

# Federal Way Kings

## Currents



M A S T E R S S W I M M I N G

DECEMBER 2006

VOL. 8, ISSUE 12

### PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

Happy Holidays! I hope that everyone has a wonderful holiday season and a wet 2007. Maybe not as wet as November was, but at least get in the pool regularly.

There are a lot of fun events in the future, starting with the Federal Way Kings Annual Holiday Party at Zena Courtney's home on Friday, December

15th. Then there's the 2007 Check-off Challenge, sponsored by Federal Way Masters. If you haven't already signed up, you should do so soon so that you can get your events checked off early in the year. No sense waiting until December 31, 2007 to complete the 200 fly.

USMS also offers a 30-minute swim that you can use for a warm-up for the hour swim. The hour swim is a January tradition with nearly 3000 USMS members entering the event annually.

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### COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

The holidays are a stressful time of year. Our lives seem to hit over drive with all of the "fun" extra activities and parties we pack into our already busy schedules. The last thing that you want on your conscious is fear of the extra pounds that will follow after the holidays are over.

A recent report from the National Institute of Health indicates that Americans only gain approximately one pound between Thanksgiving and New Years. The study did show out of the 195 participants 10% were over weight or obese leaving the weight gained up to five pounds.

Here are a few tips to help keep your weight in check:

#### 1. Plan ahead:

If possible, plan "me" time. Try to get a swim in, or even a nap! (20 minutes of swimming can burn up to 120 calories)

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### TEAM OFFICERS

- President: Hugh Moore
- Vice President: Gregg Metzler
- Secretary: Judy Williams
- Treasurer: Holly Bork
- Membership: Julie Fay

Webmaster: Dan Smith

Federal Way Masters  
 PO Box 24083  
 Federal Way, WA 98093  
<http://www.fwmasters.com>

## CHECK OF CHALLENGE THREE-PEAT

Sign up now and swim into the challenge. Support our team and support yourself with a very attainable goal for 2007. Also, don't forget that you still have until the end of 2006 to complete the 2006 challenge.

Whether you are signed up or not, come and be the first of the year to complete the entire challenge, and all in one workout. Come to the morning practice at 5:30am on Tuesday, January 2nd, 2007. We can carry over into the next workout and should be done somewhere around 7:15. There will still be a normal workout for those who want one. We will do the workout in the following order:

**Check off Challenge Workout**  
**1/02/2007**  
**5:30 am**

*Warm Up:*  
1000 free

200 fly  
200 back  
200 breast  
200 free  
400 IM  
1650 free  
100 fly  
100 back  
100 breast  
100 free  
200 IM  
50 fly  
50 back  
50 breast  
50 free  
100 IM

*Cool Down*  
500 Free

**Total: 5,250 Yards**



## PUTTING THE FUN BACK IN FUND-RAISING

By Linda E. Sullivan  
CM Travel ([Careers](#) [Makers](#)) Travel

As most of you know I have recently changed jobs and I am now a Travel Agent/Counselor. This has been an exciting and challenging adventure for me. It is very exciting given the fact that I am working with an exceptional agency that has some very innovative and community oriented ways to capture the market. As we all know the travel industry has had some challenging changes with technology and the deregulation of the Airline industry.

Being that said; CM Travel has created a program where anyone making any type of travel arrangements from going to Africa or to even staying the night at Leavenworth can benefit their Fundraising program. Federal Way Masters has now signed on and we will soon have a link on the website that will direct you to all of our specials, hot deals or just let you browse around. There is a link there also if you want to book your own and that site will meet or beat Travelocity. We want to encourage you though to contact me since it includes service. Someone to talk to can be a better package all the way around.

Now to my favorite part of the program! I have named this the "Travel Fundraiser for Wendy"! From the revenue generated 10-20% off the top will go to a fund for Wendy's travels with the team. I am so excited! Now when we go to St Croix, Maui, Aruba or even a Masters event in San Francisco there will be money there for Wendy to use! Now of course, the only way this can work is for the team with their friends and family to make their travel

*(Continued on page 4)*

*(Continued from page 1)*

**2. Limit alcohol consumption before bed:**

It is always nice to have a glass of wine in the evening after a hard day, but drinking alcohol before bed can contribute to a restless night leaving you tired and more vulnerable to sugary temptations

**3. Eat before attending your big celebration:**

Going hungry to a party screams over eating!

