

# Fourth Annual “John O’Keefe Spring Splash”

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. sanction #5010-008

- Date:** Saturday, March 06, 2010  
Warm-up begins at 8 a.m. & Meet begins at 9 a.m.
- Pool** Miami Shores Aquatic Center  
10200 Biscayne Blvd.  
Miami Shores, FL 33138
- Course** 8 lane, 25-yard competition course with electronic timing. Additionally, lanes will be available for warm-up and warm-down.
- Eligibility** Meet is open to all USMS registered swimmers 18 years or older. Age to be determined as of March 06, 2010.
- Deadline** All entries must be in the hands of the Entry Chairman by **Monday, March 1, 2010**. No individual deck entries will be accepted.
- Entry Fees** The \$25 entry fee includes individual events. Entry available online and by mail. Checks made payable to: Nadadores of South Florida  
Mail FEES and FORM to: Spring Splash ‘10  
P.O. Box 190117  
Miami Beach, FL 33119
- Rules** 2010 USMS rules will govern this meet.
- Entries** Competitors may enter up to a maximum of five (5) events. Entries will be seeded slowest to fastest.
- Relays** Relay entries will be accepted on deck 30 minutes prior to the start of the relays. A fee of \$5 per relay will be charged.
- Awards** Enter all four 50s to qualify for the “IMa Sprinter” award, given to the male & female swimmer with the fastest combined time. Heat winners also recognized.
- Fun Relay** A fun relay will be held at no extra charge; details to be announced at the meet.
- Results** Results will be available at the end of the meet and on the website [www.nadadores.org](http://www.nadadores.org)
- Directions** tel: 305-795-2241 (north end of Miami Shores Country Club)  
Take I-95 to NW 95th St. Eastbound (EXIT 8A)  
At NE 2nd Avenue change to 96th St. and continue east  
Turn left (north) onto Biscayne Blvd. (US 1)  
Go 1500 meters and turn left.
- Parking** Parking will be available on site.
- Social** The meet is a Winter Party Festival event [www.winterparty.com](http://www.winterparty.com)
- Contact** For other questions/concerns, please contact Jim Harper at (305) 893-6214 or e-mail [harperfish@yahoo.com](mailto:harperfish@yahoo.com)

This event is sponsored by: NADADORES OF SOUTH FLORIDA ([www.nadadores.org](http://www.nadadores.org))

# Nadadores of South Florida present: JOHN O'KEEFE SPRING SPLASH

Miami Shores Aquatic Center – 10200 Biscayne Blvd– Miami Shores, FL - 33138

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## OFFICIAL ENTRY FORM

Name: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Club/Workout Group: \_\_\_\_\_ Age on 03/6/2010: \_\_\_\_\_ Sex: M F

Women _____	Entry Time	Event	Entry Time	Men _____	Event #
1	_____	200 Free	2	_____	
3	_____	100 Breast	4	_____	
5	_____	50 Fly	6	_____	
7	_____	200 Stroke (non-free, combined)	8	_____	
9	_____	50 Back	10	_____	
11	_____	100 IM	12	_____	
13	_____	100 Fly	14	_____	
		<b>10 minute break</b>			
15	_____	50 Free	16	_____	
17	_____	200 IM	18	_____	
19	_____	50 Breast	20	_____	
21	_____	100 Back	22	_____	
23	_____	100 Free	24	_____	
25	XXXXXXXXXX	200 Free Relay	26	XXXXXXXXXX	
		<b>10 minute break</b>			
27	XXXXXXXXXX	200 Medley Relay	28	XXXXXXXXXX	
					Fun Relay

Meet Surcharge: ..... = \$ 25.00  
 Spring Splash t-shirt..... X \$10 ..... = \_\_\_\_\_  
 (Make checks payable to: Nadadores of South Florida) **TOTAL** ..... = \_\_\_\_\_

**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 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: \_\_\_\_\_

**ATTACH A COPY  
 OF YOUR 2010  
 USMS CARD HERE**