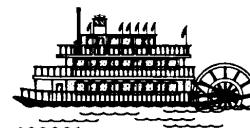


Mail entry and fees to:

1999 USMS LC National
Championship
2612 Eunice Avenue
Red Wing, MN 55066

1999 USMS National Long Course Championships Official Entry Form

**University of Minnesota Aquatic Center
Minneapolis, MN August 19-23, 1999**



Sanctioned by Minnesota Masters LMSC for USMS, Inc. Sanction number: 309-010

Name* _____ Sex _____
Last First Middle Initial

Address _____
Street City State ZIP Country

E-mail _____ Phone _____ Age _____ Birthdate _____
A/C Days A/C Evenings (on 12/31/99) Month/Day/Year

Emergency _____ USMS Reg. # _____
Name Phone No. (Foreign entries include Masters registration #)

Club Name or Unattached _____ Club Abbreviation _____

***Print name as it appears on USMS registration card. A copy of 1999 USMS card is required with entry.
BEFORE COMPLETING, READ "ENTRY FORM INSTRUCTIONS" ON PREVIOUS PAGE.**

Entries must be U.S. postmarked by July 8, 1999 or received by July 15, 1999

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:00 - 6:45 a.m.				THURSDAY, August 19, 1999	Start 7:00 a.m.			
2				800 FREESTYLE**	1			
4				200 BREASTSTROKE	3			
6				50 BACKSTROKE	5			
8				100 BUTTERFLY	7			
9/10	SEE RELAY FORM			200 MIXED FREESTYLE RELAY	9/10	SEE RELAY FORM		
Warm-Up 6:00 - 6:45 a.m.				FRIDAY, August 20, 1999	Start 7:00 a.m.			
12				400 INDIVIDUAL MEDLEY**	11			
14				200 FREESTYLE	13			
16				50 BUTTERFLY	15			
18				100 BREASTSTROKE	17			
20	SEE RELAY FORM			200 MEDLEY RELAY	19	SEE RELAY FORM		
Warm-Up 6:00 - 6:45 a.m.				SATURDAY, August 21, 1999	Start 7:00 a.m.			
22				400 FREESTYLE**	21			
24				200 BACKSTROKE	23			
26				100 FREESTYLE	25			
28				50 BREASTSTROKE	27			
29/30	SEE RELAY FORM			200 MIXED MEDLEY RELAY	29/30	SEE RELAY FORM		
Warm-Up 6:00 - 7:45 a.m.				SUNDAY, August 22, 1999	Start 8:00 a.m.			
32				200 INDIVIDUAL MEDLEY	31			
34				50 FREESTYLE	33			
36				200 BUTTERFLY	35			
38				100 BACKSTROKE	37			
40	SEE RELAY FORM			200 FREESTYLE RELAY	39	SEE RELAY FORM		
Warm-Up 6:00 - 6:45 a.m.				MONDAY, August 23, 1999	Start 7:00 a.m.			
42				1500 FREESTYLE**	41			

Entry Checklist

- *Entry form filled out completely?
- *"T" and "6" events clearly marked? ('T' is for NQT's that have been met.)
- *Mark '6' only if entering 6 events.
- *Seed times in proper columns?
- *No more than three events per day entered?
- *Liability release signed and dated?
- *Fees payable to "1999 LC Nationals" enclosed?
- *USMS card/Int'l permit attached?
- *SASE enclosed?
- (Indicate purpose on envelope.)
- *Entry postmarked by July 8, 1999 or received by July 15, 1999 deadline?
- Questions? Call (651) 388-8524 before 9pm CST or e-mail: Pwindrath@compuserve.com

**You may enter and swim both the 800 and 1500 Free if you meet the NQT for one of these events. Positive check-in before 6 pm the day before the 800 Free, 400 Free, and 400 IM and before 4 pm the day before the 1500 Free. Phone check-in on Tuesday (2-6 pm) and Wednesday (9 am-6 pm). Check only if you wish to swim two per lane: 800 Free _____ 1500 Free _____.

Liability Release:
 "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."

FEES:

Meet Surcharge (required)	\$20 =	\$20
Number of Individual Events	_____ x \$ 4 =	_____
Pasta Social	_____ x \$ 6 =	_____
Barbecue Social	_____ x \$10 =	_____
T-shirt size _____	_____ x \$12 =	_____
Final Results	_____ x \$10 =	_____
Faxed Entry Surcharge	_____ x \$10 =	_____
TOTAL FEE ENCLOSED = _____		

Check or money order payable to: 1999 LC Nationals
 MC/VISA # _____
 Sig: _____ exp. _____

Signature _____ Date _____

Internet Entries: via internet will be accepted after **APRIL 1, 1999**. See entry information at www.usms.org