Don't wait till the New Year to start back into your regular swimming routine. Over the holidays we are running an active schedule. If you have guests visiting bring them in for a drop in workout.

Please attend practices! This will help create a better spirit to manage stress, burn extra calories and help you sleep better too.

Enjoy your holidays,

Wendy

**FEDERAL WAY KINGS  
ANNUAL  
CHRISTMAS PARTY**

Friday, December 15<sup>th</sup>, 7:30 p.m.

**Kids Welcome!**

**Pot Luck:**

- ◆ **A-L Main dish**
- ◆ **M-S Salad/Finger foods**
- ◆ **T-Z Dessert**

*Beer and Wine provided, please bring anything else you wish to drink*

**Bring White Elephant Gift to Trade  
Kids play too in their own exchange**

**COME TO THE  
CHRISTMAS PARTY**

Zena's Home:  
1853 Overview Drive NE  
Tacoma, WA 98422  
(253) 927-3695

Directions:

1. From I-5 North or South
2. Take Exit 142B, S 348th St /Puyallup (WA-161), [also the same exit for Weyerhaeuser King County Aquatic Center]
3. Stay on S 348th Street.
4. Continue straight on this road as it has many lights and changes names several times: (1.6 mi) SW Campus Drive just past 1st Ave S, > (0.3 mi)SW 336th St you pass the IHOP then the Aquatic Center on your right, (0.3mi) SW 336th Way passing post office on left, (0.5mi) SW 340th St passing intersection with 21st Ave SW and Safeway on left and into a housing development, (1.1mi ) on Northshore Parkway passing Walgreen on left and through stop lighted intersection with Hoyt Road SW and 49th Ave NE, down and up hill passing golf course on left.
5. Straight through light/intersection at Nassau.
6. Go 0.75 miles (pass straight through flashing red 4-way stop intersection & police sub station on left) to bottom of next hill and stop sign.
7. Turn right on Browns Pt Blvd NE.
8. Go 0.5 miles up hill, turn right 50 ft past crest of this hill on Parkview Dr NE, go 200 ft
9. Turn left at Overview Drive NE
10. 1853 is 1st house 100 ft on left, peach color & white trim / 2 car garage. Park in driveway or on street.

*(Continued from page 1)*

Don't forget to renew your USMS and PNA registration. Everyone needs to keep their registration current so that we continue to have liability insurance. If you didn't receive a form in the mail, it's available at <http://www.swimpna.org/regform.pdf>.

PNA has a full slate of meets planned for next year, including Anacortes on January 20th and Bellevue on February 18th. We expect to add a meet in March.

Then there are the two biggies, PNA Champs and Nationals, both at the Aquatic Center. PNA Champs will be on April 14 & 15 and will be a practice meet for the national organizing committee. We expect 300 swimmers and hope that Federal Way shows up in force.

Short Course Nationals will be May 17-20. We expect around 1500 swimmers. Everyone can swim three events, even if you don't make qualifying times. I strongly encourage everyone to compete. The meet can provide motivation for nearly anyone, even if you don't swim in the meet. Watching 1500 athletes committed to maintaining physical fitness as adults is motivation enough. But watching Olympians who are swimming times near their teenage times at age 60, or 95-year-old swimmers racing, or anyone setting personal best times, can get you excited.

Sincerely,

Hugh

*(Continued from page 2)*

arrangements through the Fundraiser program. Very exciting!

Even though I have just started I want you to know what I have accomplished in the last four months. I have been to 21 seminars where vendors train and educate us on their web sites and their product. Out of those 21 seminars, six were cruise lines. I have finished the reservations system training for CM Travel and I am now being sponsored by CM Travel in the Careers Northwest Academy course. I am also a certified specialist for Hawaii and Aruba and recently I have completed my course and training to be a CLIA member (Cruise Lines International Association). Some of you might already know this ~ I also have a Bachelors Degree from California State University, Sacramento in Social Welfare, I have always liked being in the helping profession and now it's nice to be helping people have fun now!

