

Eastern Zone  
Southern Region  
Short Course Speedo Championship Series  
Meet Announcement

March 15-18, 2007  
At Germantown Indoor Swim Center

Sanctioned by USA Swimming through Potomac Valley Swimming  
Sanction # PVZ-07-039

<b>Meet Directors</b>	Pam Ambrose (240) 777-6830 <a href="mailto:pam.ambrose@montgomerycountymd.gov">pam.ambrose@montgomerycountymd.gov</a> Christa Krukiel (301) 468-4276 <a href="mailto:ckrukiel@msn.com">ckrukiel@msn.com</a>
<b>Meet Referee</b>	Chris Pulley
<b>Location</b>	Germantown Indoor Swim Center 18000 Central Park Circle Boyds, MD 20841 (240) 777-6830 Indoors, 10 lane, 25-yard pool, with non-turbulent lane lines, will be used for competition. The recreation pool (7 lane, 25-yard pool) will be available for continuous warm-up, warm-down from the start of warm-up everyday to the close of the last event.
<b>Security Parking</b>	Parking will be available at the Germantown Indoor Swim Center for officials, coaches and athletes. Coaches or Officials Meet Credentials, or USA Swimming official or coaches registration cards (until credentials have been picked up) <b>MUST</b> be shown in order to get into the parking lot at the swim center. If this lot fills up, the lot for spectators will also be available. Parking will be available for all other spectators in the designated lots located at each of the soccer fields and the splash park. The only exception will be for drivers of vehicles with valid handicap decals and/or plates.
<b>Swim Center Rules and Conduct</b>	At the request of Montgomery County Recreation Department, swimmers are not to leave the pool deck without appropriate attire consisting of shoes, sweats (top and bottom), or shirt and pants/shorts. Coaches will be responsible for the conduct of their athletes. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. Parents will be responsible for the conduct of any minor children that accompany them.
<b>Schedule</b>	<b>Thursday, March 15, 2007</b> -Coaches Meeting: 1:00pm in 2 <sup>nd</sup> floor conference room -General Warm-Up: 12:00 Noon-3:20pm -Distance Session Warm-Up: 3:20pm-4:20pm -Events: 4:30pm <b>Friday, March 16; Saturday, March 17; and Sunday, March 18</b> -Preliminaries Warm-Up: 6:30am-8:50am -Preliminaries Heats: 9:00am -Finals Warm-Up: 5:00pm-5:50pm -Finals: 6:00pm

<b>Coaches Meeting</b>	<p>A coaches meeting will take place at 1:00pm on Thursday, March 15 in the 2<sup>nd</sup> floor conference room.</p> <p><b>Coaches are accountable for the information presented.</b></p> <p>Accordingly, please make sure that there is at least one representative from your club in attendance.</p>
<b>Eligibility</b>	<p>Open to all USA Swimming registered athletes.</p> <p>Contestants must have equaled or bettered the applicable cut-off times. Time must have been achieved no earlier than January 1, 2006.</p> <p>Entry times and USA Swimming memberships are subject to confirmation.</p>
<b>Rules</b>	<p>Current United States Swimming rules shall govern the meet. Unless otherwise noted, all events will be conducted as prelims and finals with C, B, and A finals (swum in this order). All relay events will be conducted as timed finals with only the fastest two heats being contested during the evening sessions. A contestant may enter no more than three (3) individual events per day and no more than seven (7) individual events for the meet, including bonus events.</p> <p>The Meet Referee will determine based on entries received whether to use 8 or 10 lanes for prelims and distance events.</p> <p>Bonus Events: Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 or more qualifying times will be permitted to enter 2 bonus events.</p> <p>At least one swimmer participating on each relay team must also be entered and compete in at least one individual event.</p> <p>Entry times for the 200 Medley Relay will be provable times for the 400 Medley Relay.</p>
<b>Scratch Procedures</b>	<p>The scratch box will be located in the Registration Room (Conference Room) prior to the start of the meet and until the General Meeting. The scratch box will then be at the General Meeting. Following the General Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.</p> <p>Positive Check-in Sheets for the 1000 Freestyle, 1650 Freestyle, and all Relays will be located with the scratch box. The 1000 Free, 1650 Free &amp; Relays are timed final events. Entries must be checked in by the scratch deadline for that event in order to be seeded.</p> <p><b>Scratches from finals can only be done directly with the Administrative Referee. Do not use the scratch box. A \$50.00 fine will be given for No Shows in Sunday's finals.</b></p>
<b>Pool Access</b>	<p>Only working USA Swimming Registered Officials, Coaches and Swimmers will be permitted on the pool deck. Credentials will be provided and must be shown to gain access and should be visible while on the deck. \$10.00 will be charged for the replacement of these credentials.</p> <p>Credentials will be available for pickup in the registration room at the following times; 10am to 6pm Thursday, 6am to 12 noon Friday. At other times, contact the meet director.</p>

