

2010 FAST Pumpkin Plunge SCM Invitational

Sunday, October 10th, 2010

Meet Information

Sanctioned by COMSA for USMS, Inc. - 32-10-11-S

FACILITY EPIC (Edora Pool and Ice Center) 1801 Riverside Ave, Fort Collins, CO (970) 221-6683 - located off Prospect Ave. between I-25 and Lemay Ave.
A 10-Lane, 25-Meter competition pool with separate continuous warm-up and cool down. Colorado Timing Systems touchpads and 10-lane scoreboard will also be used.

TIMES Sunday, October 10th, 2010 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 Open to current USMS registered members with a USMS 2010 Registration Card.

ENTRIES Paper 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 Sunday, October 3rd, 2010.

Send paper entries to:
Renee Haynes/FAST Masters Meet
1620 Fantail Court
Fort Collins, CO 80528
E-mail renee.haynes@comcast.net

Entry Fees:
Flat Fee of \$20.00 for up to **5 events** (not including the relay)
Make Checks payable to FAST

Deck entries will be accepted: 1) the fee is \$30 for up to 5 events, 2) must be accompanied by a copy of your USMS card, 3) no later than 8:00AM, 4) new heats will not be created.

RULES Rules to be enforced per the 2010 USMS Rule Book

QUESTIONS Walter Dauksher, dauksher@comcast.net

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	
	29	30	100 Ind. Medley	
	31		200 Mixed Freestyle relay	

Note: In the interest of time, men and women may be combined and swim in the same heat in any event. **BREAKS** may also be put into the meet depending on the number of entries.

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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	_____

Example...

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

Amt. Due (Check made out to FAST) = \$20.00 TOTAL for all entries up to 5 events

"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 : Renee Haynes / FAST Masters Meet, 1620 Fantail Court, Fort Collins, CO 80528

**DUE IN ENTRY COORDINATOR'S HANDS BY Sunday, October 3th – NO EXCEPTIONS!!
 PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!**