



ROCKWOOD/ST. LOUIS MASTERS
 HOLIDAY SWIM MEET
 (25-METERS)



SUNDAY – DECEMBER 10, 2000

Location	Eureka Senior High School located just north of Interstate 44, off Highway 109. Take 44 west to the 109 Exit. Go North (right) approximately <u> </u> mile and Eureka High school will be located on the west side (left side).	
Time	Sunday December 10, 2000. Warm-up 12:00pm, meet 12:30pm	
Eligibility	Persons over nineteen years of age are welcome. Participants must have a USMS registration number or completed application to participate. USMS application forms will be available at the meet. All levels of swimming ability are Welcome.	
Conduct	The 2000 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded by time. Participants will be limited to <u>Five Events</u> , excluding relays. Relays will be deck entered. Results will be submitted for top ten consideration.	
Fees	Fee is \$10.00 for all Master Members. Please make checks payable to St. Louis Masters Swimming.	
Entry Date	In order to be seeded in the proper heat, entries must be received by December 1, 2000 . Deck entries will be accepted. Mail entries to: Janet Criscione, 9814 Schelde Drive, St. Louis, MO 63126	
Social	Those interested, we will be going to a nearby restaurant after the meet. Information on restaurant and directions will be available at the meet.	
Facility	The pool is a 6 lane, 25-meter pool equipped with non-turbulent lane lines. If Possible, five lanes will be used for competition, with one outside lane will be available for swim down.	
Meet Info	If you have any questions, please contact Janet Criscione at (314) 849-7428 or Keith Negri at (314) 968-9737.	
Order of Events	1. 200m Free Relay 2. 200m IM 3. 50m Back Stroke 4. 200m Breast Stroke 5. 400m Free 6. 200m Women/Men Medley Relay 7. 100m Fly 8. 50m Breast Stroke 9. 400m Mixed Medley Relay 10. 100m Free 11. 200m Fly 12. 100m Back	13. 200m Mixed Medley Relay 14. 200m Free 15. 50m Fly 16. 400m Free Relay 17. 400m IM 18. 50m Free 19. 100m Breast 20. 200m Back 21. 100m IM 22. 400m Women/Men Medley Relay 23. 800/1500 Free



ROCKWOOD MASTERS WINTER MEET

SUNDAY – DECEMBER 10, 2000

SANTIONED BY OZARK ASSOCIATION FOR USMS INC.

SANCTION #4431



PLEASE RETURN THIS ENTRY FORM WITH FEE BY **DECEMBER 1, 2000.**

USMS Reg. No. _____ (USMS membership required for all participants. Forms will be available the day of the meet or call 314-849-7428)					
Name (As it appears on USMS Registration Card.)					
First:		MI:		Last:	
Street:					
City:			State:		Zip:
Sex (M/F):		Date of Birth:		Age	Club:
Home Phone: () -			Business Phone: () -		

Event #	Event	Seed Time (meters)	Event #	Event	Seed Time (meters)
1	200m Free Relay		13	200m Mixed Medley Relay	
2	200m IM		14	200m Free	
3	50m Back Stroke		15	50m Fly	
4	200m Breast Stroke		16	400m Free Relay	
5	400m Free		17	400m IM	
6	200m Women/Men Medley Re.		18	50m Free	
7	100m Fly		19	100m Breast	
8	50m Breast		20	200m Back	
9	400m Mixed Medley Relay		21	100m IM	
10	100m Free		22	400m Women/Men Medley Re.	
11	200m Fly		23	800/1500m Free (You may swim one of this events, not both)	
12	100m Back				

Release from Liability: 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 acknowledged that I am aware of all of 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 WAIV 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, ST. LOUIS MASTERS SWIM CLUB INC., ROCKWOOD SWIM CLUB, MEET SPONSERS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. In addition, I further agree to abide by and be governed by the rules and regulations f USMS.

Date: _____ Participant: _____

Please enclose the following with this meet entry:

- 1) **CHECK:** For \$10.00 for all Master members, payable to **St. Louis Masters Swim Club.**
- 2) **COMPLETED** Registration form with your USMS Registration Number. (If you are not currently registered, you may fill out a USMS application at the meet).

MAIL TO: Janet Criscione, 9814 Schelde Drive, St. Louis, MO 63126