

# Multnomah Athletic Club Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-11  
 Eligibility: Currently registered USMS swimmers, 18 years and older.  
 Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Multnomah Athletic Club, West Pool

DATE: Sunday December 13, 2009

Location: 1849 Salmon Street  
 Portland, OR

25 meters ~ 6-8 lanes competition-electronic timing  
 One lane continuous warm-up/down after 400 free

**WARM-UPS: 7AM**  
**MEET STARTS: 8AM**

Meet Director: Laura Tyrrell • 503-704-3684 • lauratyrrell@mac.com

Directions to the pool: SOUTHBOUND - Take I-5 to I-405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through stop light at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon, go through stop light at 18th, MAC club is on the right, and parking garage is on the left.

**ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2010 REGISTRATION FORM WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY NOVEMBER 27, 2009**



NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 2009 OR 2010 USMS # \_\_\_\_\_  
 USMS CLUB (OREG, MACO, PNA, ETC) \_\_\_\_\_  
 IS THIS YOUR FIRST MASTERS MEET? \_\_\_\_\_ YES \_\_\_\_\_ NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359 ETC. YOUR COMPETITION AGE IS THE AGE YOU WILL BE AS OF DEC 31, 2009. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS. THE 400 FREESTYLE WILL BE DECK SEEDED. CHECK IN FOR THAT EVENT WILL CLOSE AT 7:30AM. ALL EVENTS WILL BE SEEDED SLOW TO FAST. RELAY ENTRIES MUST BE SUBMITTED BY 9AM. MEDLEY RELAYS WILL BE 200 & 400 DISTANCES. FREE RELAYS WILL BE 200, 400 & 800 DISTANCES.

**SUNDAY, December 13, 2009**

**400 FREE** (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* break- 20 min. warm-up\*** (event 2 will start no earlier than 9am)

**50 FLY** (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BACK** (3) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE** (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM** (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK** (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* break\***

**MIXED MEDLEY RELAYS (7-9)**

**200 FLY** (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST** (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE** (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* break\***

**FREE RELAYS (13-18)**

**200 BREAST** (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FLY** (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST** (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**\* break\***

**MEDLEY RELAYS (22-25)**

**100 IM** (26) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE** (27) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BACK** (28) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MIXED FREE RELAYS (29-31)**

**\* break\***

"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 & 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 \_\_\_\_\_

**MEET ENTRY FEE: \$15.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.  
 SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO Box 1072, CAMAS, WA 98607-1072**