

OAHU VMAC Circuit Swim Meet #2 2014

Sunday March 23, 2014 Right After Age Group Meet
Veteran's Memorial Aquatic Center

EVENTS Meet Start after Age Group Meet			
Event		Entry Time (or NT)	
1-2. 200 Free		11-12. 200 IM	
3-4. 100 Breast		13-14. 50 Free	
5-6. 50 Back		15-16. 100 Fly	
7-8. 50 Fly		17-18. 100 Back	
9-10. 100 Free		19-20. 50 Breast	
21. 200 Free Relay			
MAX 4 Events		Will Stop Meet after 1 hour	
Enter Time Est. or NT ↑		Enter Time Est. or NT ↑	
check twitter @mauiswim Sunday for actual w.u & start time.			

Name			
Address			
City, State Zip			
Telephone			
USMS Number			
Club			
Birthdate		Age on 3/23/14	
Sex	<input type="checkbox"/> Male	<input type="checkbox"/> Female	
email			
First USMS Meet?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	

LOCATION:	Veteran's Memorial Aquatic Center; Patsy Mink Central Oahu Regional Park. Waipahu, HI	FACILITY:	50m x 25m pool with bulkhead set at 25 yards.
WARM-UP	Meet start right after Age Group Meet. Warm-up 30 min before. Firm estimate post on hawaiimastersswim.org Friday. No diving in warm-up except in designated "start" lanes. Outside lanes during competition will be kept open for warm-up in the racing course.	SEEDING:	All events will be seeded slowest to fastest, by entered time, ages combined, sexes separate.
ENTRIES	Meet entries can be deck entered day of meet. Suggest you do NOT select events back to back ... you may not get the rest you need. Event Fees covered by Hawaii Masters Swim Association.	ELIGIBILITY:	All participants must be members in good standing with United States Masters Swimming, Inc. or USA Swimming, Inc. Swimmers 19 & over that are not registered can sign-up for one-day registration with USMS on race day. One year USMS membership (valid thru 12/31/14) is \$45. One event membership is \$15.
AWARDS:	Men & Women: 19-24, 25-29, 30-34 to the top age group.	MEET FLOW:	Men's & Women's events may be combined but swum with separation lane depending on numbers.
CONTACTS:	Meet Directors: Malcolm Cooper (808)280-4257 malcolmwhy@yahoo.com and Joe Lileikis or Dustin Fukuda	Circuit Meets	"Circuit meets" last happened 20 years ago on Oahu. Hawaii Masters is trying to bring back an annual series of pool meets. This is the 2 nd for Oahu and we're flexible in running this meet. Be part of history bringing regular pool meets back to Oahu.
TIMING:	Electronic with Colorado Timing System courtesy VMAC and Hawaiian Swimming; officiated by Hawaiian Swimming officials.	SANCTION	Hawaii Masters Swim Assc. for USMS, Inc #S394-P004
		ENTRIES: FEES & DUE DATES	Email entries preferred: malcolmwhy@yahoo.com Deck entries accepted.
		RULES & JUDGING:	2014 USMS and HMSA rules will govern. All events are timed finals. A swimmer who misses their heat will not be re-seeded into a later heat and will be disqualified for that event.

Swimmers will be asked to help with timing and clean-up after the meet.

WAIVER: 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. (rule book article 203.1)

Athlete Signature _____ **Date** _____