

# MASTER SPLASH

Colorado Masters Swimming Association

Short Course Yards

January-April, 2007

## Happy New Year

### Heather Hagadorn—Chairperson

As we welcome 2007 and say good ridded to 2006, I'd like to thank our many volunteers who make COMSA work for all of you. These volunteers are somehow able to fit extra work into their free time, to bring information to you in the Newsletter and the Website. They are also working behind the scenes to maintain our budget, register our members, register swim meets, calculate top times and records and schedule clinics, postal swims, open water events and much, much more. Please take a minute to introduce yourself and thank them next time you run into one of them.

#### Here are some interesting facts...

- COMSA is the third largest USMS swimming organization.
- Of the 42,000+ USMS swimmers, 30% were born in the 1960's and 25% were born in the 1950's. Over 50% of the total membership is between the ages of 35 and 54!
- COMSA has two official Teams: Colorado Masters (CMS) and Air Force. CMS is comprised of many "workout groups", such as Inverness, BAM, Highlands Ranch, DU, Durango, Greeley, etc...

#### How about setting a new challenge for 2007?

Are you one of those people who loves to swim back and forth, and back, and forth, then again – over and over again? Do you like to cram as much swimming as possible into an hour? If you like that kind of stuff, try entering a postal. Postals are a 100% on-your-own-time activity. COMSA also arranges for pool time for those who want to do the postal in a group setting.

Essentially you just need a buddy with a clipboard and a stop watch. Your buddy writes down the split at each 50, for every 50, for an entire hour. Then you turn in your total yardage and see how you compare to the rest of the nation. Please see Nicole's article in this newsletter for more information.

#### Colorado Swim Caps – NEW - Silicone!!

If you would like to purchase a Colorado swim cap, please see Marcia or Heather at meets. We have the same yellow latex caps as the past few years and are selling them for \$5.00, plus we recently purchased a few silicone caps, which you may purchase for \$10.00.

And speaking of meets, we are diving into the Short Course Yards Season. We've got a full line up of meets throughout the Denver metro area. Entry information is included in this newsletter. Hope to see you at the meets! **Have a Happy New Year!**



#### Special points of interest in this issue:

- *Susan's secrets to the power of breaststroke.*
- *2007 Renewal & Registration process is underway.*
- *Local Teams become Local Workout Groups in Jan. 2007. Details inside.*

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# USAS Convention Report

## Heather Hagadorn—Chairperson

Colorado was well represented at Convention once again this year! The USAS annual convention provides an opportunity for Masters Swimming to gather all of its delegates together for the purpose of making decisions that will affect the future of our sport. We elect our officers, vote on rules and legislation, and discuss and plan programs that will continue our tradition of excellence in the sport of swimming. This year, the Convention was held in Dearborn, Michigan.

## Colorado was represented by Eight Delegates

Due to the fact that Colorado's LMSC has over 2100 members, we are allowed five delegates. Serving in those positions were: **Will Amos**, COMSA Records Chair; **Jack Buchanan**, COMSA Member and member of the Recognition/Awards Committee at the National level; **Kim Crouch**, COMSA Sanctions Chair and member of the Championship Committee at the National level; **Kevin Nash**, COMSA member; **Nicole Vanderpoel**, COMSA Vice Chair and COMSA Long Distance Chair. Some National Committee positions provide for automatic delegate status so these folks added to our list: **Marcia Anziano**, COMSA Registrar, COMSA Co-Chair of Fitness, and member of the Legislation Committee at the National level (also a member of the Fitness Committee, where she was Acting Chair); **Peggy Buchanan**, COMSA member and member of the Rules Committee at the National level (as well as International and ISHOF); **Heather Hagadorn**, COMSA Chairperson, and member of the Long Distance Committee at the National level (as well as the Championship Committee and the Editorial Committee).

All of these COMSA members give up personal vacation, or they take off work with no pay, to attend the convention. It is a very busy time, meetings start early in the morning and many go very late into the evenings. If you see any of these delegates, thank them for their dedication and support to Masters swimming and to the Colorado LMSC.

## Meeting Summary and Purpose

Detailed minutes of all of the meetings are available on the USMS website (<http://www.usms.org/admin/conv06/>). This article will point out some of the major changes and highlights from the various committees. If you need further information, you can refer to the meeting minutes or contact one of the delegates listed above to find out where to get this information.

The convention alternates its emphasis each year between Legislation and Rules. This year was a "Rules Year"; so a few changes to our swimming rules were made during this Convention.

At last year's meeting, the entire USMS Corporate Structure changed. This year, we saw many of our new Vice Presidents making changes and taking responsibility for implementing the new USMS Strategic Direction.

The **World Championships** at Stanford were considered a huge success and helped prove that the US is a premier host for these sorts of events. Even USA Swimming was impressed with our capability to host over 7,200 athletes for swimming, water polo, diving and synchronized swimming.

## Rules

The Rules committee is the emphasis of convention in the even numbered years. The following is a highlight of the new Rules that passed:

- Swimmers may wear watches in Open Water events
- Masters will follow USA Swimming rules for what ever their watch-wearing rule is (pool events)
- "No Time" will not be permitted for any USMS Championship entries.
- Only regulation length pool times will be accepted for Top Ten and Records.
- All Sanctioned meets are required to indicate the pool measurement status on the meet forms.



# **US Aquatic Sports Convention (cont.)**

## ***Worlds, 2008***

Tentative Dates were announced for Perth, Australia: April 18-25, 2008

## ***National Championships***

The following Pool National Championship locations were selected for 2008:

- University of Texas (Austin), tentatively scheduled for May 1-4, 2008
- Mount Hood, Oregon, tentatively scheduled for August 14-17, 2008
- YMCA SC Nationals – Ft Lauderdale scheduled for April 10-13, 2008

We will make every attempt to schedule our State Meet early in March, 2008 to accommodate the early Nationals meet dates.

The following Open Water National Championship locations were selected for 2008:

- 2 Mile Cable: Virginia Masters
- 1 Mile Open Water: Connecticut Masters
- 1-3 Mile Open Water: Wisconsin Masters
- 3-6 Mile Open Water: COMA (Central Oregon)
- 6+ Mile Open Water: Clemson

COMSA recently began renting pool time to support all of the Postal Championships, which require no travel, pressure for competition or major scheduling changes. If you want to see how far you can go in an hour, or you think it would be fun to do a "timed" 3K, 5K, 6K or 10K, watch our newsletter for dates and locations. COMSA will sponsor pool time throughout the year to provide you with opportunities to participate in these events. Watch our newsletter for more information on Fitness and Virtual Swims.

