

2010 SUN Masters Annual Valentine's Meet ~ February 13-14, 2010

Hosted by SUN Masters Swim Team, Inc. & St Petersburg/Clearwater Sports Commission

Sanctioned by Florida LMSC for USMS, Inc # 140-003

DATE & TIME: Saturday, February 13: warm-up 7 AM for 1000 free, start at 8 AM; warm-up at 10 AM for other events, start at 11 AM, Sunday, February 14: warm-up at 8 AM, meet begins at 9 AM.

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 10 of the facility's 20 short course yard lanes with Daktronics timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast.

Events 1 and 2 are limited to the first 50 to enter. Free refreshments for all swimmers. Breaks taken as needed.

ELIGIBILITY: Current USMS rules will govern. All athletes must be 18 years of age or older as of February 13, 2010, and be registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

ENTRIES & FEES: Swimmers must pre-enter by mail. **Entries must be received by Friday, February 5.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, registered team (local chapter, if applicable), age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2010 USMS registration card is attached. Entry fees are \$2.50 per individual event, \$5 per relay team, and a \$20 surcharge to cover the electronic timing system, which is non-refundable. Please make checks payable to **SUN Masters Swim Team, Inc.** and mail to the address on the entry tab. Scratches will be accepted and allowable refunds made if the Treasurer, Marianne Bradley (727) 784-0420, is notified prior to 4 PM on Wednesday, February 10.


RELAYS: Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due before events 5 and 15 on Saturday and before events 27 and 33 on Sunday.

SCORING & AWARDS: Individual High Point awards for 1st, 2nd and 3rd in all age groups (must swim five individual events to be eligible). Team awards for combined men and women 1st, 2nd and 3rd. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. **Team club awards will include individual chapters of the Florida Aquatics Combined Team, but not FACT.** Individual entries must **designate the chapter** immediately preceding their USMS registered team (ex: SUNF). **Relays of club teams must be either registered all one club or members of all one chapter and all registered FACT to count for team high point.** FACT relays from different chapters may be swum together but will not count for High Point Team awards. Notify the meet director if you would like to swim with other FACT members from different chapters on a relay – we will try to coordinate your relay entries.

ORDER OF EVENTS: (*check-in required 1/2 hour prior to event. Events 1 & 2 will be deck seeded, combined, limited to first 50 entrants, and seeded slow to fast. Events 19/20 will be deck seeded. Events 21/22 will be combined and deck seeded.

W/M	<u>Saturday, February 13</u>	W/M	<u>Sunday, February 14</u>
1/2	*1000 Freestyle	21/22	*500 Freestyle
3/4	200 Backstroke	23/24	200 Breaststroke
5/6	50 Breaststroke	25/26	50 Butterfly
7/8	200 Freestyle	27/28	100 Freestyle
9/10	100 IM	29/30	100 Backstroke
11	200 Mixed Free Relay	31	200 Mixed Medley Relay
13/14	200 Butterfly	33/34	100 Breaststroke
15/16	50 Backstroke	35/36	100 Butterfly
17/18	200 Free Relay	37/38	200 IM
19/20	*400 IM	39/40	200 Medley Relay
		41/42	50 Freestyle

LMSC Social Saturday night at the Sunset Point Restaurant (close to the Long Center). Information is in the flier on the next page.

 Fill out the information below, clip this portion of the page, and attach it to the Florida LMSC Consolidated Entry Form

Fees: Meet surcharge.....= \$ 20.00
 # events () x \$2.50.....= \$ _____
 Custom T-shirt () x \$15.....= \$ _____
 Circle size: S M L XL XXL
 TOTAL ENCLOSED.....= \$ _____

Make checks payable to **SUN Masters Swim Team, Inc.** and mail the check and the entry form with this tab attached to
 Don Puchalski
 SUN Masters
 157 Lakeview Way
 Oldsmar, FL 34677-2257

**ATTACH A COPY OF YOUR
CURRENT USMS CARD HERE.**

**BE SURE TO SIGN AND DATE
THE ENTRY FORM.**

SUNSET GRILL

RONNIE & FAMILY

2328 Sunset Point Road • Clearwater, FL 33765
(727) 723-2346 • Fax (727) 723-2336
Hours: 7:30 a.m. - 9:00 p.m.

2010 Florida LMSC Social & Awards Saturday February 13, 2010 Clearwater, FL

COST: \$10 per adult; \$5 per child (12 and under). (*Subsidized by the Florida LMSC*)

TIME: Please join us at 4:30 pm.

WHERE: Banquet Room @ Sunset Grill- 2328 Sunset Point Rd, Clearwater, FL

ALL are welcome. Please bring family and friends. Dress is casual.

MENU: Choice of seven entrees: 1. Jumbo Stuffed Ravioli Florentine (Vegetarian) 2. Chicken Breast Parmesan with Spaghetti; 3. Baked Stuffed flounder; 4. Top Sirloin Steak; 5. Fried Shrimp 6. Lamb Shanks* 7. Grilled Chicken Greek Salad. All served with soup or salad except Greek Salad. Flounder, Shrimp, Pork Loin and Top Sirloin are also served with choice of baked potato, baked sweet potato, vegetable or rice. Choice of soft drinks and assorted pies. Full Cash Bar available.

**Please indicate on your check if you want the Lamb so that enough will be available.*

CHILDREN'S MENU: Spaghetti, Fried Shrimp; Fried Fish; Hamburger; Pork Chop; Hot Dog, Mac & Cheese, Grilled Cheese or Chicken Tenders.

RESERVATIONS are required. Deadline is February 5nd. A few tickets may be sold at the door for \$15 each, but to be sure of food availability please email or call in any last minute reservation requests. **Remember that a reservation is a commitment.** Please make checks payable to Florida LMSC and include separate check with your meet entry or mail to:

SUN Masters c/o Don Puchalski; 157 Lakeview Way ; Oldsmar, FL 34677-2257, or contact Marianne Bradley (bradley@mampabay.rr.com 727-784-0420)

Recognizing the Best in 2009**

Most Valuable Swimmers of the Year - *Awarded to the top male & female swimmers selected from the top ten Florida Swimmers of the year in both long distance and pool.*

Outstanding Swimmers of the Year - *Awarded to the next four top ten swimmers, male & female.*

Top Ten Swimmers of the Year - *Awarded to the next five top ten male & female swimmers.*

Leather Lungs Award - *Awarded to all swimmers who have completed all individual events in short course yards, long course meters and short course meters and/or all five USMS postal events.*

Sue Moucha Overcoming Adversity Award - *Awarded to a swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.*

Florida LMSC Coach Award - *Honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC*

Florida LMSC Service Awards - *The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.*

Frank H. Tillotson Award - *Award by the Florida Mavericks to a swimmer for outstanding contributions to his/her own team, the Florida LMSC, the Dixie Zone and/or USMS, and the general swimming community beyond Masters.*

****Criteria for all awards are posted on the Florida LMSC web page (www.floridalmc.org)**