

Federal Way Kings

C U R R @ N T S



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

MARCH 2009

PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

Are we ready to win our sixth consecutive PNA Champs? I hope so because I believe that we not only have the largest team in PNA, but the best coached. We need everyone to enter and swim to ensure that we make a statement: "WE ARE KINGS."

Unfortunately, the meet ended up on Easter weekend, but we arranged the events so that it avoids Easter Sunday. If you haven't entered a meet before, you're in for a treat. Meets are fun and low pressure – your teammates will cheer you on.

Please remember that we are the host team. We can use everyone's help to ensure that we run a quality meet. We are extremely fortunate to be able to swim regularly in one of the best facilities in the world. We get to share the pool with the rest of the PNA for the

Set your sights on

PNA CHAMPS

King County Aquatic Center

April 10 & 11, 2009

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COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

The Final Count Down.....

4 weeks and counting until CHAMPS!!!!!! This should be an exciting time for everyone. Some of you may be reading with confirmation that Wendy does have a screw loose. :-) HA...

5 REASONS WHY YOU WANT TO PARTICIPATE IN CHAMPS:

1. You are **worthy** of this opportunity
2. You have the **skill set** to compete
3. Able to be a **part of something bigger**; a TEAM
4. Ability to experience the **power of CONTRIBUTION**
5. Help **CELEBRATE** Federal Way Master's 25th ANNIVERSARY

I bet you never looked at entering a meet in that fashion before. All of you come to practice on a daily, weekly, monthly and annual basis. Swimming in a

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TEAM OFFICERS

- President: Hugh Moore
- Vice President: Mike Murphy
- Secretary: Jean Blackburn
- Treasurer: Judy Williams
- Membership: Julie Montiel
- Webmaster: Dan Smith

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



FEDERAL WAY MASTERS PAYMENT POLICY

By Judy Williams

These are difficult financial times for many people.

Your Federal Way Masters board is doing everything that they can to make sure you are able to keep swimming no matter what challenges you face.



If you find that you are not able to pay on time due to job loss or other financial hardship, talk to the treasurer to discuss a temporary arrangement so that you can keep swimming. There is enough stress in your life, you need to swim!

Below is our team's current payment policy:

Membership dues are due by the 10th of the month or they may be paid quarterly for a 5% discount. Make checks payable to Federal Way Masters.

You may give your payment to Coach Wendy or Coach Jenn or mail to:

FWM Treasurer
PO Box 24083
Federal Way, WA 98093

Rates are unchanged from 2008. Fund raising events, such as the Tukwila Centennial Swim and Champs, will augment dues to pay increasing coaching and pool costs in 2009. Current Rates are:

- \$60/month for two swims per week (Basic)

- \$70/month for unlimited swims per week (Unlimited)
- \$171/quarter for two swims per week (Basic discount)
- \$199.50/quarter for unlimited swims per week (Unlimited discount)
- \$15 Drop-in or \$60 punch card for 5 drop-in swims

Changes: If you decide to change your swim rate, please let the treasurer know your intent. The rate established for you will continue until you notify the treasurer.

If you need to stop swimming for a month or more due to injury, travel or life, please let the coach and treasurer know your plans and expected return date.

USMS Registration: Each swimmer is responsible for paying Annual Dues to Pacific Northwest Aquatics (PNA) for US Master's Swimming (USMS). This provides liability insurance. You must register every year and pay the annual \$40 fee. The PNA website for registration is:

<http://www.swimpna.org>

New swimmers must pay a one-time Administrative Fee of \$30 when joining the team.

A few accounts need some work to get corrected. Please call or e-mail the treasurer to discuss your situation.

Judy Williams
 Federal Way Masters Treasurer
 (206) 242-7802
 FWMTreasurer@comcast.net

*AN APPLE A DAY**By Wendy Neely*

One bad apple may not spoil the whole bunch, but which apple would you eat?

This experiment started with four apples each put into a solution of a different leading brand of multi-vitamins at full dose for 12 hours. Some of the supplements took over an hour to dissolve.

