

WISCONSIN MASTERS
SHORT COURSE METERS SWIM MEET
December 5, 2009

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 209-009.

LOCATION: West Bend West High School, 1305 E Decorah Rd., West Bend, WI
The pool is on the west end of the building with adjacent parking.

TIME: Saturday Dec. 5, 2009, Pool Opens at 11:30am, warm-up at 12:00,
Meet starts at 1:00pm.

FACILITIES: 8 lane, 25 meter pool with anti-turbulent lane guides, starting
blocks and backstroke flags. Lanes 2-7 will be used for the
competition. The pool measurement meets the USMS requirements.
This is not a bulkhead pool.

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 **Note: The lanes are numbered in reverse order of**
PROCEDURE: **the standard.** 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 these lanes. Swimmers must enter the pool
feet first in a cautious manner. Hand paddles, kickboards, fins,
etc., may not be used at any time during the warm up period.

Lane 1 will be the designated lane for warm-up/warm down during the
meet. No jumping, diving or socializing in lane 1 while the meet is
in progress.

ENTRY FEE: \$3.00/individual event, plus a \$7.00 pool surcharge. Deck entries for
individual events will be accepted only until 12:30pm and the fee for
deck entries shall be \$5.00/event plus the surcharge

Fees must accompany entries, checks payable to WMAC

ENTRY LIMIT: Five individual events plus relays. THE 1500 FREESTYLE WILL
BE LIMITED TO THE FIRST 12 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, Nov. 28, 2009.

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

(414)-453-7336 E-mail wmacswim@sbcglobal.net

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. 800m Freestyle Relay |
| | 21. 1500m Freestyle |

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

DIRECTIONS TO POOL:

From the Milwaukee area: Hwy 45 north to the exit at Paradise Rd. East on Paradise to the "round-about" at Hwy. G. North on G to the school, on the left, at Decorah Rd.

From other areas: Hwy 33 to Hwy G, south on G to the school.

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 _____