

OREGON MASTERS SWIMMING SHORT COURSE YARD ASSOCIATION CHAMPIONSHIPS

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #370-04

Eligibility: Currently registered USMS swimmers, 18 years and older. Unregistered swimmers must submit a 2010 registration form and fee with this form.

Hosted by: Osborn Aquatic Center
1940 NW Highland Dr.
Corvallis, OR 97330

DATE: Fri., Sat. & Sun. April 9-11, 2010

25 yards • 8 lanes competition - electronic timing
6 lane continuous warm-up/down area

FRIDAY: WARM-UPS: 3PM • MEET STARTS: 4PM
SATURDAY: WARM-UPS: 8AM • MEET STARTS: 9AM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

OMS souvenir/participation award for all OMS entrants

Meet director: Christina Fox • Phone: 541-929-5991 • E-mail: foxkohnert@peak.org

Directions to the pool: Take I-5 to Exit 228 (Hwy 34 Corvallis/Lebanon) Go West on Hwy 34 10 miles to Corvallis. Keep going straight over the Willamette River and through four (4) traffic lights making a right at the fifth (5) light onto 9th Street. Go approx. 1.5 miles to Circle Blvd and turn left (there is a RiteAid on the left and Bi-Mart on the right). Go one long block to Highland Drive and turn left. Pool is on the right.

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

ENTRY DEADLINE: POSTMARK NO LATER THAN MARCH 23, 2010

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____	BIRTHDATE _____	AGE _____	SEX _____
ADDRESS _____	2010 USMS # _____		
CITY _____	IF OMS, LOCAL TEAM (SEE LISTINGS ON GUIDELINES PAGE) _____		
STATE _____ ZIP _____	USMS CLUB (OREG, SWMS PNA, ETC) _____		
PHONE _____			
E-MAIL _____			

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+ AND 75+. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY.** ENTER RELAYS AT THE MEET. ONLY 200 YARD RELAYS WILL BE COUNTED FOR TEAM POINTS. YOU MAY SWIM THE 200, 400 & 800 YARD DISTANCE OF EACH RELAY ONLY ONCE. THE 400IM, 500, 1000 & 1650 FREESTYLES WILL BE DECK SEEDED. SEE GUIDELINES PAGE POSTED ON-LINE OR IN THIS AQUAMASTER FOR TIMES REGARDING CHECK-IN DEADLINES FOR THESE EVENTS AND FOR RELAYS. ALL EVENTS WILL BE SEEDED SLOW TO FAST. SEE GUIDELINES PAGE ON-LINE OR IN THIS AQUAMASTER FOR MORE INFORMATION. YOUR TEAM MUST BE REGISTERED FOR 2010 IN ORDER TO SCORE POINTS.

Friday, April 9, 2010

400 IM (1) _____ : _____ . _____

1650 FREE (2) _____ : _____ . _____

Saturday, April 10, 2010

100 IM (3) _____ : _____ . _____

100 BREAST (4) _____ : _____ . _____

200 FREE (5) _____ : _____ . _____

50 FLY (6) _____ : _____ . _____

*** break***

FREE RELAYS (7-12)

100 BACK (13) _____ : _____ . _____

200 FLY (14) _____ : _____ . _____

50 FREE (15) _____ : _____ . _____

*** break***

MIXED MEDLEY RELAYS (16-17)

1000 FREE (18) _____ : _____ . _____

**ASSOCIATION AWARDS BANQUET - 6PM,
HISTORIC ADAIR VILLAGE OFFICERS CLUB
6907 NE EBONY LANE**

Sunday, April 11, 2010

500 FREE (19) _____ : _____ . _____

Break- 20 minute warm-up, event 20 will not start before 10 am

100 FLY (20) _____ : _____ . _____

200 BACK (21) _____ : _____ . _____

50 BREAST (22) _____ : _____ . _____

*** break***

MEDLEY RELAYS (23-26)

100 FREE (27) _____ : _____ . _____

200 BREAST (28) _____ : _____ . _____

50 BACK (29) _____ : _____ . _____

200 IM (30) _____ : _____ . _____

*** break***

MIXED FREE RELAYS (31-33)

Please plan
to attend the OMS Annual Meeting on Saturday at
5pm - Adair Village Officers Club - and be a part of
this great organization!

"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, HOSTS 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 _____

Association Awards Banquet • Saturday Evening \$22.00 (all ages) _____ each @ \$22.00

Association t-shirts S _____ M _____ L _____ XL _____ \$12.00 each

AWARDS BANQUET _____

T-SHIRT _____

MEET ENTRY FEE **25.00**

TOTAL ENCLOSED _____

**MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072**