The great thing about CM Travel is that they have a great line up of wholesale vendors who are extremely helpful, courtesy and professional. If I am not sure what vendor to use or have other questions, there is a staff of senior agents at CM Travel that is a phone call or email away.

I look forward to helping you with your travel plans and creating a travel fund for our dedicated coach, Wendy!

Thanks,

Linda E. Sullivan  
[www.cmagent.net/lindas.html](http://www.cmagent.net/lindas.html)  
[CMAgentLinda@aol.com](mailto:CMAgentLinda@aol.com)  
253-941-8028

## Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 20, 2007	PNA LMSC Anacortes Meet	SCY	<a href="#">Entry Form</a> or email <a href="mailto:h2obug101@yahoo.com">h2obug101@yahoo.com</a>	Fidalgo Pool, Anacortes, WA	1/10/2007
Feb 18, 2007	PNA LMSC Bellevue Club Meet	SCM	<a href="#">Entry Form</a> or email <a href="mailto:coryh@bellevueclub.com">coryh@bellevueclub.com</a>	Bellevue Club Pool, Bellevue, WA	2/07/2007

## National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 to Dec 31, 2006	USMS Check-off Swim Challenge	POSTAL	<a href="#">Hugh Moore Entry Form</a>	POSTAL	12/01/2006
Jan 1 - Dec 31, 2006	2005 30-Minute Fitness Swim Challenge	POSTAL	<a href="http://www.usms.org/fitness/swim30.shtml">www.usms.org/fitness/swim30.shtml</a>	POSTAL	12/31/2006
Nov 1 to Dec 31, 2006	Brute Squad Pentathlon Postal Event	SCY	<a href="mailto:douggarcia@usms.org">douggarcia@usms.org</a> <a href="#">Entry Form</a>	POSTAL	1/07/2007
Jan 1 - Jan 31, 2007	USMS 2007 One Hour Swim	SCY	<a href="#">Entry Form</a>	POSTAL	1/31/2007
Jan 1 to Dec 31, 2007	USMS Check-off Swim Challenge	POSTAL	<a href="#">Hugh Moore Entry Form</a>	POSTAL	12/01/2006

### ONE HOUR POSTAL SWIM TURNS 30

Begin thinking ahead to participate in the 2007 USMS Postal One Hour Swim. In the past we have had a good contingent of swimmers from Federal Way Kings participate and make it a fun happening for all.

All it takes is a friend, a clipboard, stopwatch, and the will to swim for one hour to see how many laps you can go. We can bring the clipboard and stopwatch, all you need is the will and the friend.

As an added twist, the club that is hosting the swim is giving fun awards to any club who puts together a medley relay of one hours swims. The morning group is already planning to put together a relay where each swimmer swims one stroke for the entire hour.

Watch for more information on the day we organize to do the swim.



**2007 Annual Fee:** Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

**Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
 Last First Initial Month Day Year  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female (circle one)  
 Street or box number  
 City State Zip+4 E-Mail: \_\_\_\_\_  
 Telephone: (\_\_\_\_) \_\_\_\_\_ please print carefully  
 2<sup>nd</sup> Phone (\_\_\_\_) \_\_\_\_\_

**CLUB:**  Pacific NW Aquatics (PNA) **AND** **Team :** \_\_\_\_\_  
 OR  Unattached OR  Unattached

**If you coach a Masters swim team check here**   
**I am interested helping the PNA committee**

**Choose a membership level A, or B below.**

- A. Regular:** 11/01/06 thru 12/31/07 **\$35**
- B. Need-based or Seniors (65 & over):** **\$25**
- Canada & Foreign address, add **\$10**

Make check payable to: **PNA**  
 Mail to: Arni H. Litt, Registrar  
 1920 10th Ave E  
 Seattle, WA 98102-4253

*Optional Donations:*

USMS Endowment Fund \$ \_\_\_\_\_  
 International Swimmers Hall of Fame \$ \_\_\_\_\_  
**TOTAL** \$ \_\_\_\_\_

Questions: (206) 849-1387, arni@qwest.net

On rare occasions, USMS may need to inform you of important issues, I DO / DO NOT wish to receive these.  
 A USMS sponsor may wish to offer you information emailed from the USMS National Office, I DO / DO NOT wish to receive them.  
 (Email addresses are not supplied to the sponsor.)