## ***Coaches***

Coaches should look at the support and programs that USMS provides. Remember that the Coaches Committee still has the Snooper (underwater camera) rental program. They have seven cameras available for rental at all times. Click on Training at the top of the home page and you will see the "snooper rental" in this drop-down list. Check here for more details on this program.

## ***Fitness***

The Fitness committee develops and supports several programs for competitive and non-competitive swimmers. They continue to have the 30 minute swim challenge, the Check off challenge and the virtual swims. These are fun and can be used to get your swimmers more involved in the programs that you offer, without the pressure of competition or attendance at meets. There is an entire section under Health and Fitness with information and programs for the fitness swimmers.

Here is what COMSA is doing:

Colorado has not had much participation in the fitness events in the past. The goal for this year is to try to get our coaches on board with some of these programs, in an attempt to involve more swimmers in these programs. Ideas would be to incorporate the 30 minute swim challenge at the same time as the one hour postal, get coaches to set aside time in a workout for the 30 minute swim challenge and to get coaches involved with the Check Off Challenge.

## ***USMS Programs: Olympic Training Center***

Applications to attend the annual four day swim camp at the Olympic Training center are again being accepted! The 2006 Training Camp was cancelled due to changes at the Training Center. Rowdy Gains has committed to help get this program back up and running and it looks like it will be re-instituted again in 2007. Watch the USMS website for updates and details – this is a phenomenal program that many of Colorado's swimmers have attended.

See <http://www.usms.org/coach/otc.php> for details.

While many other things took place at convention, these are just some of the highlights. As you can see, the USMS website has volumes of information for all of its members. The website can be found at [www.usms.org](http://www.usms.org). You will be amazed at what there is to offer to all of the members of USMS.



# The Power of A Leader

## Laura Smith—Fitness Chairperson

My job entails endless travel. Thus, I am completely current on every celebrity break up, every new diet plan that doesn't include exercise or food restrictions, and who in Hollywood is best and worst dressed. On a flight last week, I had exhausted all my trashy fashion magazines, so resorted to browse through the SkyMall magazine in the seat back in front of me. I came across the page of motivational posters. Normally, I would have flipped right past this page and gone straight for the latest pet carriers, but one quote caught my eye. Ready for it?

**True leaders are not those who strive to be first but those who are first to strive and give their all for the success of the team. True leaders are first to see the need, envision the plan, and empower the team for action. By the strength of the leader's commitment, the power of the team is unleashed.**

We've all seen how one person's attitude or actions in a workout can change the entire atmosphere. One constant complainer in your lane can be cancerous, and get others in the same negative mindset. Conversely, however, someone who exhibits steadfast determination to get the most out of a workout, and who is sincerely enjoying the time spent in the water, is a catalyst....a spark that creates extraordinary results.

Ellen spoke in the last newsletter how Nationals brought Colorado swimmers together. Peers who are normally our competition, become our teammates. It is a fantastic turn of events. The feeling of camaraderie, and succeeding as a team overrides individual achievements. More times than not, I've seen swimmers step it up for a relay performance that far exceeded their individual performance. "Leaders" don't have to be a designated captain or coach....it's anyone who sets an example, and encourages others to reach deep and give something their all.

During the summer, a group of swimmers going to World's decided to find some workout times where they could all swim together. Various teams were represented, as were diverse abilities and age groups. The 'coach' was an alternating schedule of people who were also going to be swimming that day. During the midst of a grueling set (thanks, Nicole!) something occurred to me. The entire atmosphere at the pool was odd. Then it hit me. Everyone participating genuinely wanted to be there! It wasn't obligatory. It wasn't something to do to pass the time. It wasn't out of guilt of what they ate the night before or just to lose weight. Everyone at the pool had a strong desire to be swimming, and to be giving the workout their best effort. What emerged from this bizarrely positive environment was astonishing. It seemed that each swimmer sincerely wanted their peers to swim fast. People were cheering each other on, and congratulating each other after a remarkable effort. There was a sense of unanimity and team spirit. I thought back to so many early morning workouts when swimmers showed up (usually late), dragged themselves into the pool, and only spoke to complain about a set or to bark at someone next to them. I almost felt cheated. I didn't realize that something as simple as morale could change the entire shape of the swimming experience.

Not only is it impossible to always be a ray of sunshine for each and every workout, but it is also annoying to those around you. However, to maintain an upbeat environment, you don't always have to be over-the-top head cheerleader spunky. A simple, "good job" to a lane mate can go a long way. Employing the old adage "if you don't have anything good to say, don't say anything at all" can be appreciated by those who ARE enjoying a workout. Leading by example and publicly praising a fellow swimmer or complimenting the coach on a terrific set can boost everyone's disposition. Every swimmer in the pool is responsible for the overall attitude of the team. Each person contributes to it, thus each person has the ability to influence it. Since it takes the same amount of energy to be cheerful as it does to be miserable, why bring others down with a nasty demeanor? Life is just too short for that.

*Continued on page 5*



# COMSA Long Distance Review

## Nicole Vanderpoel—Long Distance Chairperson

It has been quite an eventful 2006 Long Distance Season and it is awesome to see so many COMSA swimmers participating in many Long Distance Events. United States Masters, along with United States Swimming, is truly showing their support of Long Distance Pool and Open Water Swimming events through providing opportunities for swimmers to compete in Long Distance events. In addition, are you aware that the International Olympic Committee has also added a long distance swim to the 2008 Summer Olympic Games in Beijing?! Here is a brief review of the events where many of our fellow Masters Swimmers have competed this year.

**2006 OPEN WATER SEASON:** It all starts in our beautiful Colorado Reservoirs with training at Chatfield, Aurora, Boulder and Cherry Creek Reservoirs. Then our amazing open water swimmers branch out to their various Triathlons and Open Water swimming Competitions in Colorado and Beyond. Beyond includes Iron Man New Zealand, Iron Man Hawaii, Big Shoulders swim in Chicago and of course the very first National Open Water Championship here in Colorado - The Horsetooth 10K USMS National Championship in Ft. Collins. In addition, several of these swimmers also competed and placed in the FINA World Masters Open Water Swim at Stanford in August, 2006!

