



FUN

Personal Best Times Swim Meet

A fun way to introduce swimmers of all levels to swimming competitions in a relaxed low-pressure environment. The emphasis is on self-improvement, with awards being presented for personal best times and placings.

Hosted by

Team Genesis/LOVE Swimming Personal Best Race Club

- When: Friday, September 25, 2009
Warm ups 5:15 pm and the meet Begins 5:30 pm
- Where: Jefferson County Family YMCA
Festus, MO
- How: Please fill out the form below and return by Friday, September 18, 2009
- Cost: \$5.00 per swimmer (to help cover cost of ribbon awards and reports)

Attached is the schedule of events. Each swimmer may choose up to 4 events to compete in, and at coach discretion noodle relay races. **THIS MEET IS PRE-SEEDED NO DECK ENTRIES – NO EXHIBITION SWIMS WILL BE ALLOWED.** We ask parents/others to volunteer to help with the meet, which should last about 1 hour. This is a **FUN MEET** and **DQ's** will not be issued, however, the Coach will discuss infractions with the swimmer.

Please submit your meet entries on time, know your heat and lane assignments and be prepared to swim, this will help get the meet started on time, and keep the meet running smoothly. Fins, paddles and kickboards can be used by **All** training groups to give swimmers the **opportunity** and **feel** of **fast** swimming. Please be sure to have your training equipment and gear with you including a water bottle and a snack – you may get hungry.

Awards: 1st through 8th Place Awards will be given to the following Age Groups – LTS, 6&U, 8&U, 9-10, 11-12, 13-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64... and Personal Best Time Awards will be given to swimmers who achieve Personal Best Times either at this meet or the next Personal Best Times Meet. Swimmer's may swim the same event twice in one meet to attempt a personal best time in one meet. If a swimmer swims the same event twice that counts as 2 events towards their 4 event total per meet. All meet awards will be placed in swimmers file box or mailed following the meet along with the meet reports. Relay Place Awards will go only to the Top 3 Relays (noodle races only). Times achieved do not count as USA or AAU Times. In addition to ribbon & heat awards; award cards are presented for 1st, 2nd, and 3rd placings and all Best Times. Medals are achieved when a swimmer has accumulated enough award cards as follows:

- **Bronze Medal** for 15 award cards
- **Silver Medal** for 25 award cards
- **Gold Medal** for 50 award cards

If a swimmer accumulates 100 award cards, he or she is presented with a trophy. Presentations of medals are made before the commencement of races each week.

Team Genesis/LOVE Swimming a Sports Ministry of Trinity Fellowship Church
8144 Terre Bleue Drive, Bonne Terre, Missouri 63628
Office/Fax: 573-358-7727 * Cell: 573-366-0410 *

Email: chico@il.net * Web Address: <http://www.loveswimming.org> & <http://www.trinityfellowshipministries.org>

“Love one another. As I have loved you, so you must love one another.” John 13:34

Personal Best Swim Meet Schedule of Events

#1 Girls 7/8 100 IM #2 Boys 7/8 100 IM #3 Girls 9/10 100 IM #4 Boys 9/10 100 IM #5 Girls 11/12 100 IM #6 Boys 11/12 100 IM #7 Girls 13/14 100 IM #8 Boys 13/14 100 IM #9 Girls 15 & Up 100 IM #10 Boys 15 & Up 100 IM #11 Girls 6&U 25 Free #12 Boys 6&U 25 Free #13 Girls 7/8 25 Free #14 Boys 7/8 25 Free #15 Girls 9/10 25 Free #16 Boys 9/10 25 Free #17 Girls 11/12 50 Free #18 Boys 11/12 50 Free #19 Girls 13/14 50 Free #20 Boys 13/14 50 Free #21 Girls 15&Up 50 Free #22 Boys 15&Up 50 Free #23 Girls 6&U 25 Back #24 Boys 6&U 25 Back	#25 Girls 7/8 25 Back #26 Boys 7/8 25 Back #27 Girls 9/10 25 Back #28 Boys 9/10 25 Back #29 Girls 11/12 50 Back #30 Boys 11/12 50 Back #31 Girls 13/14 50 Back #32 Boys 13/14 50 Back #33 Girls 15&UP 50 Back #34 Boys 15&UP 50 Back #35 Girls 6&U 25 Breast #36 Boys 6&U 25 Breast #37 Girls 7/8 25 Breast #38 Boys 7/8 25 Breast #39 Girls 9/10 25 Breast #40 Boys 9/10 25 Breast #41 Girls 11/12 50 Breast #42 Boys 11/12 50 Breast #43 Girls 13/14 50 Breast #44 Boys 13/14 50 Breast #45 Girls 15&Up 50 Breast #46 Boys 15&Up 50 Breast #47 Girls 6&U 25 Fly #48 Boys 6&U 25 Fly	#49 Girls 7/8 25 Fly #50 Boys 7/8 25 Fly #51 Girls 9/10 25 Fly #52 Boys 9/10 25 Fly #53 Girls 11/12 50 Fly #54 Boys 11/12 50 Fly #55 Girls 13/14 50 Fly #56 Boys 13/14 50 Fly #57 Girls 15&Up 50 Fly #58 Boys 15&Up 50 Fly #59 Girls & Boys 200 Free #60 Girls & Boys Noodle Relay Races 25's #61 Girls/Boys Kickboard Races 25's #62 Girls/Boys HL-BL-SL-LL Races 25's #63 Girls/Boys Free Drill Races 25's #64 Girls/Boys Back Drill Races 25's #65 Girls/Boys KB Washout Races (anyone) 25's
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Complete and Return the Swim Meet Entry Information below along with your Entry Fee Payment, and the attached waiver, release of liability and hold harmless agreement (**one form per swimmer**). All swimmers currently enrolled in any team can be involved. It is not necessary to be a member of a registered swimming club to participate.

