



TERRIBLE TRIPLE

Sanctioned by Midwestern LMSC for USMS., Inc. #297-
Times for this meet will not be submitted for USMS Top Ten or record consideration.

DATE: Sunday, January 28, 2007. Warm-ups at 8:00a.m. Meet starts at 9:00a.m.

FEES: \$7.00 for early or on-deck registration

MAKE CHECKS PAYABLE TO: OMAHA MASTERS SWIM CLUB

RESULTS: Will be posted at <http://www.omahamastersswim.com> and emailed to you; be sure to include your email address.

MAIL CHECKS AND ENTRY FORMS TO: Erin Sullivan
5006 Cass St #3
Omaha NE 68132-2979

Any questions? Please call 402-551-7230 or email erinswim@hotmail.com

NOTE: Please **print** your entry and enter your name EXACTLY as it appears on your USMS registration card. Include a copy of or be prepared to present your USMS card at check-in.

Print Legibly

ENTRY FORM

Name _____ USMS# _____
Address _____ Phone _____
City _____ State _____ Zip _____ Sex _____
USMS Club # _____ Age (as of 1/28/06) _____ Birthday ____/____/____
Email Address _____

SCHEDULE OF EVENTS (circle event # entered and enter seed time for yards)

1. 400 yard Individual Medley..... _____
5 – 10 minute break
2. 200 yard Butterfly..... _____
5 – 10 minute break
3. 500 yard Freestyle..... _____

ATHLETE'S RELEASE (must be signed)

"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."

Signature _____ Date _____