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, THE 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** \_\_\_\_\_

The United States Masters Swimming Policy on the privacy of member information is at: [www.usms.org/admin/privacy.shtml](http://www.usms.org/admin/privacy.shtml)

**TEAMS**

- |   |   |  |
|---|---|--|
| <b>BAM:</b> Bainbridge Area Masters             | <b>MIR:</b> Mercer Island Redwoods          | <b>SVY:</b> Skagit Valley YMCA             |
| <b>BC:</b> Bellevue Club                        | <b>NEO:</b> North End Otters                | <b>SWIM:</b> South Whidbey Island Masters  |
| <b>BEST:</b> Bellevue Eastside Masters          | <b>NHM:</b> Newport Hills Masters           | <b>TACM:</b> Thunderbird Aquatic Masters   |
| <b>BBST:</b> Bellingham Bay Swim Team           | <b>NSYG:</b> Northshore Y's Guys            | <b>TACY:</b> Tacoma Pierce County YMCA     |
| <b>BMSC:</b> Bellingham Masters Swim Club       | <b>NWM:</b> North Whidbey Masters           | <b>TIG:</b> Tigers                         |
| <b>BS:</b> Brooks Swimming                      | <b>OOPS:</b> Old Olympic Peninsula Swimmers | <b>TMS:</b> Thorbecke's Masters Swimming   |
| <b>CAC:</b> Columbia Athletic Masters-Pine Lake | <b>ORCA:</b> Orca Swim Club                 | <b>TVA:</b> Tumwater Valley Authority      |
| <b>DSYM:</b> Downtown Seattle YMCA Masters      | <b>PAC:</b> Poseidon Aquatic Club           | <b>UNAT:</b> Unattached to a Team          |
| <b>ESC:</b> Evergreen Swim Club Masters         | <b>PAM:</b> PAMS                            | <b>UPAC:</b> University Place Aquatic Club |
| <b>FSJ:</b> Fins of the San Juans               | <b>PRO:</b> Pro Sports Club                 | <b>VAM:</b> Vashon Aquatic Masters         |
| <b>FTSW:</b> Ft. Steilacoom - WAKO              | <b>PSC:</b> Phinney Ridge Swim Club         | <b>VFC:</b> Valley Fitness Center          |
| <b>FWM:</b> Federal Way Master                  | <b>PTMS:</b> Port Townsend Master Swimmers  | <b>WAC:</b> Washington Athletic Club       |
| <b>GACM:</b> Gateway Athletic Club              | <b>QASC:</b> Queen Anne Swim Club           | <b>WCY:</b> Whatcom County YMCA            |
| <b>GCMS:</b> Gold Creek Masters (GCM)           | <b>RAH:</b> Redmond Aqua Hotshots           | <b>WEST:</b> West coast Aquatics Masters   |
| <b>GLAD:</b> Greenlake Aquaducks                | <b>RAT:</b> Rice Athletic Team              | <b>WSAS:</b> West Seattle All-Stars        |
| <b>HMST:</b> Husky Masters                      | <b>RFST:</b> Redmond Foothills Swim Team    | <b>WSYD:</b> West Seattle YMCA Dolphins    |
| <b>ISST:</b> Issaquah Swim Team                 | <b>SAC:</b> Seattle Athletic Club           | <b>WWUS:</b> Western WA U Masters Swimming |
| <b>JAM:</b> Juanita Aquatic Masters             | <b>SAMM:</b> Samena Club                    | <b>YNOT:</b> Y Nauts                       |
| <b>LUNA:</b> Team Luna                          | <b>SSRM:</b> Swim Seattle Redhawk Masters   |  |
| <b>LWS:</b> Lynnwood Sharks                     | <b>STRM:</b> Storm Lake Aquatics            |  |



