbandale, IA
Warm-up Starts Noon Meet Starts 1:00pm

Entry Fee: \$15.00 if entry received before Friday, January 14, 2005
\$20.00 fee for late entries. Deck entries will be accepted until the start of the meet. Late entries
will be placed in slower heats.
(Entry fee includes a 50¢ "splash fee" for the perpetuation of Iowa Masters.)

Mail Entries To: Rachel Stauffer, 424 51st Street, Des Moines, IA 50312
Make checks payable to: **Rachel Stauffer**
For further information contact Rachel 515-277-8852.

Age Groups: (circle one) 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Circle up to five individual events and add a time or NT (no time):

- | | |
|--------------------------------|-------------------------------|
| 1. 200 Freestyle_____ | 9. 50 Freestyle_____ |
| 2. 100 Backstroke_____ | 10. 100 Fly_____ |
| 3. 100 Breaststroke_____ | 11. 200 Mixed Free Relay_____ |
| 4. 200 I.M._____ | 12. 50 Breaststroke_____ |
| 5. 200 Mixed Medley Relay_____ | 13. 100 Freestyle_____ |
| 6. 50 Butterfly_____ | 14. 400 I.M._____ |
| 7. 50 Backstroke_____ | 15. 1000/1650 Freestyle_____ |
| 8. 100 I.M._____ | (Choose one distance) |

| | |
|------------------------|--------------------------------------|
| Name:_____ | Phone:_____ |
| Address:_____ | Birthdate:_____ |
| City, State, Zip:_____ | Age:_____ Gender: Male____Female____ |

Athlete's Release: 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, 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:**_____

NOTE: Times swum at this meet will not be eligible for National or Top Ten USMS records as the pool length is not certified. Times will be eligible for Iowa Masters State Records.

Directions: From I-80, take the Merle Hay Road exit and head south. At Aurora Avenue, turn right and proceed to the high school, approximately 7-8 blocks. The pool is next to Urbandale High School. From points in Des Moines, head north on 86th Street, turn right on Aurora Avenue and proceed to Urbandale High School. If you get lost on the day of the meet, call Rachel's cell phone 515-240-8163.