Swimmer: _____ Age: _____ Birthdate: _____
 First Middle Initial Last

Parent/Guardian name: _____ Phone: _____

Parents Email: _____

Team: _____ Coach _____

Event 1: _____ Event 2: _____

Event 3: _____ Event 4: _____

I will volunteer Yes/No: (Circle Yes or No)

Circle the one below you volunteer to do

Starter - Timer - Runner - Bull Pen - Meet Ribbons - Heat Awards

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Team Genesis/LOVE Swimming

Hosted Swim Meets & Program Participation requirements:

- (1) All Swimmers are to sign and return this form by the deadline if applicable along with the fee specified in the meet invitation or program.
- (2) All swimmers participating in Trinity Fellowship Sports Ministry hosted Swim Meets and Programs are required to sign the waiver, release or liability and hold harmless agreement below.

Waiver, Release of Liability and Hold Harmless Agreement Minor Participants

In return for my child's (minor) participation in swim meets/programs hosted by LOVE Swimming, I

- (1) Acknowledge that I understand the nature of the swim meets or programs, and believe that minor is qualified and in proper physical condition to participate. I further agree that if at any time, I or minor believes conditions to be unsafe with respect to Minor's physical condition, the equipment, or facilities, it shall be Minor's responsibility to, and Minor will, immediately discontinue participation in the swim meet or program.
- (2) Further acknowledge that the swim meet or program involves the risk of serious bodily injury (including the possibility of permanent disability, paralysis or death), which may be caused by (a) Minor's own action or inactions, (b) the actions or inactions of others participating in the swim meet or program, (c) the condition of the equipment and/or facilities at which the swim meet or program is located, or (d) the actions or inactions of the entities and persons identified below; and I fully accept and assume all such risk and all responsibility for losses, costs, and damages Minor may incur as a result of Minor's participation in the swim meet or program.
- (3) Acknowledge that this is a Trinity Fellowship Sports Ministry sponsored swim meet or program and as such, all applicable regulations, policies, procedures and consequences as defined in the Ministry's athlete handbook will apply during the Minor's participation in this swim meet or program.
- (4) Accordingly, I hereby release Trinity Fellowship Church, together with its directors, officers, employees, volunteers, and agents from all liability, claims, demands, losses, or damages arising out of Minor's participation in the swim meet or program; and I further agree that if, despite this release and waiver of liability agreement I, the Minor, or anyone on behalf of Minor or myself, makes a claim released in this agreement. I will indemnify and hold harmless each entity and person released herein from any and all litigation expenses, attorney fees, loss, liability, damage, or cost that may incur as the result of such claim.
- (5) Agree that in an emergency, any Trinity Fellowship Sports Ministry representative may transport or authorize the transportation of my child to a hospital/medical facility and I authorize any physician or other medical personnel to carry out any diagnostic procedures or emergency care deemed necessary. I understand that the cost of medical attention and ambulance are my responsibility.
- (6) Acknowledge that information about my child provided in this registration/swim meet sign-up may be used by a Trinity Fellowship Church Sports Ministry representative or any individual or organization identified by Trinity Fellowship Church Sports Ministry as needed in order to effectively execute this swim meet or program.
- (7) Acknowledge that from time to time, a Trinity Fellowship Church Sport Ministry representative may photograph or videotape my child while he/she is involved in a swim meet or program activity. These photographs or videotape will solely be used by Trinity Fellowship Church Sports Ministry for the promotion and marketing of its Sports Ministry Programs and activities and will not be sold. I understand that it is my responsibility to notify Trinity Fellowship Church Sports Ministry in writing if I do not wish to have my child photographed or videotaped.

I have read this agreement as well as the regulations, policies, procedures and consequences as defined in the Trinity Fellowship Sports Ministry athlete handbook, fully understand its terms, and have voluntarily entered into this agreement of my own free will based only upon the terms and conditions included herein.

Date: _____

Swimmers/Parent Signature if swimmer is under 18 years

Swimmers Name- Swim Group/Birthdate/Current Age

Make all checks payable to LOVE Swimming

Send registrations and payment to: Trinity Fellowship, 8144 Terre Bleue Drive, Bonne Terre, Missouri 63628 or Fax this form along with the Meet or Program Sign-up Form and Payment information to 573-358-7727. To request Swim Meet Invitation or Program Registration forms and information email us at chico@il.net

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