**2006 USMS LONG DISTANCE POSTAL CHAMPIONSHIPS:** In addition to our open water swimming opportunities, there were several Long Distance Postal Championships. USMS holds five long distance postal championships each year: The One Hour Postal in January, the 5K and 10K during the Spring and Summer and the 3000 yd. and 6000 yd. events in the fall. Postals are a wonderful way to compete nationally but stay in your own home state. COMSA will continue to provide opportunities throughout the year to swim these postals in a group setting! There is even a USMS POSTAL SERIES CHALLENGE. If you participate in all five championships in the same year, you will receive a USMS POSTAL patch in honor of your achievement. So, the challenge is up to you Colorado Distance Swimmers. We'd like to see more of you participating in these Postals AND we'd like to see several of you complete all 5 Championships. It all starts on Sunday, January 21<sup>st</sup>, 2007 at noon! The **ONE HOUR POSTAL will take place at the DAC at noon.** Make this a goal of yours to swim as far as you can in one hour. Who knows, you may find that it's a great challenge and fun to suffer with your fellow swimmers! To reserve a lane, please e-mail [rlauc@denverathleticclub.org](mailto:rlauc@denverathleticclub.org). Because there can only be 2 swimmers per lane, reservations will be on a first come, first serve basis. There will be multiple heats.

Congratulations all of you who competed in Open Water and Postal Long Distance Championships! Keep up the great work and Happy Training!

## The Gift of Leadership

*(continued from page 4)*

So, I'm going to save you money this holiday season. Instead of going out and spending a bundle on lavish gifts for people, just give them your gift of leadership. Imagine this: your lane is over-crowded. Not only is the person behind you right on your feet, but they're wearing fins and refuse to go ahead of you. The guy leading your lane takes it upon himself to change the interval, making it impossible for you to get rest or clear the fog from your goggles. The girl in front of you spontaneously decides to switch to breaststroke in the middle of the freestyle set, causing a traffic jam and making it difficult to pass her up. The pool is hot and the coach is cranky. This would be the perfect excuse to add to the hell around you and rip into someone. However, I challenge you. Take a step back. Take a deep breath. Try to find the humor in it. Try to realize that even your worst day at workout is better than most people's best day at work. Be above the petty bickering, and do something that just might make a fellow swimmer smile. It is the best gift that you can give yourself, and the best gift you can give others.





# Competitive Breaststroke—A Power Stroke

## Susan Von der Lippe—Loveland Masters

Breaststroke is one of those strokes that can feel completely natural to some but alien to others. When done correctly, it can be as painful as butterfly but look smooth and rhythmic. I tell kids that if they feel they could swim the English Channel swimming breaststroke, they are probably swimming it wrong. Competitive breaststroke should be a power-stroke focusing on the arm pulls more than the legs. Of course it is extremely advantageous to be gifted with a 'natural' breaststroke kick where the toes and ankles enjoy being pointed outward at a severe angle from the hips. However, most of the forward momentum and speed comes from a strong pull.

I may be biased in this thought, however, due to having undergone knee surgery in college from too much breaststroke kicking. My problematic knees forced me to work on my arm pull more than my kick and I started doing a lot of creative breaststroke pulling. Now, twenty-plus years later, I still don't kick much breaststroke. I try to pull around 400-600 yards of breaststroke in each workout, preferably as one set.

Two main focal points in the breaststroke pull are a wide catch and a fast, powerful snap/recovery. I like to put the snap and recovery phase together because they feel like they occur together in one, fluid motion. The catch begins in a streamlined reach at the front of the stroke. I tilt my hands outward and press my hands down and out following a concave arc until my arms & hands are quite wide but still out in front of my shoulders. I'd be happy to show you in the pool some time.

Next, I rotate my palms down and prepare for the snap & recovery portion. This is the "scoop the bowl" part that I describe to little kids. Let your hands pull down toward your chest while keeping your elbows near the surface. It isn't until your hands pass below your elbows that you drop your upper arms and throw your hands forward in front of your face for the recovery. Return to the streamline position and get ready for the next stroke. I pause a lot longer out in front during a 200 breaststroke than I would during a 50. In a sprint, I try thinking about 'hand speed' and starting a new pull as soon as my feet finish the previous kick.

Below are two breaststroke drills that I find to be particularly helpful in maintaining a strong pull.

- **Breast pull w/paddles:** Use hand paddles that no longer have any finger or wrist holds for this drill. The paddles should be larger than the swimmers' hands so the swimmers' don't try to hold on by wrapping their fingers around the edges. The object is to pull breaststroke with a fly kick and not lose the paddles. I usually flip turn at the walls because you can't do a hand turn without holding on to the paddles. This is a great way to teach your arms how to keep pressure with the water throughout the entire arm cycle. The glide is the easy part. Next follows the press down and out to a wide catch. This too should be the part that is easy to maintain contact with the paddles. The insweep and recovery have to occur quickly if the swimmer wants to keep the paddles in contact with his/her hands. Keep your elbows near the surface of the water during the insweep as your hands pull down towards your chest. Practice makes perfect with this drill. Start off slow with long stroke cycles then try to increase tempo to regular pace.
- **Breast scull underwater:** I use this drill with a butterfly kick and sometimes with paddles. Pull breaststroke underwater for 3-5 strokes working on getting a wide catch and close-to-your-body recovery. I like to try 'feeling' a strong press at the front of the stroke and a solid insweep. I usually skip the underwater pullout since it reduces the number of swim strokes possible per 25. This is a fun drill to do with the paddles as well. It is also a great hypoxic drill for the end of a workout.

Three-time Olympian Susan Von der Lippe shares her tips to a powerful, winning breaststroke. In July 2005 Susan qualified for the 2008 Olympic Trials in the 200 breast, with a time only 1.01 seconds slower than her 7th place finish in the 1984 Olympics, 21 years ago! Her goal this year is to qualify in the 100 fly as well. At the 2008 trials she would like to "beat her entry time and enjoy her deck pass."

At the 2006 Short Course National Championships, Susan set 6 individual national records. At the World Championships in August, she set 4 individual World Records as well.

Congratulations Susan! And thanks for the tips!



# 2007 Short Course Yards Line Up

## Kim Crouch—Sanctions Chair

January 2007 marks the beginning of a great Short Course Yards pool competition season.