After 10 days the apples looked like rotten bananas and boy did they stink. When you cut them they oozed. The good apple in the second solution stayed basically the same

as a fresh picked apple, a little yellower and still cut with a crunch.

Apples have cells and the antioxidants in the supplements should protect the apple from browning or oxidizing, but as you can see there is a difference in quality and potency among the leading brands.

Which multi-vitamin supplement keep this apple fresh and appetizing. For the answer to that you will have to ask me at practice.

Got Curiosity?

PRESIDENT'S LETTER, Continued

weekend. Let's show them that not only do they get to swim in a world-class pool, but Federal Way Masters hosts an awesome meet. The meet serves as a fund raiser for our team. Profits from the meet help keep our monthly fees lower. Examples of how you can help include:

Meet setup, including hospitality We'll need to get started Friday afternoon around 4:30.

Clean-up following the meet.

Hospitality We need a couple of people to monitor the hospitality and set out snacks for volunteers.

Announcers

Runners Do you have mature kids who can help post results and pick up timer sheets?

Timers The Thomas Jefferson High School Cheer Squad will be providing timers for most of the meet. However, we need more timers during the distance events on Friday evening and Saturday morning.

Swimmer Check-in Awards distribution

No experience is necessary – we provide On The Job Training.

Sincerely,

Hugh



Pure Blue Swim is a web based swim supply and outlet company that has excellent prices on swim gear.

In addition, we will soon be set up as an affiliate so that we will be able to get products

at Team Discounts. Directly online, and directly shipped to your home.

Watch for details coming soon...

COACH'S COLUMN, Continued

meet is a great way to let down your hair and swim for fun. Yes, swimming in a meet is fun. You only swim one distance at a time with usually less yardage than we warm up with. You get to feel the power of support while your racing. Your teammates and friends will actually cheer for YOU and are happy for your success! Being at a meet for a handful of hours allows you to create relationships and memories you get to keep and last much longer than the event itself.

Most of the time a swimmer that doesn't feel as if they are "good enough" has an initial response that they do not want to participate. If this is your reaction; it is exactly why you need to participate. The beauty of Masters Swimming is that everyone is good enough whether you are a beginner or an Olympic Champion.

Swim meets are an arena for success. You are swimming against the clock. If you have never swum in a swim meet before your first time swim is a win! You now have your personal best. The next time you swim you work on improving your time.

So you say you can't dive.... Guess what? You have four weeks to learn or you can also start your race in the water. Many Masters swimmers have ailments that prohibit them from diving, but it doesn't keep them from participating in a swim meet.

As you have read there really aren't many excuses for not swimming in a Masters swim meet. The meet is at KCAC, our home pool. This is a HUGE advantage in that you know the pool and it is close to home. The entire family is welcome to hang out.

It is super cool to see member's parents or kids show up to watch. There is a lot of empowering for your children seeing you doing something for the first time especially when you are nervous or may not want to do it. You are always supporting your kids in their challenges and growth, do your same for your self.

You are worth it!

Just Do IT!!!

Wendy



Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
March 28,	Olympia Meet	SCY	Entry Form	Olympia, WA	3/18/09
April 10-11,	PNA Champs	SCY	pending	Federal Way, WA	tbd



National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 - Dec 31, 2009	USMS Go The Distance	FITNESS	Entry Form Basic Spreadsheet Advanced Spreadsheet	POSTAL	the 5th of each month
Jan 1 - Dec 31, 2009	USMS Check Off Challenge	POSTAL	Entry Form	POSTAL	12/15/09
May 7 - 10, 2009	USMS Nationals	SCY	Entry Form Online Entry	Fresno, CA	postmark 3/26/09; online 4/02/09



**** NOTE:** To open Entry Forms using links, go to our website at <http://www.fwmasters.com/calendar>



© Westley Hargrave

MORE UNDERWATER CATS:

Odin, the white Bengal tiger lives at the Six Flags Discovery Kingdom Zoo in Vallejo, CA. He is about 10ft long from nose to tail, and is an excellent swimmer. His trainer learned that when chunks of meat fell into the pool, Odin would happily dive in after them. This became a normal ritual, Odin's workout.

