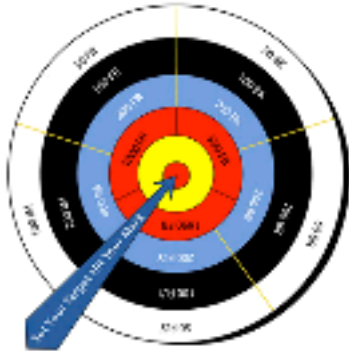




The 2012 Check Off Challenge!

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. # 502-002

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 2012. Challenge yourself to swim all 18 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 1/1/12 ____ BIRTH DATE ____/____/____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE (____) _____ - _____ EMAIL _____

TEAM OR CLUB _____ USMS# _____

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

Ship to (if different than above):

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

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 <http://www.usms.org/fitness> for additional entry forms, and feel free to distribute copies.

Shirts for entries received by March 1 will be mailed in April; those received by June 1 will be mailed in July. Entries received after June 1 will be mailed within 60 days of receipt of entry. Entries must be received by November 1. **THERE ARE THREE WAYS TO GET THE SHIRT AND BEGIN CHECKING OFF EVENTS:**

1. Enter online at <http://www.hammerheadaquatics.com>
2. Enter online at https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=3501

3. Mail this form and your check payable to **Hammerhead Aquatics** to

| |
|--|
| Hammerhead Aquatics 2716 NE 6th Lane Wilton Manors, FL 33334 |
|--|

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.

**2012 CHECK OFF CHALLENGE
PERSONAL TRACKING FORM**

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

| Event | Date Completed | 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 | | | | |