

The 2009 Check Off Challenge!

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. # 509-001

It's time to make some waves in the pool. The new swimming season is approaching quickly so it's time to think about your fitness goals for 2009. Challenge yourself to swim all the pool events whether in practice or in meets including that dreaded 200 butterfly! This is a great way to stay focused in practice and to join in the camaraderie at the local swim meets.

PLEASE PRINT CLEARLY:

NAME _____ SEX ____ AGE 1/1/09 ____ BIRTH DATE ____/____/____
ADDRESS _____ CITY _____ STATE ____ ZIP _____
PHONE (____) _____ - _____ EMAIL _____
TEAM OR CLUB _____ USMS# _____

T-shirt Qty: ____ S ____ M ____ L ____ XL @ \$20 ea. = \$ _____ TOTAL = \$ _____

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, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

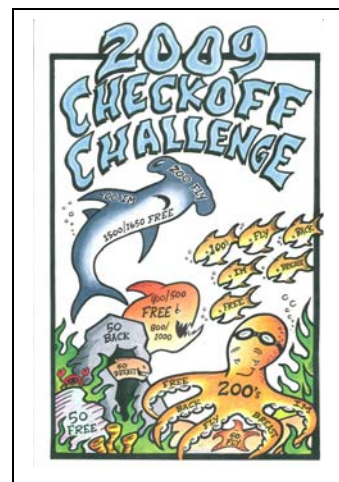
Please visit www.usms.org/fitness for additional entry forms, and feel free to distribute copies.

Mail this form and your check payable to "Hammerhead Aquatics" to: Larry Caldwell – Attn: "Check off Challenge" 3230 NE 15th Avenue, No. 1, Oakland Park, FL 33334.

Questions? Call Larry at (954) 682-7220 or email larrycaldwell01@msn.com

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 above.

Entries that are received by the 15th of each month, shirts will be mailed at the end of that month. T-shirts are custom-designed by California cartoonist, Chris Aubin.



2009 CHECK OFF CHALLENGE

EVENT TRACKING FORM

Check off the events as you complete them throughout the year!

Event	Date Complete	Time	Location	Comments
50 Freestyle				
100 Freestyle				
200 Freestyle				
400/500 Freestyle				
800/1000 Freestyle				
1500/1650 Freestyle				
50 Backstroke				
100 Backstroke				
200 Backstroke				
50 Breaststroke				
100 Breaststroke				
200 Breaststroke				
50 Butterfly				
100 Butterfly				
200 Butterfly				
100 IM				
200 IM				
400 IM				