

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET
Oshkosh YMCA Sunday January 17, 2010

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-003.

LOCATION: Oshkosh YMCA, 3303 West 20th Avenue, Oshkosh, WI 54904
20th Avenue is Hwy K and is West of Hwy 41

TIME: Sunday, Sunday January 17, 2010. Warm-up at 7:45am, meet starts at 8:30am

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

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 current USMS registration card.

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

SEEDING: Heats will be computer seeded on the deck, 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 to expedite the meet.

TIMING: Automatic timing system backed up by watches.

WARM-UP
PROCEDURE: Lane 8 will be a start and sprint lane with swimming in 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, kickboards, fins, etc., may not be used at any time during the warm up period.

Lane 8 will be designated for the purpose of continuous warm-up or cool-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 surcharge. Deck entries (same day) for individual events will be accepted only until 8:00am and the fee for deck entries shall be \$5.00/individual event plus the pool surcharge. Fees must accompany entries, checks should be made payable to WMAC.

ENTRY LIMIT: Five individual events plus relays. **THE 500 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED** and each swimmer entered in the 500 will be responsible for providing a person to count his/her laps.

ENTRY DEADLINE: Entries must be in the meet directors hands no later than 6:00PM, Saturday, January 8, 2010. Entries received after that time may be subject to the deck entry fee

MEET DIRECTOR: Dick Pitman, 2729 Commercial Avenue, Madison, WI 53704; 608-770-2307 or 608-242-8125. E-mail: dickpitman@hotmail.com

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 to 3rd place.

SCHEDULE OF EVENTS:

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

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

POST MEET: Plan on burgers, pizza, Tex-Mex, refreshments at the Red Robin in Oshkosh!

DIRECTIONS TO POOL From the North: Take the 9th St. exit off of Hwy. 41. Turn right on 9th St., but proceed immediately into the left lane in order to turn left onto Washburn – the first stop light. Take Washburn to 20th Ave. turn right on 20th Ave. and travel 1.5 miles. The YMCA will be on your left.

From the South: Take the Hwy 44 exit off of Hwy. 41. Turn left and proceed over Hwy. 41 to the second set of stop lights. Turn right on to Washburn. Take Washburn to the first set of lights, go left on 20th Ave., 1.5 miles to the YMCA on your left.

Oshkosh meet results will be posted on our web site: www.swim-wimasters.org

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 _____