Highlands Ranch	Saturday, January 6th.
Boulder Pentathlon	Saturday, February 3rd.
Loveland Sweetheart Meet.	Saturday, February 24th.
Short & Sweet Meet / Mile Hi Mile & Double Mile.	TBA
Short Course State Championships	April 6th, 7th & 8th at DU.
National Championships, Federal Way, WA	May 17-20th.



Meet information for all of the local meets can be found in this newsletter or on the COMSA website at [www.comsa.org](http://www.comsa.org). Check it all out and enter early!

## Attention Team Reps!

Beginning in 2007, "teams" will be called "workout groups" to reflect the change within USMS terminology. Team reps will now be called Workout Group Reps. Some workout group examples are DU, BAM, Inverness, JAM, and Broomfield. Please take a few minutes to register your workout group for 2007. Please fill out and return the following form by January 15, 2007 to: Kathy Garner, 48 Lark Bunting Lane, Littleton, CO 80127.

### Local Workout Group Contact Information:

Workout Group Name \_\_\_\_\_

Workout Group Web site address \_\_\_\_\_

**Workout Group Rep:** LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ - \_\_\_\_\_

CONTACT PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

EMAIL \_\_\_\_\_ @ \_\_\_\_\_

**Secondary Workout Group Rep:** LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ - \_\_\_\_\_

CONTACT PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

EMAIL \_\_\_\_\_ @ \_\_\_\_\_

**Coach:** LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

CONTACT PHONE ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_ EMAIL \_\_\_\_\_ @ \_\_\_\_\_



## Tips from the Registrar

### Marcia Anziano—Registrar

It's registration time again, and here are a few things to keep in mind.

- Please write legibly on all your registration materials, including your annual registration as well as meet entries. Don't forget your check made payable to COMSA.
- Allow at least a two week turnaround to receive your USMS membership card. Don't wait until the last moment before an event that requires membership and send in your application. The mail is picked up once a week (twice during peak season) by the assistant registrar and then forwarded to the registrar, who in turn attempts to process the applications within the following 2 days and put them in the mail. Due to timing and individual schedules, delays may result, so plan ahead and submit your renewal forms or new applications in advance.
- You must SIGN and DATE the waiver on either the renewal form or the new application form. Forms cannot be processed without signatures and that requires that we mail them back to you to get that signature and date. Please help save us time and sign them the first time.
- Always use the same name on your meet entries that you use to register so that our Top Ten Chairperson, Mark Plummer, can more easily match you up to your number.

**2006 Registration  
Renewals are  
underway. If you  
did not receive your  
renewal form in the  
mail, please contact  
Marcia Anziano,  
COMSA Registrar, at  
marfer@att.net.**

## Swimmer Spotlight—Agota Frohs

### Shelly Frohs—Daughter-in-Law

Agota Frohs, longtime member of COMSA, passed away on September 10, 2006 from complications related to Alzheimer's disease. Agota was born in Gyor, Hungary in 1920 where she was an avid, competitive swimmer in her youth. She and her young son Laszlo immigrated to Colorado in 1956 during the Hungarian Revolution. While she loved swimming, the sport lost out to the demands of work and family responsibilities.

Upon retirement Agota once again had time to pursue her first true love—swimming. She began competing with USMS through Denver Parks & Recreation in the early 1990's. Agota lived for training and was a regular at the pools at Commerce City and Athmar Park. Additionally she loved attending swim meets. Agota consistently placed in the top ten in breast, IM and fly competitions between 1991 and 1997. She was proud of winning and cherished her medals. Most importantly, she loved her "swimming buddies". Her travels to meets with friends really were a highlight in her life. While no longer competing, Agota enjoyed doing laps several days a week until January of this year.

Never content to sit around, Agota was an accomplished tennis player, skier and was a longtime member the local-Volkssport walking club. Friends will remember her gregarious personality and her love of being with people.





# COACH OF THE YEAR AND LIEUTENIENT GOVERNOR'S CUP AWARDS

It is time to begin thinking about nominations for Coach of the Year and Lt. Governor's Cup. Below you will find information about these awards and following is an application to submit your nominations. Be sure to check the space for the award you are nominating the person for. Submit these to Chris Nolte at [chris\\_nolte@comcast.net](mailto:chris_nolte@comcast.net) or mail to:

Chris Nolte  
9849 S. Concord Ct.  
Highlands Ranch, CO 80130

## CRITERIA FOR NOMINATION

### Lt. Governor's Cup

- One male and one female will be chosen by a committee of past recipients
- Nominees must be members of COMSA
- Selection will be based on contribution to Masters Swimming and COMSA – not swimming skill

### COMSA Coach of the Year

- Nominee must be a member of COMSA
- Nominee must have been a participant for at least one year
- Selection is based on contributions made to the team with respect to camaraderie, technical advice, motivation, and support of team members
- The strength of the letters will be considered along with the size of the team

## NOMINATION FORM – DEADLINE MARCH 12, 2007

LT GOVERNOR'S CUP \_\_\_\_\_ OR COACH OF THE YEAR \_\_\_\_\_

Name of Nominee: \_\_\_\_\_

I nominate the above for \_\_\_\_\_ because:

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Signed: \_\_\_\_\_ Team: \_\_\_\_\_

Submit before March 12, 2007 to:  
Chris Nolte, 9849 S. Concord Ct., Highlands Ranch, CO 80130  
E-mail: [chris\\_nolte@comcast.net](mailto:chris_nolte@comcast.net)



## Freestyle and Multi-Stroke Clinics

Swimmers - Are you tired of your old stroke?  
Do you seem to work harder but not go any faster?  
How would you like to become a more efficient (and faster) swimmer?  
Would you like to improve your: Breaststroke, Backstroke, or Butterfly

...Then these **four-hour** clinics are just for you! **You do not need to swim all three strokes to participate in the multi stroke clinic ...you can decide!** The clinics will offer the following:

- Videotaping with stroke analysis
- Step-by-step freestyle stroke progression
- Emphasis on correct head and body position
- Training and recovery suggestions

The clinics may be just what you need! Using simple terms, in water drills, **video analysis** and a lot of **FUN**, we will teach you the basic stroke mechanics.

**When:** Saturday, Jan 27 (Freestyle 1-5 pm) Sun., Jan 28 (Freestyle 8 am – noon, Multi-Stroke 1-5 pm)  
**Where:** at Fitzsimons, 1924 Wheeling St, Aurora, CO 80010 – watch website for a map to the pool.

