

Federal Way Kings presents 2010 USMS Check-Off Challenge

Sanctioned by the Pacific Northwest LMSC for USMS, Inc. # 360-F01.

What is the Check-Off Challenge?

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2010 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your t-shirt when you complete the event.

Where and when do I accomplish the Check-Off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2010. The challenge is to complete all events or try new events. COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form below or online at https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=2058 (available Jan 11).

How do I score the Check-Off Challenge?

"Scoring" is simple – just mark the event on the "BINGO" card on the t-shirt.

When do I receive my T-shirt?

Entry deadlines are: **Jan 31** for shirt delivery in Feb, **Mar 31** for shirt delivery in Apr, **May 31** for shirt delivery in June and **July 31** for shirt delivery in Aug.

Event Director

If you miss the entry deadline and are still interested in purchasing a shirt, or have other questions, contact Jean Blackburn at Blackburn88@msn.com.

2010 Check-Off Challenge Entry Form				
Name _____ DOB _____				
Address _____				
City _____ State ____ Zip _____				
Phone _____ Email address _____				
USMS Registration # _____				
Club or workout group _____				
T-Shirt Size	Qty	Price	Total	Mail this form and check to:
Women Small	_____	\$22	_____	Federal Way Masters P.O. Box 24083 Federal Way, WA 98093
Women Medium	_____	\$22	_____	
Women Large	_____	\$22	_____	
Women XL	_____	\$22	_____	
Women XXL	_____	\$22	_____	
Men Small	_____	\$22	_____	
Men Medium	_____	\$22	_____	
Men Large	_____	\$22	_____	
Men XL	_____	\$22	_____	
Men XXL	_____	\$22	_____	

Liability Release

WAIVER: 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.

SIGNED: _____ DATE: _____

Register online at https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=2058 (available Jan 11)