

2012 U. S. Masters Swimming Check-Off Challenge

www.usms.org/fitness/content/checkoff

Check-Off Challenge



The CHECK-OFF CHALLENGE is a postal event designed to motivate swimmers to complete 18 “pool” events and an "open water swim" during the 2012 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply “Check-off” each swim on your t-shirt when you complete the event.

Where and when do I accomplish the Check-Off Challenge?

The events may be swum in practice or in meets, in yards or in meters, any time during 2012. The challenge is to complete all events or try new events. 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. You must have your 2012 USMS registration number to enter.

How do I score the Check-Off Challenge?

“Scoring” is simple – just mark the event on the bulls eye target on the back of the t-shirt.

When do I receive my T-shirt?

Swimmers whose entries are received by the end of each month will receive their shirt and cap in the following month. Entries will be accepted until November 1, 2012.

How much does it cost?

Each entry is \$20, which includes a custom-designed Check-Off Challenge t-shirt and shipping.

The 2012 Check-Off Challenge is sponsored by the Hammerhead Aquatics Swim Team and sanctioned by the Florida Gold Coast LMSC for USMS, Inc., sanction #502-002.

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

Mail this form and your check to:

Hammerhead Aquatics 2716 NE 6th Lane Wilton Manors, FL 33334-2508

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

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				