

Upper Keys Winter Invitational SCY

Sanctioned by: Florida Gold Coast Masters for USMS, inc. Sanction #:501-004

AND Swim Clinic Given By Olympian Jon Olsen

Sanctioned by: Florida Gold Coast Masters for USMS, inc. Sanction #: 501-005

Fighting Manatee Swim Club

February 5-6, 2011

- Sponsored By:** Friends of the Pool, Inc
- Date & Time:** Saturday, February 5, 2011: Warm Up: 9:00am...Meet Start Time: 10:00am
Sunday, February 6, 2011: For 1650 fr—Warm Up: 7:00am...8:00am start
Sunday, February 6, 2011: Warm Up: 10:00 am...Meet Start Time: 11:00am
- Location:** Founders Park Pool
87000 Overseas Hwy, Islamorada, FL, 33036, MM 87 Bayside
- Facility:** Competition in 6 lanes of 8-lane 25-yard portion of the pool. A warm up/ warm down lane will be available throughout the meet. 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 on February 6, 2011.
- Rules:** 2011 USMS rules govern. *A copy of your 2011 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 Monday, January 31.** Mail entries to: Katy LeVasseur, Upper Keys Winter Invitational, 300 North Dr., Islamorada, FL 33036.
- Entry Fees:** \$10 meet surcharge plus \$3 per event, \$5 for relays
Deck Entries: \$10 surcharge plus \$6 per event. Clinic Fee is \$30 per person. Make check out to Friends of the Pool, Inc.
- Seeding:** Entries will be seeded by time, slowest to fastest
- Awards:** First through third place awards will be given by age group and gender for individual events and relays.
- Clinic:** ***SEE PAGE 3!***
- For Info:** Meet Director, Katy LeVasseur
Phone: 305.849.2278
Email: katyclodius@hotmail.com

Upper Keys Winter Invitational SCY

February 5-6, 2011

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Name: _____

Date of Birth: _____ Age (on 2/06/11): _____

2011 USMS #: _____ Gender: M F

Club Name: _____

Address: _____ City/State: _____ Zip: _____

Email: _____ Phone: _____

Saturday, Feb 5 Warm Up Starts at 9:00 am, Meet Starts at 10:00 am

Women	Entry Time	Event	Entry Time	Men
1	_____	200 IM	_____	2
3	_____	200 Free	_____	4
5	_____	50 Fly	_____	6
7	_____	100 Back	_____	8
9	_____	400 Free Relay	_____	10
11	_____	200 Mixed Medley Relay	_____	11
13	_____	200 Fly	_____	14
15	_____	50 Free	_____	16
17	_____	100 Breast	_____	18
19	_____	1000 Free	_____	20
21	_____	200 Mixed Free Relay	_____	21
23	_____	400 Medley Relay	_____	24

**Attach Copy of Current
USMS Here:**

Sunday, Feb 6 Warm Up Starts at 7:00 am, 1650 Fr Starts at 8:00 am

25	_____	1650 Free	_____	26
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Sunday, Feb 6 Warm Up Starts at 10:00 am, Meet Starts at 11:00 am

Women	Entry Time	Event	Entry Time	Men
27	_____	100 IM	_____	28
29	_____	200 Breast	_____	30
31	_____	50 Back	_____	32
33	_____	100 Fly	_____	34
35	_____	200 Medley Relay	_____	36
37	_____	200 Free Relay	_____	38
39	_____	400 IM	_____	40
41	_____	100 Free	_____	42
43	_____	50 Breast	_____	44
45	_____	200 Back	_____	46
47	_____	500 Free	_____	48
49	_____	400 Mixed Free Relay	_____	49
50	_____	400 Mixed Medley Relay	_____	50

Meet Fee: \$10 +
 ___ events x \$3: \$ +
Clinic (\$30) _____
Total Enclosed: \$ _____

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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: \_\_\_\_\_

# KEYS SWIM CLINIC

## With Olympic Gold Medalist Jon Olsen

Sanctioned by: Florida Gold Coast Masters for USMS, inc. Sanction #: 501-005

- Location:** Founders Park Aquatic Center (address above)
- Date and Time:** Saturday, February 5, 2011. 3:00-5:00 pm
- Hosted By:** Friends of the Pool, Inc, a non-profit organization that benefits Upper Keys aquatic programs.
- Given By:** Jon Olsen, Olympic Gold Medalist, '92 and '96 Olympics. He is also the head coach of Florida Keys Swim Club and Coral Shores High School swim team.
- Eligibility:** Open to all USMS registered swimmers 18 years and older.
- Fees:** \$30 clinic fee, make checks out to Friends of the Pool, Inc
- Clinic Includes:** In-water drill instruction of all four strokes and a question-and-answer session on deck. Refreshments will be provided.

### REGISTRATION INFORMATION

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Age (on 2/05/11): \_\_\_\_\_  
2011 USMS #: \_\_\_\_\_ Gender: M F  
Club Name: \_\_\_\_\_  
Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

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