

**WISCONSIN MASTERS
SHORT COURSE YARDS SWIM MEET**

Sunday, January 10, 2010

Sponsored by: The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 200-002

Location: YMCA at PABST FARMS

1750 Valley Road, Oconomowoc, WI 53066

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

Time: Sunday, Jan. 10, 2010. Warm-up 8:00 A.M. – 8:45 A.M.; meet starts at 9:00 A.M.

Eligibility: Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card MUST be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be time finals.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined.

Timing: Automatic timing system backed up by one watch/lane.

Warm-ups: Lane 8 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-7 will be for circle swimming only – NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.

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.

Facility User Fee: \$5.00 per person

Entry Fee: \$3.00 per individual event, plus the \$5.00 facility user fee for entries received up to one week prior to event. No charge for relays. Deck entries for individual events will be accepted up to 8:00 A.M. the day of the meet. The fee for deck entries shall be \$5.00 per event, plus the \$5.00 user fee. Fees must accompany the entry form. Please make checks payable to WMAC.

Entry Limit: Five individual events plus relays. 500 yd Freestyle limited to first 28 entrants.

Entry Form: The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

Awards: Ribbons for 1st through 3rd places.

Entry Deadline: Entries must be in the meet directors hands by Saturday, Jan. 2, 2010

Mail Entry to Meet Director:

**John Bauman
11917 W Rainbow Ave
West Allis, WI 53214-2166
414-453-7336**

[email:wmacswim@sbcglobal.net](mailto:wmacswim@sbcglobal.net)

SCHEDULE OF EVENTS

- | | |
|-----------------------------------|------------------------------------|
| 1. 50 yd Backstroke | 11. 200 yd Breaststroke |
| 2. 400 yd IM | 12. 500 yd Freestyle |
| 3. 100 yd Freestyle | 13. 200 yd Butterfly |
| 4. 50 yd Breaststroke | 14. 200 yd Medley Relay* |
| 5. 200 yd Backstroke | 15. 100 yd Backstroke |
| 6. 100 yd Butterfly | 16. 100 yd Breaststroke |
| 7. 200 yd Freestyle | 17. 50 yd Freestyle |
| 8. 100 yd IM | 18. 200 yd IM |
| 9. 200 yd Freestyle Relay* | 19. 400 yd Freestyle Relay* |
| 10. 50 yd Butterfly | |

*** Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men and two women).**

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road, the Y will be about one mile down Valley Road.

When entering the Y early on the morning of the meet, please use the entrance on the West Side of the building, as the main entrance does not open until 10:00 A.M. on Sunday.

Post Meet: Following the meet, plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). To get there, turn left when leaving the Y, then go east about 1/2 mile to HY P (Sawyer Rd.), turn south (right) to I-94, and take I-94 east 3 miles to the Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive; meander one mile past the Home Depot, the Brewhaus is on the right. Good eating and excellent Masters socializing!

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 _____