<p><b>Distance Events</b></p>	<p>The Women's 1650yd freestyle and Men's 1000yd freestyle will be conducted as timed finals on Thursday evening. The heats will be swum from slowest to fastest; swimming all heats of the Women's 1650yd Freestyle followed by all heats of the Men's 1000yd Freestyle. The Women's 1000yd freestyle and Men's 1650yd freestyle will be conducted as timed finals and swum on Sunday. The Heats will be swum from slowest to fastest; alternating a heat of Women's 1000 and the Men's 1650 with the second fastest heat of Men's 1650 scheduled to finish 60 minutes prior to the start of finals. The fastest heat of these two events will be swum in the Sunday evening finals session. In Sunday's Finals, the events will be swum in numerical order.</p>
<p><b>Warm-Up</b></p>	<p>The following Potomac Valley Swimming warm-up procedures and safety policies will be followed:</p> <ul style="list-style-type: none"> <li>- Enter the pool only at the start end of the pool. Enter feet-first, unless the lane has been designated for one-way starts.</li> <li>- Swimmers must be under the supervision of a coach during warm-ups. All warm-up periods shall be supervised by the appointed marshals.</li> <li>- During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes.</li> <li>- During finals warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half of the warm-up will be dedicated to specific warm-up.</li> <li>- During the general warm-up, no pace work or sprinting will be permitted.</li> <li>- During the specific warm-up, the outside lanes (1 &amp; 10) will be designated as pace lanes and lanes 2 &amp; 9 will be opened for sprinting in accordance with the procedures outlined above. Additional sprint and/or pace lanes may be opened as needed by the officials monitoring the warm-up session.</li> </ul>
<p><b>Seeding</b></p>	<p><b><u>Distance Events:</u></b> Positive check-in for Thursday's distance events is required by 3:00pm, Thursday and for Sunday's distance events by 6:30pm, Saturday. Positive check-in for relays and the scratch deadline for other events is the evening prior by 5:00pm on Thursday and 6:30pm on Friday and Saturday.</p> <p><b><u>Relays:</u></b> Relays are timed finals events. The fastest two heats will swim in finals and remaining heats will swim in preliminaries. Sunday Relays (200 free relay and 400 medley relay). The “<b>Sunday Relay Rule</b>” will be in effect. Any relay that wishes to swim with preliminaries may do so. All Sunday relays will be expected to indicate their preference when the relay is checked in prior to the Saturday 6:30pm deadline. Up to the fastest 16 relays that wish to swim during Sunday finals will do so, the remaining relays will swim during Sunday preliminaries based on their entry seed time.</p> <p>Verification of time for all timed final events (including relays) is required with entry. Times will be verified through the USA Swimming SWIMS data base. Coaches entering with times not in the database should be prepared to prove the time with a copy of official meet results. High school, College and YMCA Swims must be from a swim officially observed by USA Swimming or from an Approved meet.</p>

