

Upper Keys Summer Invitational, LCM
Fighting Manatee Swim Club
June 4-6, 2010

Sanctioned by: Florida Gold Coast Masters for USMS, inc. Sanction #:

- Sponsored By:** Friends of the Pool, Inc
- Date & Time:** Friday, June 4 Saturday and Sunday, June 5 & 6
Warm Up: 5:00 pm Warm Up: 9:00 am
Start: 6:00 pm Start: 10:00 am
- Location:** Founders Park Pool
87000 Overseas Hwy, Islamorada, FL, 33036, MM 87 Bayside
- Facility:** Competition in 8-lane 50 meter pool. A warm up/warm down area will be available. Colorado Timing system plus hand-held watches will be used for timing.
- Eligibility:** Open to all USMS registered swimmers 18 years and older, your age as of December 31, 2010.
- Rules:** 2010 USMS rules govern. *A copy of your 2010 USMS Card **MUST be attached to the entry form.***
- Entries:** Each swimmer may enter up to 5 individual events per day plus relays (relays will be deck entered). **Entries Due Saturday, May 29 (received, not postmarked).** Mail entries to: Katy LeVasseur, Upper Keys Summer Invitational, 300 North Dr., Islamorada, FL 33036.
- Entry Fees:** \$30 flat meet fee if received by May 29. Late entries will be charged an additional \$10, and will be accepted until Tuesday, June 1. \$5 fee for each relay. **There will be no individual deck entries.** Make check out to: Friends of the Pool, Inc.
- Seeding:** Entries will be seeded by time, there may be men and women seeded together for the longer events.
- Awards:** First through third place awards will be given by age group and gender for individual events and relays. There will be high point and team awards as well.
- Meet Social:** To be determined
- Hotel Info:** To be determined
- For Info:** Meet Director, Katy LeVasseur
Phone: 305.849.2278
Email: katyclodius@hotmail.com

Breaks will be taken as needed during the meet.

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Name: _____
 Date of Birth: _____ Age (on 12/31/10): _____
 2010 USMS #: _____ Gender: M F
 Club Name: _____
 Address: _____ City/State: _____ Zip: _____
 Email: _____ Phone: _____
 Circle the event number you wish to enter, and provide a seed time. You may enter NT ('no time')

Friday, June 4 Warm up starts at 5:00 pm, meet starts at 6:00 pm

Women	Entry Time	Event	Entry Time	Men
1	_____	400 IM	_____	2
3	_____	800 Free Relay	_____	4
5	_____	Mixed 800 Free Relay	_____	5
7	_____	800 Free	_____	8

Saturday, June 5 Warm up starts at 9:00 am, meet starts at 10:00 am

Women	Entry Time	Event	Entry Time	Men
9	_____	200 Back	_____	10
11	_____	100 Free	_____	12
13	_____	50 Fly	_____	14
15	_____	100 Breast	_____	16
17	_____	400 Free Relay	_____	18
19	_____	200 Mixed Medley Relay	_____	19
21	_____	50 Back	_____	22
23	_____	200 Fly	_____	24
25	_____	400 Free	_____	26
27	_____	200 Mixed Free Relay	_____	27
29	_____	400 Medley Relay	_____	30

**Attach Copy of Current
USMS Here:**

Sunday, June 6 Warm up starts at 9:00 am, meet starts at 10:00 am

Women	Entry Time	Event	Entry Time	Men
31	_____	200 IM	_____	32
33	_____	50 Free	_____	34
35	_____	200 Breast	_____	36
37	_____	100 Back	_____	38
39	_____	200 Medley Relay	_____	40
41	_____	200 Free	_____	42
43	_____	100 Fly	_____	44
45	_____	50 Breast	_____	46
47	_____	400 Mixed Free Relay	_____	47
49	_____	400 Mixed Medley Relay	_____	49
51	_____	1500 Free	_____	52

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*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)*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_