**30th Annual  
National Championship  
One Hour Postal Swim  
2007 United States Masters  
Swimming Long Distance  
National Championship**  
Sanctioned by the Florida LMSC  
for USMS, Inc.  
Sanction Number: 147-003P

**DATE:** All swims must take place during January, 2007.

**OBJECTIVE:** To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

**VENUE:** Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

**ELIGIBILITY:** Each participant must be registered for 2007 with USMS or a similar body in the swimmer's country. A COPY OF YOUR 2007 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!

**INDIVIDUAL EVENTS:** Men and women will compete separately as individuals in the following age groups: 18-24, 25-29, ..., 100+. Age is determined on the day the event is swum. Swimmers who change age groups during January may enter twice, but must swim the event twice, once in each age group. Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

**RELAY EVENTS:** Three relay events will be contested: Women (3), the young, and Mixed Gender (2 women & 2 men). The age of the youngest member determines the age group of the relay: 18+, 25+, 35+..., 95+. Each relay member MUST also have entered the individual event for his/her age group and must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.

**CLUB EVENTS:** Each club will be automatically entered in the club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the

event host and Long Distance Committee chair. Relay yards will not be included.

**AWARDS:** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each relay age group. First place finishers in individual and relay events also receive USMS Champion patches, no more than one per participant. Distinctive awards will be given to the top 3 or 4 clubs in each division of the Club event.

**FUN AWARDS:** Awarded to each relay of four, same club, who completes a One Hour Medley Relay, swimming all four strokes. Each of the swimmers must complete his/her entire hour swim in a different stroke, free, back, breast or fly. We are open to similar relay suggestions (all back; breast; fly; kicking, no board; etc).

**USMS LONG DISTANCE RULES:** Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no "circle" swimming). A person acting as a starter/referee must be present during the swim. Each swimmer must have a verifier to time the event with a stopwatch and record cumulative 50 splits, to the nearest second, tenth (or hundredth). A split sheet must be kept for each swimmer and a copy included with the entry form, signed by the verifier. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). See Venue section for conversion from meters to yards. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

**T-SHIRTS:** 2007 USMS One Hour Postal National Championship T-shirts are available. The cost for USMS members is US\$ 17 OR, for other FINA Masters, US\$ 22.

**FEES:** Individual entry fees are US\$ 6, USMS OR, US\$ 10 for other FINA Masters. ALL Relay team fees are US\$ 18 per entry. All fees are non-refundable. International entrants please submit US funds via International money order or bank check drawn on a bank with a US affiliate.

**QUESTIONS? COMMENTS?**

**Margie Hutinger - Phone: 727-521-1172 (10AM-9PM EST)  
Internet: phut@usms.org AND www.maverickswim.org  
Results posted at www.maverickswim.org by March 5, 2007.**

**Relay Entry Form**

Circle Event: Women - (3) Men - (3) Mixed - (2 Women & 2 Men) Age Group: \_\_\_\_\_

Club Name: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone # or e-mail: \_\_\_\_\_

Please note: It is NOT necessary to send duplicate individual forms with this relay entry form. Relay awards will be mailed to individual swimmers.

	<u>Swimmer</u>	<u>Gender, circle</u>	<u>Age</u>	<u>Yards Swum</u>
#1:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#2:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#3:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#4:	_____	W or M	_____	_____
	Name as it appears on Registration Card			

Total Yards: \_\_\_\_\_

Relay Entry Fees: US\$ 18 (Payment in US\$ or International Money Order ONLY.)