	<p>The USA Swimming Scratch Policy Rule 207.12.10 A-E (with the exception of the first day scratch deadline) will apply throughout the meet.</p> <p>Times will be seeded in the following order: SCY, LCM, SCM</p> <p><b><u>A/B flights:</u></b> Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an “A/B flight” format. If adopted, details of this procedure, including the number of heats of each event to be swum in the “A flight” session, will be announced at the general meeting.</p>
<b>Warning</b>	<p>Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the said fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2007. <b>Eastern Zone coaches are expected to be compliance with the new USA Swimming Background Screening Program.</b> For more information, see: <a href="http://www.usaswimming.org/coaches">www.usaswimming.org/coaches</a>. <b>Coaches should be prepared to show an updated USA Swimming registration card showing the requirement has been completed or a notice showing they initiated the process within the prior 30 days.</b> All athletes should be registered prior to the meet entry deadline of March 6, 2007. Registrations will be verified against the USA Swimming database before Deck Credentials are issued. There will be no USA Swimming registration available on site.</p>
<b>Scoring</b>	<p>Individual: 20 17 16 15 14 13 12 11 9 7 6 5 4 3 2 1  Relays: 40 34 32 30 28 26 24 22 18 14 12 10 8 6 4 2  No more than 2 relay teams may score for each club in each event.</p>
<b>Supervision</b>	<p>Coaches are responsible for the conduct of their swimmers, both at the meet and in the warm-up/warm-down area. Inappropriate behavior will be cause for suspension from the meet and barring from Germantown Indoor Swim Center.</p>
<b>Admission</b>	<p>There is no admission charge. Programs for prelims will be \$6.00 and \$3.00 for finals. There will be no charge for heat sheets provided to credentialed coaches and working officials.</p>
<b>Awards</b>	<p>Awards will be presented to Top 3 in Women's Team, Men's Team and Combined Team scores. Male and female Individual High Point awards will be presented to the Top 3.  Swimmers placing in the top 8 in individual events will receive medals.  Relay teams placing in the top 3 will receive medals.</p>

<p><b>Time Trials</b></p>	<p>Time Trials will be conducted as time permits between the preliminaries and finals session of the meet. Time trials will be open to all registered meet participants including relay-only swimmers. Each swimmer will be limited to a maximum of 2 time trials and must adhere to the daily limit of events. Time trials for 1650yd freestyle and 1000yd freestyle will be conducted on Thursday evening only following the completion of those events. All other events will be offered each day (time permitting) using the following formula: That day's events, followed by the events of the subsequent days, followed by the events from previous days. That is on Saturday, we will swim Saturday's events, followed by Sunday's events, followed by Friday's events.</p> <p>The entry fee for time trials will be \$10.00 per individual event and \$25.00 for relays. Swimmers must sign up for time trials by 5:00pm Thursday and 60 minutes prior to the scheduled end of each day's preliminary session.</p>
<p><b>Officials</b></p>	<p>Certified officials wishing to work the meet should submit an application to Jamy Pfister (JamyJayPfi@Adelphia.net), Eastern Zone Officials Coordinator, by February 15, 2007 for assigned positions and by March 3, 2007 for other positions. Copies of the application form can be found at <a href="http://www.pvswim.org/eastzone/index.html">http://www.pvswim.org/eastzone/index.html</a>. Certified officials who learn of their availability after February 15 should contact the Meet Referee, Chris Pulley; or at Officials meetings that will be held one hour prior to the start of each session (preliminaries and finals). Attendance at the meeting is required to work the session.</p> <p>We have applied to have this meet designated as a "qualifying meet" under the new national official's certification program. Any official interested in being evaluated should contact the meet referee for more information and an application to be evaluated. Details of the certification program can be found on the USA swimming website at <a href="http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&amp;Alias=Rainbow&amp;Lang=en">http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&amp;Alias=Rainbow&amp;Lang=en</a></p>
<p><b>Entry Fees</b></p>	<p>Individual Events: \$10.00 Relays: \$25.00</p> <p>Entry fees, for other than FAX entries, must be received by 5:00pm on Monday, March 12, 2007. Entry fees for FAX entries will be due when receiving credentials.</p> <p>Any entry for which the fees are not received by the applicable deadline will be removed from the meet. Each team is requested to remit one check to cover the entry fees for the entire team. Please do not send cash. Please make sure the club name is clearly indicated on all checks submitted.</p>
<p><b>Send Entries To</b></p>	<p>Christa Krukiel  20548 Strath Haven Drive  Montgomery Village, MD 20886  <a href="mailto:ckrukiel@msn.com">ckrukiel@msn.com</a>  work (301) 468-4276, home (240) 683-9626, cell (301) 742-4996  Note: <b>Mail must be sent with signature waived.</b></p>
<p><b>Make Checks Payable To</b></p>	<p><b>Montgomery County Recreation Department (MCRD)</b></p>