We could learn from Odin by having our coach throw something into the pool for us to chase. The pool staff might not be happy seeing Starbucks pumpkin scones tossed into their pool, though.

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; A-M**

Below is a listing businesses of team members. Swimmers are a friendly group and many of us who would love to have fellow swimmers help them out once they are aware of what they do for a living.

Do you have a business, service, idea or skill that you would like to make known to other Federal Way Kings? You can put your business contact information here for free. Send your info to dans@bkbusiness.com.

Business Swimmer/Email/Web	Address / Description	Phone	Fax
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American Drapery, Blind and Carpet

Don Williams
donw@american-drapery.com
www.freeinhome.com

700 S 3rd Street in Renton, WA
1555 N.W. Market Street, Seattle WA
7990 Leary Way in Redmond, WA

425-981-4642 425-277-2244

We have been in business 54 years. We sell and install custom drapery treatments, mini blinds, cellular shades, vertical blinds and wood blinds all made in our factory. We furnish and install all lines of carpet, vinyl flooring, laminate and wood floors. We sand and refinish hardwood floors. We offer free in home estimates.

American Viking Claim Service

Frank Newquist
f.newquist@amvikingclaims.com

PO Box 11006
Tacoma, WA. 98411-0006

253-517-8596
866-375-5991

I have been in business 24 years working as a claims adjuster. I subcontract to out-of-state insurance companies and self-insured businesses here in Washington. I do only bodily injury work, interviewing people who have been injured at work or in a situation such as a car accident, obtaining all of the factual information relating to the incident.

Bell'adesso Day Spa & Personal Fitness Training

Karen A Kuykendall
karen@belladesso.com
www.belladesso.com

PMB 123
26828 Maple Valley Hwy.
Maple Valley, WA 98038

206-423-4518
425-432-8787

Lifestyle & Weight Management Consultant

BK Business Systems

Dan Smith
dans@bkbusiness.com

14241 Ambaum Blvd SW
Seattle, WA 98168

206-246-2525 206-246-5102
206-356-1663

www.bkbusiness.com

Specializing in supporting small business computing needs, we service all areas of information technologies from building workstations and servers, installing and maintaining networks, custom programming, website development, repairs and consulting services.

Ecoquest International/Independent Dealer

Paul Stoermer
paulandlee@earthlink.net

5509 55th St Ct West
University Place, WA. 98467

hm: 253-476-1172
cell: 253-227-6919

I am an Independent Dealer for high-tech Air and Water Purification Systems and eco-friendly Laundry Pure system

Empowering Lives Today

Amber Thiel
Personal Trainer

419-306-1264
253-859-1311

empoweringlives2day@gmail.com
http://athiel.usana.com

Specializing in providing people with information on how to maintain and optimize their health through advanced cellular nutrition programs and paraben (preservative) free hygiene products. I offer support for individuals' healthy weight loss and weight management goals through life coaching and personal training. Please e-mail or call if you would like invitations to my upcoming free health seminars or more information.

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; F-Z***Freeborn Law Offices, P.S.*

Stephen L. Freeborn
 freebornlaw@qwest.net
 33516 9th Avenue South #6
 Federal Way, WA 98003
 253-661-0200 253-838-0202
 206-624-5313
General law practice: criminal defense, debtor/creditor bankruptcy issues; business and contract law, landlord-tenant law, restrictive covenants and homeowner associations; homeowner property/boundary disputes. My wife, Sue - also an attorney - specializes in wills and estate issues, guardianship law and also her masters in clinical counseling with 3 offices, Seattle, Federal Way, and Enumclaw.

