Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #375-10
Eligibility: Currently registered USMS swimmers, 18 years and older.
Unregistered swimmers must submit a 2006 registration form and fee with this form.

Hosted by: Oregon WetMasters
David Douglas High School
SE 130th and Taylor Court
Portland, OR
5 lanes competition - button electronic timing
1 lane continuous warm-up/down area

DATE: Saturday & Sunday, November 19 & 20, 2005

Saturday: Warm-ups: 12 noon • Meet Starts: 1pm
Sunday: Warm-ups: 8am • Meet Starts: 9am

Meet director: Dennis Baker • Phone: 503-679-4601 • email bakeswim@yahoo.com

Directions to the pool: From I-205 South to Stark/Glisan exit. Stay right and Washington turns into Stark after the fast food restaurants (Burger King, Jack in the Box). Continue on Stark turn right on SE 130th Ave, turn left on Taylor Ct. (looks like a driveway). I-84 East from Portland, take Exit 6. Stay right and this turns into Stark after the fast food restaurants and follow same as above.

In town directions: Pool is located between Stark and Division on SE 130th Ave and Taylor Ct. Pool Phone: 503-261-8378.

All entrants must submit a photocopy of their CURRENT USMS registration card with this entry.
HOST (House Our Swimmers Tonight): Contact Ginger Pierson • 360-253-5712 • email gingerp@qwest.net

ENTRY DEADLINE: POSTMARK NO LATER THAN Friday November 4, 2005

Fill in lower portion completely — Return lower portion — Fill in lower portion completely

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Birthdate _____ Age _____ Sex _____

2005 or 2006 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 AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. **You may enter a maximum of 8 individual events with no more than 5 individual events per day plus relays.** Enter relays at the meet. In each relay event, relay teams may swim distances of 200m, 400m or 800m (800m for free relays only). A person may swim the 200m, 400m & 800m distance of each relay once. The 400 and 800 relay will be seeded in heats after the 200 relays of the same event. The 400, 800 and 1500 freestyles & 400 im will be deck seeded. *Check in for these events and for the relays will close 30 min. before event is to be swum. Check in for the 1500 will open midway through Saturday's events.* All events will be seeded SLOW TO FAST.

Saturday, November 19, 2005

400 IM (1) ____ :____ .____
200 FREE (2) ____ :____ .____
100 BREAST (3) ____ :____ .____
50 FLY (4) ____ :____ .____
*****break*****
MIXED FREE RELAYS (5-7)
200 BACK (8) ____ :____ .____
50 FREE (9) ____ :____ .____
100 FLY (10) ____ :____ .____
*****break*****
MEDLEY RELAYS (11-14)
1500 FREE (15) ____ :____ .____

Sunday, November 20, 2005

800 FREE (16) ____ :____ .____

Sunday (con't)

20 min. warm-up in competition pool. Event 17 will not start before 10AM
200 BREAST (17) ____ :____ .____
100 FREE (18) ____ :____ .____
50 BACK (19) ____ :____ .____
100 IM (20) ____ :____ .____
*****break*****
FREE RELAYS (21-26)
200 FLY (27) ____ :____ .____
100 BACK (28) ____ :____ .____
50 BREAST (29) ____ :____ .____
200 IM (30) ____ :____ .____
MIXED MEDLEY RELAYS (31-32)
*****break*****
400 FREE (33) ____ :____ .____

Massage Therapists will be on site during the meet!

"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."

Meet Entry $18.00
Each Extra Event (7th &/or 8th) $3 ea. _____
Total enclosed _____

Signature _____ Date _____

MEET ENTRY FEE: $18.00 • Make checks payable to Oregon Masters Swimming.
Mail form(s) and fee(s) to: OMS Data Manager, PO Box 1072, Camas, WA 98607-1072