<p><b>Entries</b></p>	<p>It is preferred that entries be sent via e-mail.</p> <ul style="list-style-type: none"> <li>- Entries must arrive by the due date and time, Tuesday, March 6<sup>th</sup> at 5:00pm.</li> <li>- Include with your commlink file one (1) report by name and one (1) by event. Create these reports in Team Manager and save as Word for Windows file.</li> <li>- All Relay-only swimmers must be listed in the commlink file, or on the Master Entry Sheet if entering by paper.</li> <li>- The Hy-tek proof of times report must be submitted with your entries.</li> <li>- In the body of your e-mail, provide entry numbers (girls, boys, totals and number of relay only swimmers, girls and boys). Include the contact information (e-mail and phone number).</li> <li>- Send e-mail to Christa Krukiel at <a href="mailto:ckrukiel@msn.com">ckrukiel@msn.com</a>. A confirmation e-mail will be sent within 24 hours. Please follow through if confirmation is not received.</li> <li>- Send entry fee check separately. Entry fees for the initial entry deadline are due by Monday, March 12<sup>th</sup>.</li> </ul> <p>Entries may also be sent via mail/express mail etc. Disk entries require one (1) meet entry report by name and one (1) by event from Team Manager. Entries may also be submitted as a Master Entry Sheet.</p> <p>Note: Please ensure that mailed entries do not require signature. Entries that are not submitted on the required forms or proper computer format, are not complete, or are not legible, will not be accepted and will be returned. The Meet Director will not be held responsible if there is not time to properly resubmit the entry.</p>
<p><b>Late Entries</b></p>	<p>Entries for swims occurring during the “Late Entry Period” which achieve a first time qualifying standard must be made on the appropriate FAX ENTRY FORM and sent by FAX transmission. <b>Please put “Late Entry-Attention Pam Ambrose” on the FAX cover page.</b></p> <p>FAX entries may not be used to improve the seed time of a previously submitted entry and may not cause the swimmer to exceed the maximum number of events for the meet or for any one day.</p> <p><b>Late Entry Period:</b> March 6 to March 12, 2007  <b>FAX Entry Deadline:</b> 2:00pm, Tuesday, March 13, 2007  <b>FAX Entry Phone Number:</b> 240-777-6831</p>
<p><b>Site Information</b></p>	<p><b>Information</b> – Information will be available at the Front desk located on the second floor of the Swim Center.</p> <p><b>Lockers</b> – Lockers are available for use. Swimmers should bring their own locks. Locks must be removed from the lockers at the end of each day. Each individual must assume responsibility for securing their valuables. The Germantown Indoor Swim Center and the meet host are not responsible for lost or stolen items.</p> <p><b>Concessions</b> – Concessions will be located in the conference room located on the second floor.</p> <p><b>Hospitality</b> – A hospitality room for coaches and officials will be located in “Wet Classroom” next to the lifeguard office.</p>

<b>Hotel Accommodations</b>	For hotel accommodations see the below website. This website will be active on Tuesday, Dec. 26, 2007. Or, you may call 877-789-6904. <a href="http://www.visitmontgomery.com/sectionals.htm">www.visitmontgomery.com/sectionals.htm</a>
<b>Meet Results</b>	Complete meet results will be posted for download at the conclusion of the meet. Results will be posted continuously throughout the meet on the <a href="http://www.pvswim.org">www.pvswim.org</a> website.

