


# 2010 CORAL SPRINGS LAST CHANCE LCM

## LONG COURSE METERS MASTERS SWIM MEET

- **DATE & TIME:** **August 21<sup>st</sup>., 2010**  
Warm Up: 9:00. am ~ Meet starts 10:00 am
- **LOCATION:** Coral Springs Aquatic Complex  
12441 Royal Palm Boulevard  
Coral Springs, FL 33065  
(954) 345-2121
- **SPONSORED BY:** City of Coral Springs
- **SANCTIONED BY:** Florida Gold Coast Masters for USMS, Inc. # **pending**
- **FACILITY:** 8 lane—50 meter course for competition  
Additional 25 yard lanes available for warm-up and warm-down  
Daktronics Timing System
- **ELIGIBILITY:** Open to all registered USMS swimmers, ages 18 years +. Your age as of December 31<sup>st</sup>., 2010.
- **SEEDING:** Entries will be seeded by time, slowest to fastest.
- **RULES:** 2010 USMS rules govern.  
A copy of your 2010 USMS Card must be attached to the entry form.
- **ENTRIES AND RELAYS:** Each swimmer will be limited to **5** events plus Relays.  
**Relays** will be deck entered **except for the 800 relays**. If you intend to swim the 800 relays, you have to check it off on the entry form.
- **AWARDS:** 1<sup>st</sup> through 3<sup>rd</sup> for each event in all age groups
- **ENTRY FEE:** \$ 12.00 meet surcharge  
\$ 3.00 per event  
\$ 8.00 per Relay  
Deck Entries may be accepted if space permits. The cost for deck entries will be: \$12.00 meet surcharge +\$6.00 per event.
- **ENTRY DEADLINE:** **Tuesday August 17th., 2010**
- **INFORMATION:** Chris Jackson, Meet Director  
Phone: (954) 345-2121  
Fax: (954) 345-2125  
Email: pkcjj@coralsprings.org

\*Note: Coral Springs Masters reserves the right to take breaks as needed during the meet.



**2010 CORAL SPRINGS LAST CHANCE LCM  
OFFICIAL ENTRY FORM**

<b>NAME:</b>		COPY OF USMS CARD HERE
<b>ADDRESS:</b>		
<b>CITY:</b>	<b>STATE:</b>	<b>ZIP:</b>
<b>PHONE:</b>	<b>E:MAIL:</b>	
<b>BIRTHDATE:</b>	<b>AGE ON 12/31:</b>	<b>SEX: M                  F</b>



WOMEN EVENT#	ENTRY TIME	EVENT	ENTRY TIME	MEN EVENT#
<b>SATURDAY</b>				
1		<b>800 Free Relays</b>		2
3		<b>50 Breast</b>		4
5		<b>100 Fly</b>		6
7		<b>50 Free</b>		8
9		<b>100 Back</b>		10
11		<b>200 Free</b>		12
13		<b>200 IM</b>		14
15		<b>800 Mixed Relays</b>		16
17		<b>200 Relays</b>		18
19		<b>50 Fly</b>		20
21		<b>100 Free</b>		22
23		<b>50 Back</b>		24
25		<b>100 Breast</b>		26
27		<b>400 Free</b>		28
29		<b>4x100 Relays</b>		30

<b>Meet surcharge:</b>	\$ 12.00	<b>CHECKS PAYABLE TO: CITY OF CORAL SPRINGS</b>  <b>Mail to:</b> Coral Springs Aquatic Complex 2010 Last Chance LCM 12441 Royal Palm Blvd. Coral Springs, FL 33065
<b>Individual events:</b>	___ X 3.00 \$	
<b>TOTAL:</b>	\$	

**PLEASE READ AND SIGN THE MANDATORY 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 acknowledge that I am aware 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 WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, 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 and regulations of USMS. (see Rule Book Article 203.1)

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

