

**WISCONSIN MASTERS SWIM MEET
SHORT COURSE YARDS
MARCH 20, 2010**

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-004

LOCATION: Jack Young Middle School
1531 Draper St
Baraboo, WI 53913

TIME: Saturday March 20. Warm-up 10:00 AM, meet starts at 11:00AM.

FACILITIES: 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.

ELIGIBILITY: Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers 2010 USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

SEEDING: Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time, a NO TIME will be seeded in the slowest heat.

Age groups and sexes will be combined to expedite the meet.

TIMING: Automatic timing system backed up by watches.

WARM-UP PROCEDURE: Lane 4 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only. NO DIVING STARTS from the blocks or the deck in lanes 1-3 or 5-8. Swimmers must enter the pool feet first in a cautious manner during warm up. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up.

Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress

ENTRY FEE: \$3.00/individual event plus a \$5.00 pool user surcharge. Deck entries for individual events will be accepted until 10:30AM. The fee for deck entries will be \$5.00 individual event plus the surcharge

CHECKS PAYABLE TO WMAC.

ENTRY LIMIT: Five individual events per day plus relays. The 1000 Freestyle will be limited to the first 14 entries received.

ENTRY DEADLINE: Entries must be in the meet directors hands no later than 6:00PM, Saturday, March 13.

SEND TO:

John Bauman – MEET DIRECTOR

11917 W Rainbow Ave

West Allis, WI 53214-2166

(414)453-7336

E-mail: wmacswim@sbcglobal.net

ENTRY FORM: The universal entry form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations. Remember to include a copy of your USMS registration card.

AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS

- | | |
|------------------------|-------------------------|
| 1. 50yd Butterfly | 11. 400yd Free Relay* |
| 2. 100yd Breaststroke | 12. 50yd Backstroke |
| 3. 100yd Backstroke | 13. 100yd IM |
| 4. 200yd Medley Relay* | 14. 1000yd Freestyle |
| 5. 50yd Freestyle | 15. 50yd Breaststroke |
| 6. 100yd Butterfly | 16. 100yd Freestyle |
| 7. 200yd Breaststroke | 17. 400yd Medley Relay* |
| 8. 400yd IM | 18. 200yd Butterfly |
| 9. 200yd Backstroke | 19. 200yd Free Relay* |
| 10. 200yd Freestyle | 20. 200yd IM |

***Submit relay entries at the meet. Mixed Relays must consist of 2 men and 2 women.**

Meet results will be posted to the Wisconsin Masters Web site, www.swim-wimasters.org, within 48 hours of the conclusion of the meet.

Directions From Madison:

I90/94 towards the Dells

Use the Baraboo/Portage exit for Hwy 33

West on Hwy 33 towards Baraboo, approx. 14mi

Stay on Hwy 33 in Baraboo to Draper St, the third stop light

Right on Draper St to the High School on the left.

Continue up the hill, the Middle School is behind the High School

The pool entrance parking lot is on the back side of the Middle School (on top of the hill)

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number and E-Mail address.

Sec. 202.1.1 F (5) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME _____

MALE
FEMALE USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL ADDRESS _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME		EVT #	EVENT	SEED TIME
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

FEE PER MEET INFORMATION PAGE:

_____ EVENTS @ \$_____ ea. + pool surcharge \$_____ = \$_____

LIABILITY RELEASE

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 of 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.

Signed _____ Date _____