

2007 USMS NATIONAL LONG COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

The Woodlands Athletic Club, August 10-13, 2007 >>> Sanctioned by the Gulf LMSC for USMS Inc. - Sanction number 257-003

Last name:* _____ First: _____ MI: _____

Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____

E-mail: _____ Day Phone: _____ Eve. Phone: _____

Emergency contact: _____ Phone: _____ Age: _____ (on 12/31/07)** 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 8/9/07.

Before completing, read meet information on preceding pages. 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 all events 400 meters (and possibly 200 meters and longer) starts on Thursday, August 9, 2007, at noon and ends at 7 a.m. on the day of the event. Check-in for the 800 Free ends at 7 a.m. and the 1500 Free ends at 9:30 a.m. on Monday, August 13, 2007.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Friday, August 10, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
				400 Freestyle (Men)	1			
4				50 Breaststroke	3			
6				200 Butterfly	5			
8				100 Freestyle	7			
10				50 Backstroke	9			
11	See Relay Form			200 Mixed Free Relay	11	See Relay Form		
Saturday, August 11, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
12				400 Freestyle (Women)				
14				200 Backstroke	13			
16				50 Freestyle	15			
18				100 Breaststroke	17			
20				200 IM	19			
22				100 Butterfly	21			
24	See Relay Form			200 Medley Relay	23	See Relay Form		
Sunday, August 12, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
26				400 IM	25			
28				50 Butterfly	27			
30				200 Freestyle	29			
32				100 Backstroke	31			
34				200 Breaststroke	33			
35	See Relay Form			200 Mixed Medley Relay	35	See Relay Form		
38	See Relay Form			200 Freestyle Relay	37	See Relay Form		
Monday, August 13, 2007				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
40				800 Freestyle**	39			
42				1500 Freestyle**	41			

**You may enter both the 800 Free and the 1500 Free if you make the NQT in both events; otherwise you may enter only one.

••• MAIL ENTRIES TO:
 Long Course Nationals
 USMS National Office
 8 Rockwood Lane
 Londonderry, NH 03053
••• Entries must be U.S. postmarked by July 6, 2007, or entered online by July 13, 2007 at the latest.

ENTRY CHECKLIST

- Entry form filled out completely?
- "Date" and "6" events clearly marked? (Date is for NQTs that have been met. 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 or entered online by deadline? (See fee schedule.)

Questions?

Call Tom Boak at 281-363-0672 or tomboak@houston.rr.com.



••• FEES:

Meet Surcharge (required for all events)
 \$40 if postmarked by June 22 or entered online by June 29
 \$45 if postmarked by June 29 or entered online by July 6
 \$80 if postmarked by July 6 or entered online by July 13
 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, 2007. Please see 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 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: _____