

2009 Southern Masters Swimming Championships

Short Course Meters – December 4-6, 2009

Sanctioned By: Southern Masters Swimming for United States Masters Swimming, Inc. Sanction # 249-005

Hosted By: Elmwood Masters

Meet Referee: John E. Roth, Jr. **Meet Director:** John E. Roth, Jr.

Entry Chairman: John E. Roth, Jr. - 104 Yellowstone Street, Kenner, La. 70065
Phone: H (504) 469-3119
E-mail: jerothjr@cox.net

Location: University of New Orleans Lakefront Arena Swim Center
6801 Franklin Avenue
New Orleans, La.70148

Date & Times: Friday, December 4, 2009 Warm-ups = 6:30 PM; Events = 7:30 PM
Saturday, December 5, 2009 Warm-ups = 3:00 PM; Events = 4:00 PM.
Sunday, December 6, 2009 Warm-ups = 10:00 AM; Events = 11:00 AM.

Facilities: *Indoor 8 lane 50-meter pool with non-turbulent racing lane ropes. All races conducted on a 25-meter course. A warm-up lane will be available during the meet each day. Showers and lockers will be available.*

Timing: Colorado automatic timing system with touch pads will be the primary system. Secondary system will be manual-electronic with 1 button and 1 digital watch per lane, with a second watch on first place in each heat.

Rules: Current United States Masters Swimming technical rules and code of regulations will govern this meet.

Conduct of Meet: - *All events will be timed finals. Except for the 800 and 400 freestyle, events will be seeded slowest to fastest by submitted entry times.*

- **The 800 and 400 freestyle events will be deck seeded. Check-in will close 20 minutes prior to the start of these events.**

- **The 400 free will swim fastest to slowest, alternating women and men's heats.**

- **The 800 free will swim fastest to slowest, with women and men seeded in each heat.**

- **Entries are due on Sunday, November 29, so as to seed the meet and print heat sheets. To ensure receiving a T-shirt, please mail entries to be received by Sunday, November 29th. Please select size on the meet entry.**

- **All late entries (after 11-29-09) will be taken at the discretion of the Meet Referee and seeded in open lanes only. Late entries must pay an additional late fee of \$5.00.**

- **There will be no changing of events after entry deadline.**

- **All participating swimmers will receive a copy of the meet heat sheet.**

Results: Swimmers will also receive a copy of meet results via E-mail. Results will be mailed upon request. All requests for hard copies can be made either by checking the block on the meet entry form or turning in a

request to receive a "hard" copy of the meet results with your name, mailing address, and zip code

Eligibility: All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of December 31, 2009. Include a copy of your current USMS registration card or registration application form with your entry form. If your entry is close to the deadline, and you have not registered with USMS, send your filled out USMS registration application and separate check in with your entry or bring your USMS registration application to the swim meet. On line registration is available at the following web site: <http://www.usms.org/reg/>

Liability Release: Each entered swimmer must sign the liability release on the entry form.

Limit of Events: Each entered swimmer may swim 5 events plus relays per day. The 800 freestyle will count as a Saturday event.

Hospitality: Water and fruit will be provided. There will be a social at the GNOTRI Club on Lakeshore Drive near West End after the meet on Saturday. Food and soft drinks will be provided. A cash bar will be available for beer and wine. There is no cost for swimmers. Guests may attend for \$10. To help in the planning of the social, please mark on the entry if you plan to attend.

Entry Fees: Cost for full participation is \$40.00. To swim only the 800, there will be a \$15 fee. A \$5.00 late fee will be charged for all entries received after November 29, 2009. **All entry fee checks must be made payable to:**

"Southern Masters Swimming"

Entries: Entries are due Sunday, November 29, 2009. Entries must be mailed or delivered to:

Meet Entry - Southern Masters Short Course Meter Championships
104 Yellowstone Street
Kenner, Louisiana 70065
E-mail to " jerothjr@cox.net "

- Use the enclosed entry form only! **Seed times must be best recent short course meter times only!**

- You can send your entry in by E-mail to " jerothjr@cox.net ", but you must send the signed paper work along with your entry check.