**Karlynn Pipes-Neilsen:** Has her own DVD entitled *Freestyle Swimming with Karlynn Pipes-Neilsen* available from Go Swim (visit [www.goswim.tv](http://www.goswim.tv) to watch a preview). She is the 2004 World Masters Swimmer of the Year and holds 46 FINA Masters World records. For more info, do a "Google" search.

**Eric Neilsen:** A tried and true multi-sport athlete with over 15 years of experience coaching and teaching both masters & youth swimmers. Eric is also an All-American masters swimmer and a 2:57 Boston marathon runner. Eric is a certified Level 4 coach by the American Swim Coaches Assoc. (ASCA)

**Cost is \$50 per clinic if received by December 15, 2006; \$60 per clinic after that date due by January 15, 2007. Space is limited. 2007 USMS membership required at time of the clinic.** Complete registration form below and mail with check payable to **COMSA** to: Marcia Anziano, 190 Roslyn St #805, Denver, CO 80230 Questions? Contact Marcia at [marfer@att.net](mailto:marfer@att.net)

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### COMSA Freestyle and Stroke Clinics with Aquatic Edge

*Please attach a copy of your USMS Card and submit with registration form*

First Name (s) \_\_\_\_\_ Last \_\_\_\_\_

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

Phone: ( ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_ USMS number: \_\_\_\_\_

Age(s): \_\_\_\_\_ Level of swimming:  beginner  intermediate  masters  multi-sport

Please identify one goal for the clinic: \_\_\_\_\_

\_\_\_\_\_

Clinic:  Freestyle Jan 27, 1-5 pm  Freestyle Jan 28, 8–12 noon  Multi-Stroke Jan 28, 1-5 pm

Total # of participants \_\_\_\_\_ Check payable to COMSA Total Amount Enclosed: \$ \_\_\_\_\_

# BOULDER PENTATHLON

Saturday, February 3, 2007

University of Colorado, Competition Pool

Hosted by Boulder Aquatic Masters- USMS Sanction #32-06-03-S

Entry Chair: Tiffany Forbes, 303-994-5111 or [tafswim@comcast.net](mailto:tafswim@comcast.net)

**RULES:** USMS rules will govern the conduct of the meet. All events are timed finals.

**POOL:** 25 yard pool. Eight lanes will be used for competition, with a diving well available for continuous warm-up. Bring a deck chair to insure greater comfort for your weary, wet, worn-out body!

**SCHEDULE:**

January 27, 2007	<b>DEADLINE FOR POSTMARK</b> on early entries (\$25.00)
February 3, 2007	9:00-10:00am Check-in and Deck Entries (\$30.00)
	9:00-10:15am Warm-up
	10:00am Deck Entries close
	10:30am Meet starts

\* Note time change \*

**ELIGIBILITY:** Swimmers with current 2007 USMS membership. A copy of the card is required with entry. COMSA (USMS) registration will be available at the meet.

**AGE GROUPS:** Men and Women's events, 18-24, 25-29, 30-34, 35-39, ..., 95-99.

**SEEDING:** Slow to fast in all events. Women's and Men's Events will be combined.

**DIRECTIONS TO POOL:** (For a map, visit [www.boulderswimmingacademy.com](http://www.boulderswimmingacademy.com))

Hwy US 36 into Boulder. Make a left (to the west) turn onto Colorado Blvd. At Folsom Blvd, it will be best to turn right. Metered parking is limited near the pool. Options are → (1) turn left onto Stadium Blvd, go up the hill, and park as close as you are able; (2) turn left into the dirt lot Lot # 169, parking is free on the weekends; (3) accessing from University, at some times 17<sup>th</sup> Street, turn behind Mackey Auditorium. There is a lot available for \$5 for the day just near the Rec Center. Parking meters are \$1.25 per hour, and CU is ticket-issue happy. Be warned!

## EVENT ORDER

- |                                       |              |
|---------------------------------------|--------------|
| 1. 200 IM                             | 6. 50 BREAST |
| 2. 50 FLY                             | 7. 100 FLY   |
| 3. 100 BREAST                         | 8. 50 FREE   |
| 4. 50 BACK                            | 9. 100 BACK  |
| 5. 100 FREE (Followed by Short Break) | 10. 100 IM   |

**CHOICES:** Short Pentathlon = All 50's + 100 IM  
Long Pentathlon = All 100's (except 100 IM) + 200 IM  
Or any five events of your choice

**MAIL** this entry form, filled out completely and legibly, to: If you choose to Deck Enter at the meet, please remember to:

Tiffany Forbes, Entry Chair  
PO Box 11152  
Boulder, CO 80301

Postmark by Friday, January 27, 2007

Include copy of 2007 USMS card.

Include check for \$25.00 payable to **BAM**.

(Note this is \$5.00 less than the Deck Entry Fee!)

Bring a copy of your 2007 COMSA/USMS card, or a check to pay for your COMSA/USMS membership (available at the meet);

Bring a check or cash for BAM for \$30.00 (Deck Entry fee).

Plan a little time (9:00-10:00am) to fill out the registration form for the meet. No pink or blue cards necessary.

**28<sup>th</sup> Annual Loveland Masters Sweetheart Swim Meet**  
**February 24, 2007**  
**Sanctioned #32-07-04-S**

**WHERE:** Mountain View Aquatic Center  
 1500 Mountain Lion Drive  
 Loveland, Colorado

**WHEN:** Saturday February 24, 2007  
 Warm-ups start at 8:00 AM  
 Meet starts at 9:00 AM

**ADVANCED ENTRIES:** Circle the event numbers and record your seed time on the form below. Mail entry form, check made payable to "Loveland Masters", **and a copy of your USMS** card to:

Joann McIntyre  
 4331 SW 16<sup>th</sup> Street  
 Loveland, Co 80537

Advanced entries must be received by Thursday February 22, 2007  
**All participants must show proof of current USMS card.**  
**All participants must sign a USMS Liability Release at meet check-in**

**ENTRY FEES:** \$2.00 Pool Surcharge (one-time, not per event)  
 \$4.00 per individual event – Advanced entry (received by Feb. 22, 2007)  
 \$6.00 per individual event – Meet day entry (closes at 8:30)

**SEEDING:** Swimmers will be seeded according to entry time and gender. NT entries will be seeded in the first heats according to gender.