<b>Thursday, March 15, 2007</b> <b>General Warm-Up: 12:00 Noon – 3:20pm</b> <b>Session Warm-Up: 3:20pm – 4:20pm</b> <b>Events: 4:30pm</b>								
Women					Men			
<b>Event #</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>Event #</b>
<b>1*</b>	17:54.39	17:43.19	18:16.79	1650 Freestyle				
				1000 Freestyle	10:09.89	8:58.59	9:11.39	<b>2*</b>
* Positive Check-in required by 3:00pm on Thursday								

<b>Friday, March 16, 2007</b> <b>Prelim Warm-Up: 6:30am</b> <b>Finals Warm-Up: 5:00pm</b> <b>Events: 9:00am</b> <b>Events: 6:00pm</b>								
Women					Men			
<b>Event #</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>Event #</b>
<b>3</b>	1:57.79	2:10.79	2:12.69	200 Freestyle	1:46.49	1:58.09	2:01.49	<b>4</b>
<b>5</b>	1:08.89	1:16.49	1:18.29	100 Breaststroke	1:02.19	1:09.09	1:10.39	<b>6</b>
<b>7</b>	1:00.09	1:06.79	1:07.49	100 Butterfly	54.09	1:00.09	1:00.89	<b>8</b>
<b>9</b>	4:39.99	5:09.69	5:22.19	400 Individual Medley	4:15.09	4:43.19	4:49.89	<b>10</b>
<b>11 ☺</b>	8:05.39	8:58.89	9:06.69	4x200 Freestyle Relay	7:22.39	8:06.69	8:14.79	<b>12 ☺</b>
☺ Fastest 2 heats of all relays will be swum in finals. Positive Check-in is required by 5:00pm, Thursday. Scratch deadline for all Friday events is 5:00pm Thursday.								

**Saturday, March 17, 2007**

**Prelim Warm-Up: 6:30am  
Finals Warm-Up: 5:00pm**

**Events: 9:00am  
Events: 6:00pm**

Women					Men			
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
<b>13</b> ☐	4:12.29	4:40.29	4:44.09	4x50 Medley Relay	3:46.99	4:15.59	4:19.69	<b>14</b> ☐
<b>15</b>	2:13.49	2:28.19	2:29.49	200 Butterfly	2:01.49	2:14.89	2:16.29	<b>16</b>
<b>17</b>	25.39	28.19	28.59	50 Freestyle	22.49	24.99	25.59	<b>18</b>
<b>19</b>	2:30.49	2:47.09	2:49.39	200 Breaststroke	2:15.39	2:30.29	2:32.99	<b>20</b>
<b>21</b>	1:01.09	1:07.89	1:09.39	100 Backstroke	55.09	1:01.19	1:02.89	<b>22</b>
<b>23</b>	5:12.49	4:32.59	4:38.19	500 Freestyle	4:48.39	4:10.89	4:18.59	<b>24</b>
<b>25</b> ☐	3:45.79	4:10.89	4:14.99	4x100 Freestyle Relay	3:21.89	3:44.09	3:48.69	<b>26</b> ☐

☐ Fastest 2 heats of all relays will be swum in finals. Positive Check-in is required by 6:30pm, Friday.  
Scratch deadline for all Saturday events is Friday at 6:30pm.