Jockey Person to Person / Cookie Lee

Zena Courtney
 zenacourtney@hotmail.com
 1853 Overview Drive NE
 Tacoma, WA 98422
 253-927-3695
I am a Jockey Person to Person Comfort Specialist and a Cookie Lee Jewelry Consultant offering economical, versatile, easy-care, fashion forward women's clothing that goes from work to play, ranging from sizes XS to 3XL and coordinating fine fashion jewelry through FREE pre-planned presentations and private one-on-one consultations. Enjoy stress-free dressing in one session!
 www.jockeypersontoperson.com
 m/zenacomfortzone
 www.cookielee.com

Longevity Medical Clinic

Emma Coulson
 Emma.Coulson@longevitymedicalclinic.com
 425.605.8714 425.605.8717
 866.569.6864
We are a medically based clinic that specializes in longevity and wellness medicine. We attempt to correct the underlying disease process to help cure diabetes, heart disease and high blood pressure as well as symptoms related to aging including weight gain, loss of libido, depression, and fatigue. We provide each patient with a customized medical program, we address overall lifestyle issues like diet, exercise, and supplementation. We also use bio-identical hormone replacement and formulate our own natural supplements.
 www.longevitymedicalclinic.com

St. Joseph Medical Clinic

Greg Collins, LMP
 notmaui06@earthlink.net
 1708 South Yakima Ave. suite
 110
 Tacoma, WA. 98405
 253-593-8449 253-502-5977
Greg specializes in deep tissue massage, with an emphasis on Trigger Point Therapy. He has spent the last 12 years practicing preventive and remedial treatment of muscles and soft tissue for the management of pain, stress and soft tissue injuries. Greg is a past member of the AMTA National Sports Massage Team, and the Washington State Sports Massage Team. Greg was director of Massage Services for the 2001 USMS Long Course Nationals.
 https://www.fhshealth.org/doctor/doctor.asp?ID=1382

Travel 4 Fun

Linda E. Sullivan
 Travel4FunLinda@aol.com
 253-569-9788
I am co-founder of Travel 4 Fun, a Travel Agency affiliated with Partners in Travel. I can meet or beat Internet sites and provide the service they are lacking. A straight 10% from the commission is now being offered and donated to our Fun Fundraiser for Coach Wendy's travel in team events.
 www.Travel4FunAgents.com
 www.travel4funagents.blogspot.com

2009 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Friday, April 10th and Saturday, April 11th, 2009

Hosted by Federal Way Masters
 Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 369-006

DATE: **Friday, April 10th and Saturday, April 11th, 2009**
 TIMES: **Friday, April 10th: Warm-up: 5:30 – 6:20 PM, Meet starts: 6:30 PM**
Saturday, April 11th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM
 PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Steve Freeborn. (253)941-6808 freebornlaw@qwest.net
 Hugh Moore (253)759-4956 swimmooore@comcast.net
 FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.
 ELIGIBILITY: Open to all year 2009 USMS or foreign registered swimmers age 18 and above as of April 11th. Age groups will be based upon the swimmer's age as of April 11, 2009.
 SEEDING: Two courses will be used for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. A single course will be used for all other events.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

	Friday, April 10th:		Saturday, April 11th continued
1	400 Individual Medley	13	200 Breaststroke
2	1000 Free (check-in by 6:20 PM) *	14	200 Individual Medley
3	1650 Free (check-in by 6:20 PM) *		Special Awards Presentation
		15	100 Breaststroke
	Saturday April 11th	16	50 Butterfly
4	500 Freestyle (check-in by 8:30 AM)	17	200 Freestyle
5	Women's 200 Medley Relay	18	50 Breaststroke
6	Men's 200 Medley Relay	19	200 Backstroke
7	200 Mixed Freestyle Relay	20	100 Butterfly
8	50 Backstroke	21	100 Individual Medley
9	200 Butterfly	22	Women's 200 Freestyle Relay
10	100 Freestyle	23	Men's 200 Freestyle Relay
11	100 Backstroke	24	Mixed 200 Medley Relay
12	50 Freestyle		PNA Team Award

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.
***1000 & 1650 Freestyles: Swimmers may swim either the 1000 or 1650, but not both. See note in additional information.**

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.
Check-in: Check-in is required for the 1000 & 1650 Freestyles (Deadline 6:20 PM Friday) and the 500 Freestyle (Deadline: Saturday at 8:30 AM), Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 4,5 & 6, 8:30 AM Saturday; events 21, 22, & 23, end of event 15.