**AGE GROUPS:** Standard USMS age groups apply (18-24, 25-29, 30-34....)

**CONTACT:** Joann McIntyre  
 Home: (970) 593-1261  
 Cell: (970) 232-5423  
 jkmcin@comcast.net

**28<sup>th</sup> Annual Sweetheart Meet Entry Form**

Name: \_\_\_\_\_ USMS# \_\_\_\_\_ (please include a photo copy with entry)  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_  
 \_\_\_\_\_ Gender: M F  
 \_\_\_\_\_  
 Phone#: \_\_\_\_\_  
 Email: \_\_\_\_\_

Event#		Description	Seed Time	Event#		Description	Seed Time
women	men			women	men		
1	2	100 Ind. Medley		15	16	200 Ind. Medley	
3	4	50 Butterfly		17	18	50 Breast	
5	6	100 Breaststroke		19	20	100 Butterfly	
7	8	50 Backstroke		21	22	50 Freestyle	
9	10	100 Freestyle		23	24	100 Backstroke	
11	12	200 choice		25	26	200 Freestyle	
13		Fun relay	DECK ENTRY	27		Cash Relay	DECK ENTRY

# University of Denver Masters Swim & Multisport Team

Presents the Mile High Mile/Double Mile and Short & Sweet Spring Meet

Sanction: 32-07-05-S

Enter with the Consolidated Entry Form: <http://www.comsa.org/forms/ConsEntry.pdf>

## Saturday Events - March 10, 2007 / 5 pm

- Event 1- 1650 Freestyle\* (1-per lane, \$10.00)
- Event 2 - 3300 Freestyle\* (2-per lane, \$8.00)
- Events 1 & 2 run simultaneously
- Event 3 - 1650\* Freestyle (2-per lane, \$6.00)

## Sunday Events - March 11, 2007 / 8 am

- Event 4 - 200 Medley Relay, Deck entered
- Event 5 & 6 - 200 Freestyle
- Event 7 & 8 - 100 I.M.
- Event 9 & 10 - 50 Freestyle
- Event 11 & 12 - 200 Individual Medley

- Event 13 & 14 - 100 Choice Butterfly, Backstroke or Breaststroke
- Short Break
- Event 15 & 16 - 50 Choice Butterfly, Backstroke or Breaststroke
- Event 17 & 18 - 200 Choice Butterfly, Backstroke or Breaststroke
- Event 19 & 20 - 100 Freestyle
- Event 21 & 22 - 50 Choice Butterfly, Backstroke or Breaststroke
- Event 24 - 200 Freestyle Relay, Deck entered
- Event 25- 500 Freestyle\*

**Pool:** The El Pomar Natatorium is 50 meters x 25 yards. The race course is 10-Lanes, x 25 yards with additional lanes for continuous warm-up. Electronic timing by Colorado Timing **except** Mile High Mile (2-per lane) and Double Mile (all).

**Seeding:** Slow to fast\*. **Meet will be seeded day of meet (see check in)** Women's events are odd numbered; the men's are even numbered. Except events 1, 2, 3, 4, 24 and 25, which will be seeded co-ed. \* **The 500, 1650 & 3300 will be seeded fast to slow. One per lane will be seeded ahead of two per lane.** 1650 block starts will only be available to single lane entrants.

**Check in:** Mile High Mile events Saturday March 10, 2007 - Warm-up 4:00 pm, race start 5:00 pm. **Mandatory check-in by 4:15 pm**. Short & Sweet Spring Meet, Sunday March 11, 2007 Warm-up 7:00 am, Race start 8:00 am. **Must check in for the Short & Sweet meet by 7:15 am, day of the meet only! Late arrivals will not be seeded and will not swim!**

**Entries/Limits:** The following events are limited to: 3300 the first 20 entrants. 500 freestyle the first 40 entrants. Relays the first 10 teams to enter. Maximum entry for Mile High Mile/Double Mile 1 Individual event - Short & Sweet Spring Meet: **3 individual events** plus relays. **Entry confirmations: It is the swimmers responsibility to confirm entry!** For entry confirmation please enclose a self-addressed stamped. **No phone confirmations!** For your records please photocopy this form before mailing. The University of Denver is not responsible for entries we do not receive

**Location:** The El Pomar Natatorium is conveniently located on the University of Denver campus in the Ritchie Center. DU is just off I-25 and University Blvd. From I-25 exit southbound onto University Blvd Ave. Look for the gold tipped bell tower. For a map and parking information go to the following web site [http://www.parking.du.edu/maps\\_north.asp](http://www.parking.du.edu/maps_north.asp)

**Rules:** 2007 USMS rules. Note that top-10 times and Records can only be recorded from events with designated strokes (i.e., not from the mixed stroke events such as event numbers 13/14, 15/16, etc.).

**Results:** Information and Results will be published at the following web site [www.comsa.org](http://www.comsa.org); Information: Contact Meredith Smith at [meredith.l.smith@du.edu](mailto:meredith.l.smith@du.edu) or by calling 303-871-7689 Sanctioned by United States Masters Swimming (USMS) and 2007 USMS membership is required to swim.

Fee Calculation (Fees are non-refundable)	check off
Mile High Mile <b>one</b> per lane (1650)	<b>\$10.00</b>
Double Mile <b>two</b> per lane (3300)	<b>\$8.00</b>
Mile High Mile <b>two</b> per lane (1650)	<b>\$6.00</b>
Short & Sweet Spring Meet - 3 ind. events + relays	<b>\$12.00</b>
Subtract \$4.00 if doing both meets.	<b>-\$4.00</b>
Late Fee*	<b>\$6.00</b>
<b>Total</b>	

Enclose check (Made out to "University of Denver") or charge to credit card and mail Consolidated Entry form (<http://www.comsa.org/forms/ConsEntry.pdf>) to:  
Ritchie Center (Masters swim meet)  
Attention: Meredith Smith, Aquatics Program Manager  
University of Denver,  
2201 East Asbury Ave. Denver, CO 80208

**Entry Deadlines**

All entries must be U.S. Postmarked by Saturday, February 24<sup>th</sup>, 2007. All entries must be received at the University of Denver by Thursday, March 1, 2007 - 5 pm. Entries postmarked or hand delivered after 3/1/07 must include the \$6.00 late fee or they will not be entered!

