

**Ball State Masters Swim Club – 6<sup>th</sup> Annual New Year’s Resolution Swim Meet  
Sunday, January 31st, 2010**

Hosted by Cardinal Swimming Indiana (CSI) and Ball State Swimming and Diving

**LOCATION:** Lewellen Pool located on the campus of Ball State University in Muncie, Indiana <http://www.bsu.edu/directory/buildings/default.asp?buildingcode=LP> is the map for campus, with location #40 denoting the pool. Parking is available directly across the street in the R2 lot.

**FACILITY:** 6-lane 25-yard pool, separate diving well for warm down purposes, seating for swimmers and spectators is available in the round with full view of the pool area. Colorado V Electronic Timing System with 6 lane Colorado State-of-the-art Display Board. Hy-tek Meet Manager Software will be used for the meet.

**MEET CONDUCT:** Current USMS rules will govern the conduct of the meet.

**ELIGIBILITY:** Each swimmer is eligible to swim a maximum of five events, excluding relays. Unattached swimmers note “UNAT.” Please print all information legibly. If a swimmer is not currently registered with USMS, applications and registration fees will be taken at the meet. Only checks made out to GRIN LMSC will be accepted for USMS registration. A self-addressed stamped envelope is required for USMS registration, so that cards may be mailed out after the meet.

**AGE GROUPS:** 18-24, 25-29, 30-34, 35-39, etc and so on up to 95+

**ENTRY FEES:** A \$25 fee will be charged for those that enter the meet using this form. A flat fee of \$40 will be charged for deck entries (5 individual event limit, plus 2 relays). Refunds will only be issued for documented medical reasons or if the meet is cancelled.

**Before Deadline:** Flat Fee of \$25.00 (Postmarked by Saturday January 17<sup>th</sup>, 2009).

**After Deadline** (including Deck Entries): Flat Fee of \$40.

**Email or phone questions can be directed to:**

[sjones@bsu.edu](mailto:sjones@bsu.edu) (765) 285-5930

[dlrengers@bsu.edu](mailto:dlrengers@bsu.edu) (765) 285.3570

**Mail entries to:**

Danielle Rengers  
Office of Recreation Services  
Worthern Arena 140  
Ball State University  
Muncie, IN 47306

**SEEDING:** Each event will be seeded by the pre-entered seedtime of each swimmer; with the slower heats first. The meet will be deck seeded according to times submitted, regardless of age and gender. No time (NT) will be seeded in the slower heats. Swimmers are responsible to report to the blocks on time for their appropriate heat and lane for each

event. Heat and lane assignments for all events will be posted by 11:00am on the day of the event.

**AWARDS:** An award will be given to the first place scoring team. Individual awards will be given for first through third place by gender and age group for 18+, 25+.... through 100+. Awards will be given for relays first through third, by age group and gender.

**RESULTS:** Results will be e-mailed upon request. A sign up sheet will be available at the Awards Desk.

**ORDER OF THE MEET:** will be deck seeded according to times submitted, regardless of age and gender. Heats will run slowest to fastest, with the exception of the 500 freestyle, which run fastest to slowest. Heat and lane assignments for all events will be posted by 11:00am.

**Deck Entries:** 9:15-10:15am

**Deck entry deadline:** 10:15am Eastern Standard Time 01/31/10  
Relay cards due: 10:30am Eastern Standard Time 01/31/10

**Warm -Ups:** 10:00-11:00am

**Heat Sheet Posted:** 11:00am (participants should double check for accuracy at this time)

**Events: 11:10-3:00pm**

<Breaks as necessary defined by meet coordinator>

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

**WARM-UP & COOL-DOWN:** Entry into the pool must be feet first in a cautious manner with one hand in contact with the deck. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Warm-up and cool-down lanes will be provided. No diving will be permitted in these lanes. Instructions given by an official must be obeyed at all times. A swimmer may be disqualified at the discretion of the Meet Director or Meet Official for failure to comply with these rules.

ENTRY FORM

THE 6<sup>th</sup> ANNUAL BALL STATE UNIVERSITY NEW YEAR'S RESOLUTION SWIM MEET  
(SHORT COURSE YARDS)

Recognition # 160 R 01

Hosted by: Cardinal Swimming Indiana, Ball State University Swimming and Diving,  
and the Ball State University Office of Recreation Services

SUNDAY, JANUARY 31st, 2009

PLEASE PRINT LEGIBLY OR TYPE

Name: \_\_\_\_\_  
Gender: \_\_\_\_\_  
Birth Date: \_\_\_\_\_  
Age of Race Day: \_\_\_\_\_  
USMS Number: \_\_\_\_\_  
Team/Club: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_ Business Phone: (\_\_\_\_) \_\_\_\_\_  
E-mail: \_\_\_\_\_

PLEASE ATTACH A COPY OF YOUR CURRENT USMS CARD AND/OR YMCA  
REGISTRATION CARD

Circle the event numbers in which you would like to be entered and write your seed time to the hundredth of a second. If you do not enter a time, you will be entered as "No Time" or "NT." There is a limit of five (5) individual events, plus two (2) relays.

EVENT # / SEED TIME / EVENT

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

**ADVANCE ENTRIES:** (Postmarked by Saturday 1/23/2010) \$25 per swimmer for the meet, including relays).

**DECK ENTRIES:** (Due by 10:00AM 1/31/2010) \$40 per swimmer for the meet including relays.

**Make checks payable to:** Ball State University

**Mail entries to:** Danielle Rengers, Office of Recreation Services, Worthern Arena 140, Muncie, Indiana 47306

RELEASE TO BE SIGNED: I, the undersigned participant, intending to be legally bound, hereby verify 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 and 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 LEGAL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ANY CLAIMS FOR LOSS OR DAMAGE CAUSED BY NEGLIENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS.

ATHLETE's SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_