

**WISCONSIN MASTERS**  
**SHORT COURSE METERS SWIM MEET**  
**November 5, 2005**

**SPONSORED BY:** The Wisconsin Masters Aquatic Club.

**SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 205-08.

**LOCATION:** Lawrence University, Buchanan-Kiewit Aquatic Center, near corner of East College Ave and Lawe St, Appleton, WI

**TIME:** Saturday Nov. 5, Warm-up 12:00pm, meet starts at 12:30pm

**FACILITIES:** 8 lane, 25 meter 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 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.

**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.

**ENTRY FEE:** \$2.50/individual event, plus a \$3.00 pool surcharge. Deck entries for individual events will be accepted only until 12:00pm and the fee for deck entries shall be \$4.00/event plus the surcharge

**BARGAIN RATE:** \$10.00, plus the surcharge, for those participants that swim a Sprint, Middle Distance or Ironman pentathlon of five events, butterfly, backstroke, breast stroke, freestyle and individual medley. This fee DOES NOT cover the fees for the Minnesota Masters Postal Pentathlon.

Fees must accompany entries, checks payable to WMAC

**ENTRY LIMIT:** Five individual events plus relays. THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 16 ENTRIES RECEIVED and each swimmer entered in the 1500 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, Oct. 29.

MEET DIRECTOR: John Bauman  
11917 W. Rainbow Ave  
West Allis, WI 53214

(414)-453-7336

E-mail [wmac@execpc.com](mailto:wmac@execpc.com)

ENTRY FORM: The official 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.  | 50m  | Butterfly     | 11. | 50m   | Breaststroke  |
| 2.  | 400m | IM            | 12. | 200m  | IM            |
| 3.  | 100M | Freestyle     | 13. | 50m   | Freestyle     |
| 4.  | 200m | Backstroke    | 14. | 100m  | Backstroke    |
| 5.  | 100m | Breaststroke  | 15. | 200m  | Breaststroke  |
| 6.  | 200m | Freestyle     | 16. | 100m  | Butterfly     |
| 7.  | 50m  | Backstroke    | 17. | 100m  | IM            |
| 8.  | 200m | Butterfly     | 18. | 200m  | Free Relay*   |
| 9.  | 200m | Medley Relay* | 19. | 400m  | Medley Relay* |
| 10. | 400m | Free Relay*   | 20. | 1500m | Freestyle     |

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

Each year Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon events in our meet, Sprint (a 50 of each stroke plus 100 IM), Middle Distance (100 each stroke and 200 IM) and the Ironman (200 each stroke and 400 IM). Official entry forms for this postal meet will be available at our meet, In past years Wisconsin Masters have placed in this postal meet and have won events and set new records

***NOTE: Minnesota Masters will charge a separate fee for entry in its postal pentathlon. Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fees.***

POST MEET: when the meet is over plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company at the west end of College Ave. at the railroad crossing (Northeast corner). It's on the way out of town and the food is good.

DIRECTIONS TO POOL: The pool at Lawrence University is on the main campus on East College Ave. which is HWY 125 into the city. If coming from HWY 41 take the HWY 125 off-ramp (West College Ave.) and go east all the way through the downtown business district to the campus on East College Ave. The Chapel and Main Hall are on opposite sides of the street. Both are easy to spot! The pool is just east of and behind Main Hall on the south side of College Ave. Parking in and around campus is limited. If you're headed east on College, go past the Chapel to the next stop light and turn left. Go one block, turn left again, go another block to Union St. and turn left again. There's a visitors parking lot next to the Chapel and a fair amount of on-street parking in this general area. the rec. center and pool are straight south of Union St.

Lawrence meet results will be posted on our web site, [www.swim-wimasters.org](http://www.swim-wimasters.org)

**WISCONSIN MASTERS SWIMMING ENTRY FORM**  
**LAWRENCE UNIVERSITY**  
 November 5, 2005

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.

Sec. 202.1.1 F (2) 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 a copy of the entire entry form or paste a copy of the card here.

NAME \_\_\_\_\_

MALE \_\_\_\_\_  
 FEMALE USMS NO \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

TEAM \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

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

**NON-PENTATHLON ENTRY**

**PENTATHLON ENTRY**

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

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

**MEET ENTRY FEES:**

\_\_\_\_\_ EVENTS @ \$ 2.50 ea. + pool surcharge \$ 3.00= \$ \_\_\_\_\_

**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 \_\_\_\_\_