

400 FASTEST PULL FOR SEBASTOPOL



Why the 400 Fastest Pull for Sebastopol?

Sebastopol Masters LOVES to pull! The Top 3 Males and Females overall in each category for Sebastopol's Fastest Pull win a unique prize! Because who doesn't love to pull??

Rules:

- 1. In water start, NO diving allowed.**
- 2. MUST use a pull buoy between the legs, above the knees.**
- 3. NO kicking allowed.**
- 4. NO dolphin kicks off the walls.**
- 5. Flip turns ARE allowed.**
- 6. If you lose the buoy at any point, you must reattach it between the legs, above the knees.**
- 7. The 400 pull can be swum in any length pool. 400 pull time MUST be converted to yards using the Swim Swam online conversion tool.**
<https://swimswam.com/swimming-times-conversion-tool/?type=classic>
- 8. 400 pull MUST be completed between August 1, 2018-August 31, 2018.**
- 9. All mailed entries MUST be postmarked by September 10, 2018 and received by September 17, 2018.**
- 10. One time/entry per swimmer.**
- 11. You may swim the event as many times as you want for a faster time, but only one time/entry will be accepted per swimmer.**
- 12. Cost - \$10 per swimmer.**
- 13. Each age group will have two categories. Category 1: No hand paddles allowed. Category 2: May use hand paddles.**

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HOSTED BY SEBASTOPOL MASTERS AQUATIC CLUB

NAME: _____

CLUB: _____ TEAM ABBREVIATION: _____

STREET: _____

CITY/STATE/ZIP: _____

PHONE NUMBER: _____ USMS NUMBER: _____

EMAIL: _____

AGE: _____ SEX: M F

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 SPONSORS, MEET COMMITTEES, OR FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, 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.

Signature

Date

In addition, I hereby certify that I followed all the rules of the 400 Fastest Pull for Sebastopol, and that this is my correct time. I completed this 400 yard pull during the month of August, 2018.

Time (MM:SS.HH) _____ Did you use hand paddles? YES NO

Signature of Swimmer Date

Signature of Timer (if needed) Date

Timer's contact phone or email

Attach a copy of your 2018 USMS Registration card here:

Entry Form:
Must be filled out legibly in ink.
Must be postmarked by 9/10/18 and received by 9/17/18.

Mail To:
Donita Flecker
1639 Neotomas Ave.
Santa Rosa, CA. 95405-7560

Questions?
Contact Kevin Keating
kevk711@hotmail.com