**Day of meet entry fee:** for Mile High Mile & Double Mile \$15.00 double lane entry only. **Must declare and pay entry by 4:00 p.m. on 3/10/07!** For Short & Sweet Spring Meet \$25.00, must declare and pay entry by 7:00 am on 3/11/07!

**No exceptions on entry deadlines!**

**Charge to Visa or Mastercard** (Please circle card) (name on charge card & entrant must be the same)

Credit card # \_\_\_\_\_ expiration \_\_\_\_\_

Credit card signature \_\_\_\_\_

Must fill out COMSA Consolidated Entry Card in full <http://www.comsa.org/forms/ConsEntry.pdf> to complete entry.



**2007 Colorado State Masters  
Short Course Swimming Championships  
Meet Information  
Sanction: 32-07-06-S**

**Facility:**

The University of Denver El Pomar Natatorium is a part of the Ritchie Center on the University of Denver campus. The pool is a 50-meter by 25-yard course; a Colorado Electronic Timing System with a horn start and backup timing will be used. There are bleachers that seat up to 375 people, with additional areas and deck seating available. Deck seating can best be utilized by bringing deck chairs for your personal use.

Parking and other information will be made available at [www.comsa.org](http://www.comsa.org)

**Time & Dates:**

Day 1 – Friday, April 6 <sup>th</sup> , 2007	12:00pm Warm-Up / 1:00pm Start
Day 2 – Saturday, April 7 <sup>th</sup> , 2007	7:30am Warm-Up / 8:45am Start
Day 3 – Sunday, April 8 <sup>th</sup> , 2007	7:30am Warm Up / 8:30am Start

**Eligibility:**

Swimmers must be at least 18 years of age or older; this is a USMS Sanctioned championship meet. A valid 2007 United States Masters Swimming (USMS) membership number is required to compete. Acceptable entries must comply with one of the following:

1. A valid 2007 USMS registration is required. All USMS members MUST supply a photocopy of their membership card.
2. If you are not currently a USMS member you must *include*, with this entry, a completed COMSA membership form with a separate check made out to COMSA.
  - **Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected.**
  - USMS/COMSA membership forms available at the following web addresses: [www.comsa.org/register.htm](http://www.comsa.org/register.htm)
  - For registration issues contact the COMSA Registrar via email, at [marfer@att.net](mailto:marfer@att.net)

**Rules:**

2007 USMS Rules apply including a NO FALSE START RULE and whistle alerts announcing the start of each race. No paddles during warm-ups.

**Entries:**

**Fees**

\$10.00 Surcharge per Swimmer  
\$ 4.00 per Individual Event (max of five events per day)  
\$25.00 late fee (if received after entry deadline)  
No charge for relays

Fees must accompany entry Registration Form + Consolidated Entry Form, and must be paid in U. S. dollars by credit card, check or money order.

**Make Checks Payable to:** University of Denver

**Deadlines**

Entry Cards and fees are DUE in hand (Not just postmarked) by **Monday, March 12<sup>th</sup>, 2007 at 5:00pm**

**Late entries** received from Monday, March 12th, 2007 at 5:01pm to **Friday, March 30<sup>th</sup>, 2007 at 5:00pm** must include a **\$25.00** late fee or the entry will be rejected! If the entry fee is charged to Visa/MasterCard and received late, we will automatically include late fee. Late entrants will be included in all individual placing and points earned will count towards their team; however, we do not guarantee a participation award to late entrants.

Relays will be deck entered until 8:15am on each day of the meet. Members who swim in relays and not individual events must still sign up for the meet with a \$10.00 Entry Fee, and they must be members of USMS.

**Mail or Deliver Entries to:**

Recreation at the Ritchie Center  
COMSA State Meet Entry  
2201 East Asbury Ave.  
Denver, CO 80208

**Attention: Meredith Smith, Aquatics Manager**  
No entry verifications will be made via the phone

**Event Seeding and Meet Check-in:**

Slow to fast in all events, including the 1650 and 1000 freestyle events. "NO Time" entries will not be accepted. All events are timed finals. Men and Women may be combined in events of 200 yards or longer at the discretion of the meet director. All swimmers will have a touch pad and one back-up timer; all events will have one swimmer per lane.

You must arrive and check in by the time noted. **No exceptions will be made!**

## Event Seeding (continued):

**Competitors must provide their own Counter!** – We will provide **one timer** per lane. This timer will not be able to count.

Positive check-in for Friday's Events:

- 1650 check-in will end at 12:30 PM
- 1000 check-in will end at 2:15 PM

Check-in for Saturday and Sunday:

- Positive Check-in by 8:00 AM, Required for the 400 IM and 500 Free
  - Ongoing all day, each day (all other events will be pre-seeded)
- Lane assignments may be changed at any time, at the meet director's discretion (especially to make the meet run more efficiently).

## Age Groups, Relays and Scoring:

### Age Groups

Age for the meet is determined as of **April 6th, 2007**.

**Individual Events:** 18-24, 25-29, 30-34, 35-39, 40-44,..... 100+

**Relay Events:** 18+, 25+, 35+, 45+, etc. (in ten year increments as high as necessary determined by the age of the youngest relay member)

- Each swimmer's first and last name must be listed, or the entry will not be accepted. All members of the relay must be USMS members and be individually registered for the meet (\$10 flat fee/surcharge per swimmer for relay-only events).

### Scoring

Swimmers may compete in up to 5 individual events per day; 12 maximum, plus relays. If more than 5 individual events are entered on a single day, the meet host reserves the right to eliminate any of the additional events entered over 5.

**Individual Events:** 11-9-8-7-6-5-4-3-2-1

**Relays:** 22-18-16-14-12-10-8-6-4-2

**Team Awards:** Team awards will be scored by total point counts, Men and Women combined. Top six point-scores will be awarded.

### Participation Awards / T-shirts:

Each swimmer will receive a participation award. To guarantee that you receive a meet T-shirt (available for purchase) you must **pre-order and select your size on the entry form**. A limited number of extra T-shirts may be available at the meet.

### Heat Sheets & Results:

Each participant will receive **one** heat sheet at meet check-in as supplies last. **Additional heat sheets \$2**. Results will be available on the COMSA web site at [www.comsa.org](http://www.comsa.org).

## Brute Squad Award:

The elite group of aquatic wonders who complete the 200 Fly, 400 IM, and 1650 Free will be presented a T-shirt during a break before the 800 Free Relay on Sunday.