**Sunday, March 18, 2007**

**Prelim Warm-Up: 6:30am  
Finals Warm-Up: 5:00pm**

**Events: 9:00am  
Events: 6:00pm**

Women					Men			
Event #	SCY	SCM	LCM		SCY	SCM	LCM	Event #
<b>27</b> ☉	1:44.59	1:56.19	1:57.79	4x50 Freestyle Relay	1:32.69	1:42.19	1:45.49	<b>28</b> ☉
<b>29</b> ♣	10:40.29	9:19.99	9:34.99	1000 Freestyle				
				1650 Freestyle	16:43.99	16:35.19	17:21.99	<b>30</b> ♣
<b>31</b>	2:11.89	2:26.49	2:28.99	200 Backstroke	1:59.39	2:12.59	2:15.39	<b>32</b>
<b>33</b>	54.79	1:00.89	1:01.89	100 Freestyle	48.99	54.39	55.69	<b>34</b>
<b>35</b>	2:12.49	2:26.59	2:30.59	200 Individual Medley	1:59.79	2:12.99	2:16.59	<b>36</b>
<b>37</b> ☉	4:12.29	4:40.29	4:44.09	4x100 Medley Relay	3:46.99	4:15.59	4:19.69	<b>38</b> ☉

☉ Fastest 2 heats of all relays will be swum in finals. Positive Check-in is required by 6:30pm, Saturday.  
– See Sunday Relay Rule  
♣ Positive Check-in is required by 6:30pm, Saturday.  
Scratch deadline for all Sunday events is Saturday at 6:30pm.

Eastern Zone  
Southern Region  
Short Course Speedo Championship Series  
Entry Cover Sheet

March 15-18, 2007  
At Germantown Indoor Swim Center

Hosted by Rockville-Montgomery Swim Club

Name of Club \_\_\_\_\_ Club Code \_\_\_\_\_  
 Address \_\_\_\_\_  
 Contact Person \_\_\_\_\_ Day Phone \_\_\_\_\_  
 Coach \_\_\_\_\_ Day Phone \_\_\_\_\_  
 Email \_\_\_\_\_ Evening Phone \_\_\_\_\_

Please be sure you have enclosed the following with your entry:

**For Hy-Tek Entry:**

- In subject of email, please include club name
- Entry zip file labeled with club name
- Hard copy of entry by name with proof of time (Attach email document in Word for Windows format)
- Hard copy of entry, including relays, by event with proof of time (Attach email document in Word for Windows format)
- Completed Cover sheet
- Entry Payment Check (made payable to MCRD)

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TEAM ENTRY SUMMARY	BOYS	GIRLS	TOTAL			
Team Individual Events Entered	# _____	# _____	# _____	@ \$10 per event	\$ _____	
Total Relay Events Entered	# _____	# _____	# _____	@ \$25 per relay	\$ _____	
				<b>TOTAL ENTRY FEE</b>	<b>\$ _____</b>	
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Signature \_\_\_\_\_ Date \_\_\_\_\_  
*Coach or Club Representative*

Eastern Zone  
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Parking/Bus Information

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*PARKING INFORMATION*

Name of Club \_\_\_\_\_ Club Code \_\_\_\_\_  
Number of Coaches \_\_\_\_\_ Names of Coaches \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Year and Make of Car (Rental: Yes/No) \_\_\_\_\_  
Color of Car \_\_\_\_\_ License Plate Number \_\_\_\_\_ State \_\_\_\_\_  
Full name of Driver \_\_\_\_\_  
Contact Person for this form \_\_\_\_\_  
Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_  
Email address \_\_\_\_\_

**OR**

*BUS INFORMATION*

Name of Club \_\_\_\_\_ Club Code \_\_\_\_\_  
Number of Coaches \_\_\_\_\_ Names of Coaches \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Name of Bus Company \_\_\_\_\_  
Bus Company Phone Number \_\_\_\_\_ Fax \_\_\_\_\_  
Name of Bus Driver \_\_\_\_\_ Bus Code/Number \_\_\_\_\_  
Contact Person for this form \_\_\_\_\_  
Phone (Day) \_\_\_\_\_ (Eve) \_\_\_\_\_  
Email address \_\_\_\_\_

**The deadline to FAX information is 5:00 PM, Monday, March 5, 2007.  
FAX Number: (240) 777-6831      PHONE Number: (240) 777-6830  
It is the responsibility of the sender to ensure that this FAX is received.**

Signature (Driver or Club Rep.) \_\_\_\_\_ Date \_\_\_\_\_

