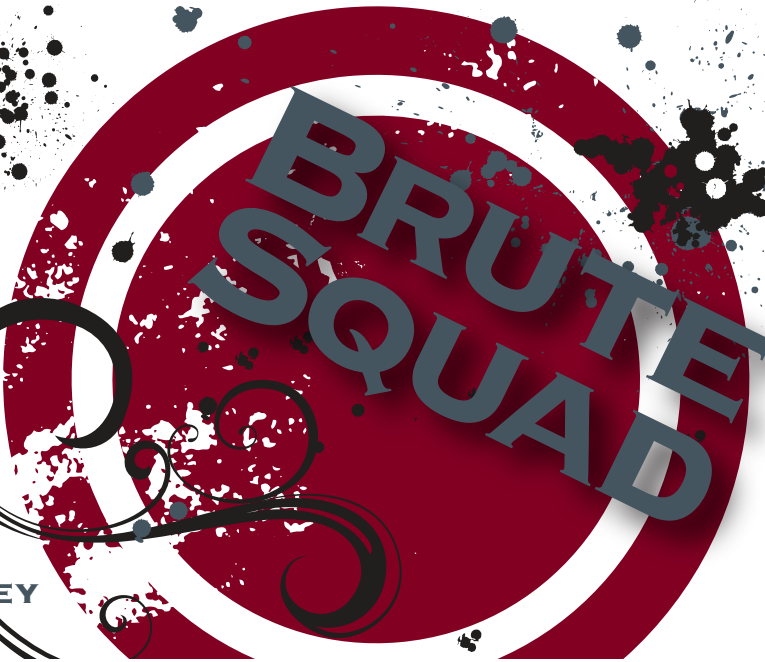


2009

**200 BUTTERFLY  
1650 FREESTYLE  
400 INDIVIDUAL MEDLEY**



**DATES:** November 1-  
December 31, 2009.

**EVENT:** Swim the  
1650 yard Freestyle,  
400 yard Individual Medley,  
200 yard Butterfly,  
at one workout or meet.

**SPONSOR:** Vortex Masters  
Swimming. Sanctioned by  
Colorado Masters Swimming  
(COMSA) for United States  
Masters Swimming Inc. (USMS)  
Sanction number 32-09-21-P.

**LOCATION:**  
Fitness/participation division,  
any short course pool (Meter  
swimmers swim the 1500  
Freestyle).  
Competitive division, any short  
course yards pool. *Conversion  
from meters is not allowed.*

**RESULTS:** Will be posted at  
[www.BruteSquadSwim.com](http://www.BruteSquadSwim.com)  
by January 25, 2010. Results  
will be available by mail only if  
indicated on the entry form.

**WHO:** Any 2009 or 2010 USMS  
registered swimmer.

## Fitness/Participation Division

**RULES:** Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly all in one day. **Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day.** • All swimmers must be USMS registered for 2009 or 2010, and include a copy of their USMS registration with their entry.

**SCORING:** All swimmers will receive one point for participating in the event. This point will count toward the club participation award.

**AWARDS:** Satisfaction of a job well done—not every one can swim these three events! • Points will be tallied for a club participation award. The club with the most swimmers completing the three swims win the club participation award.

<b>Postmarked by:</b>	January 5, 2010 to be received no later than January 11
<b>Mail to:</b>	Brute Squad Attn: TJ Scholand 1754 Yucca Court Fort Collins, CO 80525
<b>Entry Fees:</b>	\$25.00 with dark red long sleeve t-shirt \$35.00 with dark red hooded sweatshirt
<b>Checks payable to:</b>	Vortex Masters Swimming
<b>Questions:</b>	Contact Doug Garcia <a href="mailto:douggarcia@usms.org">douggarcia@usms.org</a> 970-672-8011 (before 9 pm MST) <a href="http://www.BruteSquadSwim.org">www.BruteSquadSwim.org</a>

## Competitive Division

**RULES:** Swim the 1650 yard Freestyle, the 400 yard Individual Medley, and the 200 yard Butterfly all in one day. **Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day.** • 2009 USMS rules govern these events. • Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. • No more than two swimmers per lane, with each swimming on one side of the lane during the entire swim (i.e., no circle swimming). • Swimmers are on their honor to swim each event as indicated in the USMS Rule Book—no one armed Butterfly. • Each swimmer must have a counter/timer to record cumulative splits to the nearest minute, second and tenth for each event. Split sheets must be included with the entry. • Swimmers who change age groups during the meet may enter twice, and must swim twice (once in each age group). • All swimmers must be USMS registered for 2009 or 2010, and include a copy of their USMS registration with their entry. Brute squad swims will not qualify for top-ten consideration unless swam at a USMS sanctioned meet with officials present.

**SCORING:** Swimmers will be competing in USMS age groups for short course yards (18-24, 25-29, etc.). • The sum of the times for each of the three events will determine placing. • Points will be given for first through third place in each age group, with points going towards club scoring. Clubs will compete in Women's, Men's and the Mixed categories. • All swimmers will receive a minimum of one point for participating in the event.

**AWARDS:** First through third place ribbons will be mailed to swimmers who have earned the recognition. First through third place clubs will receive certificates.

## Swimmer Information (PLEASE PRINT CLEARLY)

Name  Male  Female

I don't want to be green, please send me a printed copy of the results via the mail

Birth date Age Date of swim

Address City, State, Zip

Phone number Email address

USMS # USMS Club (on your USMS Card)

Three event total time

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.

Swimmers Signature Date

## Payment Information

### Entry

Long Sleeve T-Shirt \$25.00

Hooded Sweatshirt \$35.00

Circle shirt size S M L XL XXL

Total Amount Enclosed \_\_\_\_\_

**Checks payable to:** Vortex Masters Swimming

**Deadline:** Postmarked no later than January 5, to be recieved no later than January 11.

**Mail to:** Brute Squad  
Attn: TJ Scholand  
1754 Yucca Court  
Fort Collins, CO 80525

**Questions:** Contact Doug Garcia  
dougarcia@usms.org  
970-672-8011 (before 9 pm MST)

## Counter/Timer Information (PLEASE PRINT CLEARLY)

Name Signature

Phone Number Email address

1650 Freestyle	600	1200	200 Butterfly	400 Individual Medley
50	650	1250	50	50 Fly
100	700	1300	100	100 Fly
150	750	1350	150	150 Back
200	800	1400	200	200 Back
250	850	1450		250 Breast
300	900	1500		300 Breast
350	950	1550		350 Free
400	1000	1600		400 Free
450	1050	1650		
500	1100			
550	1150			