2009 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Friday, April 10th and Saturday, April 11th, 2009

NAME: _____ M F AGE: _____
 ADDRESS: _____

PHONE _____ Email _____
 BIRTHDATE: _____ USMS #: _____ - _____ Circle if first Masters meet **Y**

Include a copy of your Masters registration card if you are not a PNA member
 LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)
 TEAM _____ (note: PNA teams must register with PNA by 3/31/09)

AGE GROUP (Determined by your age as of April 11th, 2009):
 18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ Phone Number: _____
 ENTRY FEE: \$ 24.00 Surcharge
 Individual Events: + _____ \$2 per event. No charge for relays.
 \$ _____ T-shirts @ \$17 indicate size Adult fit (S ___ M ___ L ___ XL ___ 2XL ___)
 Women's fit (XS ___ S ___ M ___ L ___ XL ___ 2XL ___)
 Total: \$ _____ **Please make checks payable to Federal Way Masters**

Mail this entry form and fees to: Holly Bork
 6233 S 233rd St
 Kent, WA 98032
 Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 27th or received by March 31, 2009. All swimmers must have a valid 2009 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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 _____

Additional Information:

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

Scheduling: The only weekend that the Aquatic Center is available is on Easter weekend. As a result, a special Friday/Saturday order of events is offered, with most events on Saturday. The 400 IM, 1000 Freestyle, and 1650 Freestyle are scheduled for Friday evening.

1000/1650 Freestyle: Swimmers may swim either the 1000 or 1650 Freestyle, but not both. Check-in deadline is 6:20 p.m. Friday. At the referee's discretion the 1000 and 1650 may be swum at the same time.

Individual Awards: PNA Championship ribbons will be awarded first through 6th place in every age group in every event. PNA medals can be purchased for \$2 each.

Club/Team: PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with. For many swimmers the club is the same as the LMSC.

PNA Team Eligibility: To be eligible for team awards, teams must submit a 2009 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org.

PNA Team Categories: Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

PNA Team Awards: Plaques will be awarded to the top three teams in each category.

Website: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including

Name	Address	Distance to Pool	City	Phone
Holiday Inn Express	24287 Pacific Hwy S	1.4 miles	Federal Way	253-838-3164
Quality Inn	1400 S. 348th ST	1.4 miles	Federal Way	253-835-4141
Comfort Inn	31622 Pacific Hwy S.	5 miles	Federal Way	253-529-0101
LaQuinta	32124 25th Ave. S.	5 miles	Federal Way	800-531-5900
Courtyard by Marriott	31910 Gateway Ctr. Blvd. S.	5 miles	Federal Way	253-529-0200

PNA Coach of the Year and Dawn Musselman Awards: The 2009 PNA Coach of the Year and the 2009 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the conclusion of event #14.

T-shirts. T-shirts are available for \$17, but must be ordered with your entry. The meet t-shirt design can be found on the PNA website at www.swimpna.org.

New PNA Swimmers: if this is your first Masters Swim Meet please contact Lisa Dahl lisaisswimming@hotmail.com (206) 251-1278) by 4/2/08. She will help you at the meet and has a PNA gift for you.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Thursday, May 7, 2009				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
Friday, May 8, 2009				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
Saturday, May 9, 2008				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		
Sunday, May 10, 2009				Warm-Up 6:30-7:50 a.m.		Start 8:00 a.m.		

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may enter both the 1000 and 1650 Free, only if you meet the national qualifying time for both events.



••• FEES:

Meet Surcharge (required for all events) \$40 ____

Number of Individual Events x \$4 ____

Final Results x \$15 ____

Gold Medal Sponsor x \$75 ____

Social

Adultvegetarian ____regular..... x \$12 ____

Child... (10 & under) chicken strips & macaroni ____ x \$8 ____

TOTAL FEES ENCLOSED..... \$ ____

Check or money order payable to **United States Masters Swimming**
