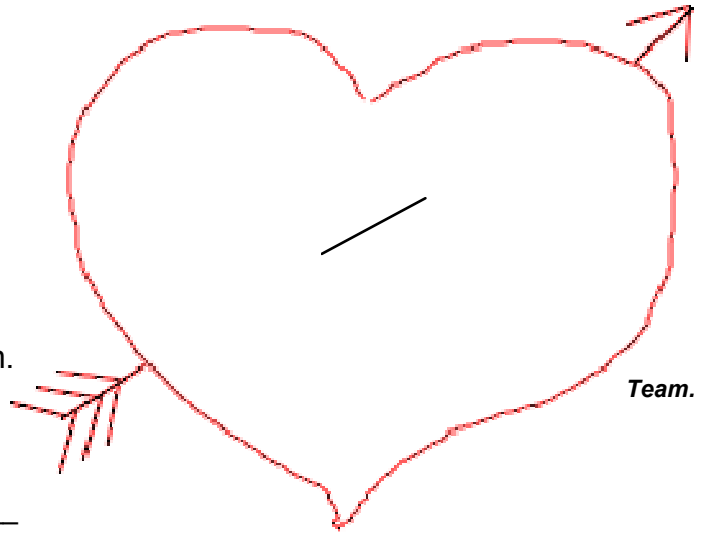


Valley Isle Masters Swimmers'  
Sponsors of the 17th annual  
Swim For Your  
Heart



Team.

1 mile Ocean Swim at Wailea Beach  
Sunday, March 7th, 2010 ~ race start: 8:30 a.m.  
*This years race to benefit the South Maui Sharks Swim*

Name: \_\_\_\_\_  
Age on Race Day: \_\_\_\_\_ Sex \_\_\_\_\_ Birthday \_\_\_\_\_  
Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
FINA, USA, USMS#: \_\_\_\_\_ copy of 2010 card must be included

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. Finally I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**USA Swimming Waiver** (Parent or legal guardian must also sign for swimmers under 18.)  
*I hereby release USA Swimming, the Local Swimming Committee (LSC) and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. In addition, I agree to abide by and be governed by the rules of USA Swimming.*  
Date: \_\_\_\_\_ Signature of Parent / Guardian: \_\_\_\_\_

Sanctioned by HAWAII MASTERS SWIMMING ASSOCIATION for USMS, Inc. Sanction #S390-OW002  
Hawaii LSC for USA Swimming Sanction: pending

RACE DATE:	SUNDAY, MARCH 7th	CHECK IN TIME:	7:00 A.M. - 8 A.M.
RACE TIME:	8:30 A.M.	LOCATION:	WAILEA BEACH
COURSE:	TRIANGLE COURSE	AGE:	ALL AGES

AWARDS: 10 & Under, 11-12, 13-14, 15-18, 19-24, etc. Male, Female & Overall Divisions  
BREAKFAST: continental breakfast immediately following race

ENTRIES DUE: pre race registration must be postmarked by MARCH 1st, 2008.

PAYABLE TO: **VALLEY ISLE MASTERS SWIMMERS** MAIL TO: PO BOX 424, PUUNENE, HI 96784

RACE DIRECTOR: Janet Renner, (808) 280-2756, \_\_\_\_\_ jkrenner@earthlink.net

ENTRY FEE: \$ \_\_\_\_\_ **\$ 15** pre registered must be postmarked by March 1st **OR \$ 20** LATE OR RACE DAY  
INSURANCE: \$ \_\_\_\_\_ If you are NOT a current member of USMS OR USA Swimming then you must pay one of the following:  
USMS for those 19 or older: **\$12.00** valid for 1 day, or **\$35** valid thru 12/31/10,  
or USA-Swimming for any age: **\$55** valid thru 12/31/10  
TOTAL \$ \_\_\_\_\_ Total paid

**proceeds benefit the South Maui Sharks Swim Team**