

**THE LIGHTHOUSE MASTERS SWIM MEET**  
**NOVEMBER 5, 2011**  
**Hosted by Oklahoma Masters Swim Club**  
Sanctioned by OMS for USMS, Inc Sanction No. 2711-189

**WHEN:** NOVEMBER 5, 2011. WARM UP FROM NOON TO 1:00PM. MEET STARTS AT 1:00PM

**WHERE:** LIGHTHOUSE SPORTS, FITNESS & HEALTH CENTER

3333 WEST HEFNER ROAD  
OKLAHOMA CITY, OK  
Tel: 405-751-3344

**FACILITY:** 25 YARD, indoor, 12 lane pool with non-turbulent lane lines. Warm-up area will be available during the meet.

**ELIGIBILITY:** The meet is open to all USMS registered Masters swimmers age 18 or over as of November 5, 2011. "For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet." (Article 102.2.1 of the 2011 USMS Rule Book) USMS registration will be available at the meet. Registration may be done for this event only (\$15) (Note Results), or for the remainder of 2011 (\$27), or for the remainder of 2011 and all of 2012 (\$42) via <http://www.okswim.org>. Click on USMS icon and go to "Join/ Renew".

**FORMAT:** The meet will be conducted under 2011 USMS rules, including the no-false-start rule. The meet will be deck seeded slow to fast by time only. Entrants without seed times will be placed in the slowest heat. All events will be timed finals.

**ENTRY LIMIT:** Each swimmer may participate in a maximum of 5 events plus relays.

**ENTRY FEE:** Pre-entry fee is \$15 if postmarked by Saturday, October 29th, 2011. Deck entry fee is \$20. *Deck entries close at 12:30pm the day of the meet.*

**Mail to the meet director: Kathy Keffer-Sharpe 6012 N.W. 57<sup>th</sup> St. Oklahoma City OK 73122 Telephone: 405-410-5499. Make all checks payable to: Oklahoma Masters Swim Club**

**RESULTS:** Will be mailed upon request and posted online at <http://www.okswim.org>

**Note:** One-Event swimmer results will not be published in the official meet results and do not count for any records.

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(Attach copy of USMS Card)

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ E-mail \_\_\_\_\_

ORDER OF EVENTS    Warm-up 12pm to 1pm. Meet starts at 1pm			
Event	Entry time	Event	Entry time
1. 200 Yards IM	_____	11. 1000 Yards Free*	_____
2. 100 Yards Breast	_____	12. 1650 Yards Free*	_____
3. 50 Yards Back	_____	13. 400 Yards IM	_____
4. 100 Yards Fly	_____	14. 200 Free Relay	_____
5. 500 Yards Free	_____	15. 50 Yards Fly	_____
6. 200 Medley Relay	_____	16. 100 Yards Back	_____
7. 200 Yards Back	_____	17. 200 Yards Breast	_____
8. 100 Yards Free	_____	18. 50 Yards Free	_____
9. 50 Yards Breast	_____	19. 100 Yards IM	_____
10. 200 Yards Fly	_____	20. 200 Yards Free	_____

\* You may enter EITHER (but not both) the 1000 or the 1650 Yard Freestyle.  
**NOTE: If there are events in which there are no entrants, we will instead take a 10 minute break.**  
**Other breaks will occur when the officials or swimmers deem necessary.**

**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)**

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_  
 EARLY ENTRY FEE (postmarked before October 29, 2011): \$15 \_\_\_\_\_ DECK ENTRY: \$20 \_\_\_\_\_

**Make checks payable to: OKLAHOMA MASTERS SWIM CLUB**  
**Mail to: Kathy Keffer-Sharpe; 6012 N.W. 57<sup>th</sup> St. Oklahoma City, OK 73122**