**Make checks payable to:** Florida Maverick Masters, Inc

**Send Entries to:** One Hour Postal Meet  
1755 Georgia Ave NE  
St Petersburg, FL 33703-4320

**Deadline: RECEIVED by February 12, 2007.**

# 2007 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP

## Individual Entry Form

NAME: \_\_\_\_\_ GENDER: M or F AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Name as it appears on Registration Card - Last, First Circle one Day of swim MM DD YY

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ COUNTRY \_\_\_\_\_

CLUB: \_\_\_\_\_ CLUB ABBR: \_\_\_\_\_ REGISTRATION NUMBER: \_\_\_\_\_ - \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ SEND RESULTS: (Check ONE box.) E-Mail  OR Mailed Hard Copy

Check if you don't want any medals you may earn.  Results posted at: <http://www.usms.org/longdist/ldnats07> by March 5, 2007.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

I certify that I have read the rules of this competition and that on January \_\_\_\_\_, 2007, I swam \_\_\_\_\_ yards OR \_\_\_\_\_ meters at

Pool name/City \_\_\_\_\_  
 Verifier's Name, printed \_\_\_\_\_

Swimmer's Signature \_\_\_\_\_  
 Verifier's Phone Number OR e-mail address \_\_\_\_\_

Entry Fee: US\$ 6, USMS \_\_\_\_\_ OR US\$ 10, other FINA Masters \_\_\_\_\_ = US\$ \_\_\_\_\_

T-shirts: Indicate Quantity Ordered  
 Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_ XX-Large \_\_\_  
 US\$ 17 each, USMS \_\_\_\_\_ OR US\$ 22 each, other FINA Masters \_\_\_\_\_ = US\$ \_\_\_\_\_

**Include:** 2007 MASTERS REGISTRATION CARD  
 Entry form and split sheet  
 Check payable to: Florida Maverick  
 Masters, Inc.

**Send to:** One Hour Postal Meet  
 1755 Georgia Ave NE  
 St Petersburg, FL 33703-4320

**Must be RECEIVED by February 12, 2007.**

**TOTAL US\$** \_\_\_\_\_

Record Split Entries using CUMULATIVE 50 split times to the nearest second, tenth, (or hundredth).

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

(Total Meters \_\_\_\_\_ x 1.0936 = \_\_\_\_\_)

**Total Yards:** \_\_\_\_\_



**Federal Way Kings  
Masters Swimmers present a challenge to  
your swimming abilities:**

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

Visit [www.usms.org/fitness](http://www.usms.org/fitness) for additional entry forms.

**What is the Check-off Challenge?**

The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete as many of the 18 “pool” events as possible during the 2007 calendar year. It challenges all levels of swimmers. Novice swimmers can swim events that they never have before. 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 2007. 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.

**How do I score the Check-Off Challenge?**

“Scoring” is simple – just mark the event on the list on the back of the t-shirt (aka Yellow Jersey).

**When do I receive my T-shirt?**

The event is open to registered Masters swimmers. Enter by filling out the entry form included below. Shirts will be mailed in mid-December for entries received by December 1, 2006 so that swimmers will receive them by the first of the new year. A second mailing will occur in mid-March, 2007 for entries received by February 28, 2007. T-shirts are yellow short-sleeved cotton with two-color, black and white design. The logo will be on the front and the list of events on the back.

**Event Director**

If you miss the February 28 deadline and are still interested in purchasing a shirt, or have other questions, contact Hugh Moore 2102 N. Vassault, Tacoma, WA 98406, [swimmoore@comcast.net](mailto:swimmoore@comcast.net)

**2007 Check-Off Challenge Entry Form**

Name \_\_\_\_\_ Club or workout group \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email address \_\_\_\_\_ Registration # \_\_\_\_\_

T-Shirt		Mail this form and your check to:	
Size	Qty	Price	Total \$
S	___	@ \$15	_____
M	___	@ \$15	_____
L	___	@ \$15	_____
XL	___	@ \$15	_____
XXL	___	@ \$17	_____

Holly Bork  
6233 S 233rd St  
Kent, WA 98032  
Make checks payable to “Federal Way Masters”

**Liability Release**

WAIVER: I, the undersigned participant, intending to be leally 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: \_\_\_\_\_





SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_