



**2012 Medina Masters Sprint Spectacular
Short Course Meters
Natatorium Medina, Ohio**

USMS Sanction # 18-041512 SCM

- DATE:** Sunday, April 15, 2012. Warm-ups start at 9:00 a.m. Event #1 will start at 10:00 a.m. Deck entries should be in no later than 9:30 a.m.
- LOCATION:** The natatorium is located at the Medina Recreation Center at 855 Weymouth Rd. (Route 3) Medina, Ohio 44256. Follow the signs to parking lots "E" and "F". Enter the pool through entrance "F5".
- Directions from I-71 southbound: Take Exit 222 (Route 3). Take a right at the bottom of the ramp. Continue south for 4 miles until you reach the Medina Recreation Center. Turn right into parking lot and follow signs to parking and entrance.
- Directions from I-71 northbound: Take Exit 218 (Route 18). Take a left at the end of the ramp. Continue west for 3 miles until you reach Foote Road. Turn right on Foote Road. Continue north for 2 miles to Weymouth Road. Turn left on Weymouth Road (Route 3). Continue on Weymouth Road for 1 mile to Medina Recreation Center. Turn right into parking lot and follow signs to parking and entrance.
- POOL:** The pool has eight lanes (25 meters) with anti-turbulent lane lines and automatic timing. An adjacent separate pool will be available for warm-up and cool down during the meet.
- ELIGIBILITY:** 2012 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, all swimmers must be registered U.S. Masters Swimmers. Applications for 2012 registration will be available at the meet (\$40.00). Please send a copy of your USMS card with your entry form. Only swimmers entered in the meet can participate in relays. Limit 5 individual events.
- AGE GROUPS:** Age of competitors on December 31, 2012 will determine age group. Age groups are: 18-24, 25-29, 30-34, ..., 80-84, 85-90, etc.
- AWARDS:** Individual and Relay events: First, second, and third-place ribbons.
- DEADLINE:** Entries for individual events must be received by April 11, 2012. Deck entries for individual events will be accepted until 9:30 a.m. on Sunday.
- FEES:** Fees must accompany entry forms. One flat fee of \$20 entitles you to swim up to 5 events not counting the relays. Deck entry fee is \$25. Relays can only be deck entered. There is no charge for relay entries. This includes the timing surcharge. Make checks payable to **MRST** and mail to: **MRST c/o Greg Kappa, 980 Gayer Dr. Medina, OH 44256.**
- MEET DIRECTOR:** Cori Knutson - email coriatc@gmail.com
- QUESTIONS:** Gregory Kappa - email gregorykappa@zoominternet.net

ENTRY FORM
2012 MEDINA MASTERS SPRINT SPECTACULAR
MEDINA NATATORIUM, MEDINA, OHIO
APRIL 15, 2012

NAME _____ SEX ___ AGE ___ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE ___ ZIP _____

PHONE _____ TEAM _____ or UNATTACHED ___ USMS# _____

Event #1 starts at 10 A.M. Warm up starts at 9 A.M.

- | | |
|----------------------------|------------|
| 1. 200 m Freestyle | _____ |
| 2. 50 m Backstroke | _____ |
| 3. 100 m Breaststroke | _____ |
| 10 minute break | |
| 4. 50 m Butterfly | _____ |
| 5. 200 m Freestyle Relay | xxxxxxxxxx |
| 6. 50 m Freestyle | _____ |
| 10 minute break | |
| 7. 100 m Backstroke | _____ |
| 8. 50 m Breaststroke | _____ |
| 9. 100 m Individual Medley | _____ |
| 10 minute break | |
| 10. 100 m Freestyle | _____ |
| 11. 200 m Medley Relay | xxxxxxxxxx |
| 12. 100 m Butterfly | _____ |

ENTRY FEES: Pre-registration \$20
 Deck Entry \$25

Note: All profits from the swim meet will go to the Medina Makos Recreation Center Team.

DEADLINE: Wednesday, April 11, 2012. Make checks payable to: **MRST**
Mailing address: MRST c/o Gregory Kappa, 980 Gayer Dr., Medina, OH 44256
Please send a copy of your USMS card with your entry form.

Release by Participant 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 CONDITION OF MY PARTICIPANT 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 _____

Sanctioned by Lake Erie LMSC for USMS, Inc. Sanction # 18-041512-SCM