## Sprint Squad Award (Back by Popular Demand!):

The elite group of aquatic speedsters who complete in the 50 Free, 50 Fly, 50 Back, 50 Breast and the 100 IM, will be presented a T-Shirt during a break before the 200 Free Relay on Sunday.

## Lt. Governor's Cup:

This award will be presented to the male and female swimmer who has made major contributions to Masters Swimming. This award will be presented during the opening ceremony. A nomination form will be available at [www.comsa.org](http://www.comsa.org).

## Lou Parker Award:

The "Coach of the Year" award will be presented during the opening ceremony on Saturday to recognize the outstanding COMSA Coach of the Year. Recipients must be COMSA members. A nomination form will be available at [www.comsa.org](http://www.comsa.org).

## Individual Awards:

There will be **individual ribbons** awarded to 1<sup>st</sup> – 8<sup>th</sup> place for individual races only. There will be no ribbons for relays.

An **individual high-point award** will be presented for the top male and top female point scorer in each age group.

## Entry Confirmations:

Psych Sheets will be posted at [www.comsa.org](http://www.comsa.org) approximately 1-2 weeks prior to the first day of the meet. Contact the meet director for corrections to errors found on the psych sheets. Entry confirmations can be provided if a self-addressed, stamped envelope is included with the entry form.

**We will not verify entries by phone, nor can we guarantee notification if your entry is rejected for any reason.**

The University of Denver is not responsible for entries we do not receive. Entries may be rejected for failure to complete the entry form, failing to include the entry fees, or late receipt.

## Records:

The meet host will print two copies of the timing system results for COMSA record keeping, so that USMS records may be accounted for. If you think you broke a record, please request a copy of your own as a back-up.

# 2007 Colorado State Masters Short Course Championships - Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**T-Shirts**

Size (circle one): S - M - L - XL - XXL - XXXL

- Sprint Squad (Free for those who complete all Sprint Squad events)
- Brute Squad (Free for those who complete all Brute Squad events)
- Meet T-Shirt (\$10 in addition to meet entry fee)

**Meet Entry Check-List (Be sure to check EACH item)**

- Signed Consolidated Entry Form, attached ([www.comsa.org/forms/ConsEntry.pdf](http://www.comsa.org/forms/ConsEntry.pdf))
- Signed Meet Registration Form (this page)
- Check or Credit card for payment (check made out to University of Denver)
- Copy of Valid 2007 USMS Membership Card
  - or New USMS Form and Check to COMSA for the \$35 Fee ([www.comsa.org/register.htm](http://www.comsa.org/register.htm))

**Meet Schedule**

**Day 1 – Friday, April 6<sup>th</sup>, 2007**

**12:00pm Warm-Ups; 1:00pm Meet Starts**

**Event# (seeded slow to fast)**

- 1 1650 Freestyle (mixed)
- 2 1000 Freestyle (mixed)

**Day 2 – Saturday, April 7<sup>th</sup>, 2007**

**7:30am Warm-Ups; 8:30am Annual COMSA meeting; Opening ceremonies**

**8:45am Meet Starts**

WOMEN		MEN
3	400 IM	4
	30 Break/Warm - up	--
5	200 Medley relay	6
7	50 Breast	8
9	100 Back	10
11	200 Free	12
13	400 Free Relay* (Or 10 break)	--
15	400 Medley Relay*	--
17	100 IM	18
19	200 Breast	20
21	100 Fly	22
23	50 Free	24
25	200 Mixed Free Relay	--

**Day 3 – Sunday, April 8<sup>th</sup>, 2007**

**7:30am Warm-Ups / 8:30am Start**

WOMEN		MEN
27	500 Free	28
-	30 Break/Warm-up	--
29	200 Mixed Medley Relay	--
31	50 Back	32
33	200 Fly	34
35	100 Breast	36
37	200 Back	38
39	800 Free Relay* (or 10 min break)	--
41	100 Free	42
43	200 IM	44
45	50 Fly	46
47	200 Free Relay	48

**\* Longer Relays:** These relays will be swum Women, Men and Mixed together. A swimmer may swim only one relay in each event. **These relays will not count toward team points.**

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 RIGH\* **Longer Relays:** These relays will be swum Women, Men TS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: THE UNIVERSITY OF DENVER, 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.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

Signing waiver is payment authorization for entrants paying by credit card.

**Credit Card Payment**

Visa    MasterCard    Amex    Discover

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name on Card: \_\_\_\_\_

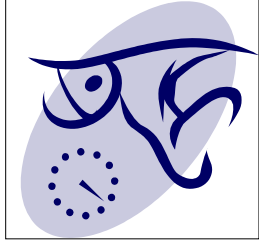
**Fees (Limit of 5 individual events per day; 12 maximum + relays):**

- \$10.00 Surcharge / Swimmer \$10.00
- \$ 4.00 per Individual Event #\_\_\_\_ \$\_\_\_.00
- \$25.00 late fee \$\_\_\_.00
- \$10.00 Meet T-Shirt (select size above) \$\_\_\_.00

**Total** \$\_\_\_\_\_

(Check is payable to University of Denver)

**Check us out on the Web!**  
**Www.comsa.org**



**Friends, Fitness, Competition**

**COMSA**  
**P.O. BOX 630523**  
**HIGHLANDS RANCH, CO**  
**80163-0523**  
**Phone: 303.367.1323**  
**Email: Marfer@att.net**

**Colorado Masters Swimming Association**

**First Class Mail**  
**U.S. Postage**  
**Paid**  
**Littleton, CO**  
**Permit NO. 37**

**COLORADO LOCAL MASTERS SWIMMING COMMITTEE — CONSOLIDATED ENTRY CARD**

Swimmer's Name \_\_\_\_\_ Age: \_\_\_\_\_ Male: \_\_\_\_\_ Female \_\_\_\_\_

USMS # \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	MEET NAME & DATE: _____ CLUB IF NOT COLORADO: _____ TEAM NAME: _____				MEET FEES # of Events X _____ = \$ _____			
	800/1000 : .					Surcharge = \$ _____			
	1500/1650 : .					TOTAL = \$ _____			
T-shirt Size (if applicable): S M L XL XXL		<b>SIGNATURE REQUIRED ON BACK</b>							

fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here ---- fold here

**PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date MAY BE REJECTED.**

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"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 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."

Please Sign AND Date: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Make checks payable to and mail to the address specified on the Meet Information Sheet.