

# 2008 USMS NATIONAL LONG COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

Mt. Hood Community College Aquatic Center, Aug. 14-17, 2008 >>> Sanctioned by the Oregon LMSC for USMS, Inc. - Sanction number 378-08

Last name:\* \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Country: \_\_\_\_\_

E-mail: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Eve. Phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_ (on 12/31/08)\*\* D.O.B.: \_\_\_\_\_ Sex: \_\_\_\_\_

Club Name or Unattached: \_\_\_\_\_ USMS or International Reg. #: \_\_\_\_\_

**\* Print name as it appears on USMS registration card. \*\* 18-year-olds must be 18 on 8/13/08.**

**Before completing, read meet information on previous page. Check-in required for all events 400 meters and longer and MAY BE REQUIRED FOR 200 METER EVENTS if they are deck seeded. Events 100 meters and shorter will be pre-seeded.** Check-in for 400 meter (and possibly 200 meter) events starts on Wednesday, August 13, 2008 at noon and ends at 7 a.m. on the day of the event. Check-in for the 800 and 1500 Free starts on Wednesday, August 13, 2008 at noon and ends at 7 a.m. for the 800 and at 9:30 a.m. for the 1500 on Thursday, August 14, 2008.

Event #	Entry Time Women	6	Event	Event #	Entry Time Men	6
<b>Thursday, August 14, 2008</b>			<b>Warm-Up 6:30-7:50 a.m.</b>	<b>Start 8:00 a.m.</b>		
1			800 Freestyle**	2		
3			1500 Freestyle**	4		
<b>Friday, August 15, 2008</b>			<b>Warm-Up 6:30-7:50 a.m.</b>	<b>Start 8:00 a.m.</b>		
5			400 IM	6		
7			200 Freestyle	8		
9			50 Breaststroke	10		
11			200 Backstroke	12		
13			100 Butterfly	14		
15/16	See Relay Form		200 Mixed Free Relay	15/16	See Relay Form	
<b>Saturday, August 16, 2008</b>			<b>Warm-Up 6:30-7:50 a.m.</b>	<b>Start 8:00 a.m.</b>		
			400 Free (Men)	18		
19/20	See Relay Form		200 Mixed Medley Relay	19/20	See Relay Form	
21			100 Breaststroke	22		
23			50 Butterfly	24		
25			200 IM	26		
27			100 Freestyle	28		
29			50 Backstroke	30		
31	See Relay Form		200 Free Relay	32	See Relay Form	
<b>Sunday, August 17, 2008</b>			<b>Warm-Up 6:30-7:50 a.m.</b>	<b>Start 8:00 a.m.</b>		
33			400 Free (Women)			
35			200 Butterfly	36		
37			100 Backstroke	38		
39			200 Breaststroke	40		
41			50 Freestyle	42		
43	See Relay Form		200 Medley Relay	44	See Relay Form	

**\*\*You may enter either the 800 or 1500 Free, but not both.**

**••• MAIL ENTRIES TO:**  
 Long Course Nationals  
 USMS National Office  
 8 Rockwood Lane  
 Londonderry, NH 03053  
**••• Entries must be U.S. postmarked by June 30, 2008, or received by July 11, 2008 at the latest.**

- ENTRY CHECKLIST**
- Entry form filled out completely?
  - "6" events clearly marked?  
(Mark "6" only if entering six events.)
  - Seed times in proper columns?
  - No more than three events per day entered?
  - Liability release signed and dated?
  - Fees payable to "USMS" enclosed?
  - International registration card attached?
  - SASE enclosed? (Indicate purpose on envelope.)
  - Entry postmarked by June 30, 2008, or received by July 11, 2008, deadline.
- Questions?**  
 Call 503-679-4601 before 9 pm (PDT)

**••• FEES:**

Meet Surcharge (required for all events)

\$40 if postmarked by June 23 or received by June 30 . . . . . \$40 \_\_\_\_\_

\$50 if postmarked by June 30 or received by July 11 . . . . . \$50 \_\_\_\_\_

Social @ Edgefield . . . . . x \$20 \_\_\_\_\_

Old-Fashioned BBQ . . . . . x \$15 \_\_\_\_\_

Both Socials . . . . . x \$30 \_\_\_\_\_

Children . . . . . x \$10 \_\_\_\_\_

Number of Individual Events . . . . . x \$4 \_\_\_\_\_

Final Results . . . . . x \$15 \_\_\_\_\_

Gold Medal Sponsor . . . . . x \$65 \_\_\_\_\_

**TOTAL FEES ENCLOSED . . . . . \$ \_\_\_\_\_**

Check or money order payable to **United States Masters Swimming**

**Internet entries will be accepted starting May 1, 2008. Please see [www.usms.org](http://www.usms.org) for additional information. Liability 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 SUPERVISERS, 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:** \_\_\_\_\_