Scoring: Points will be awarded as follows: Individuals 9-7-6-5-4-3-2-1; Relays 18-14-12-10-8-6-4-2.

Age Groups: Individual: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc.
Relays: 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399, etc.

Awards: Ribbons will be awarded for first through third places in each age group in each individual event.

Parking: Parking is available at the UNO arena and is free.

Arena and Hotels: A separate listing with directions to the Arena and hotel/motels can be received by E-mailing to: jerothjr@cox.net. Contact the hotels for rates and specials.

For New Orleans tourism information, visit www.neworleansonline.com/

Facility Rules: **This meet is conducted on the grounds of a state university.** The University of New Orleans asks that all swimmers, spectators, and coaches comply with the following facility regulations:

1. No food allowed inside the facility.
2. No horseplay in the locker rooms or on the deck.
3. No smoking allowed anywhere inside the facility.
4. No glass containers or ice chests allowed in the facility.
5. Comply with directions given by the lifeguards or T-shirt security.
6. No banners, posters, balloons, etc. May be affixed to any part of the building.
7. Do not leave items unattended in the locker rooms.
8. Please police your area before leaving each day.

Meet Entry Form

2009 Southern Masters Short Course Meter Championships

December 4-6, 2009 University of New Orleans Arena Sanction # 249-00x

Name _____ Date of Birth _____ Age (As of 12-31-2009) _____ Sex _____

Address _____ City/State/Zip _____

E-Mail _____ Phone _____ - _____ - _____ USMS # _____

Team Name _____ Abbreviation _____

Please circle desired event numbers for all individual entries. Limit is 5 individual events per day. **The 800 freestyle counts as a Saturday event.** List best recent short course meter times in the space provided, use a "NT" if you have no time for an event. Relays are automatic for teams with a sufficient number of swimmers entered. **Relays will be entered on the day that they are scheduled to be swum.** **Entries are due on the Sunday before the meet, so as to seed meet and print heat sheets. All late entries (after Sunday) will be taken at the discretion of the referee and seeded in open lanes only.** To ensure receiving a t-shirt, entry form must be received by November 29th.

Friday, December 4th – 7:30 p.m.			
W	M	Event	Seed time
1	2	800 Freestyle (seeded together, fastest to slowest)	

Counts as one event Saturday

Saturday, December 5th – 4 p.m.				Sunday, December 6th – 11 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
3	4	50 fly		23	24	400 Free– Fastest to Slowest	
5	6	400 IM		25	26	50 back	
7	8	100 breast		27	28	100 fly	
9	10	200 free		29	30	200 breast	
11	12	100 IM		31	32	100 free	
13	14	100 back		33	34	200 back	
15	16	50 free		35	36	50 breast	
17	18	200 fly		37	38	200 IM	
19	20	200 Free Relay	xxxxxxxxxx	39	40	200 Med Relay	xxxxxxxxxx
21		200 Mixed Med Relay	xxxxxxxxxx	41		200 Mixed Free Relay	xxxxxxxxxx

MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM

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 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. (rule book article 203.1)

Signature _____ DATE _____

Fees: Full Meet \$40.00 _____ 800 free only \$15.00 _____ Late fee (after Sunday 11-29-09) \$5.00 _____

Mail hard copy of results to above address _____ E-mail results only _____ Check number _____

T-shirt size ___ S ___ M ___ L ___ XL ___ XXL Attending social? _____ # of Guests _____

Proof of USMS membership, a copy of your current registration card, copy of your application form, or filled out application form with check must accompany this entry form. Entry deadline is Sunday November 29, 2009. You must sign the liability release and enclose check payable to "Southern Masters Swimming." with your entry. For entry confirmation, enclose a stamped self-addressed post card. All entrants who list a correct E-mail address will receive confirmation when their entries are received. Mail or E-mail entries to:

Meet Entry Chairman
 Southern Masters Short Course Meter Championships
 104 Yellowstone Street
 Kenner, Louisiana 70065 **E-mail: jerothjr@cox.net**