

31st Annual Michiana Masters Invitational Swim Meet

March 7, 2009

Hosted by the YMCA of Michiana & the Michiana Masters Swim Team
Recognized by GRIN for USMS, Inc. Recognition Number: 169 R 05

Location: YMCA of Michiana
1201 Northside Blvd.
South Bend, Indiana 46615
<http://www.michianaymca.org> ph: 574.287.9622

Facility: 6 lane 25 yard swimming pool (1 lane available for warm-up & cool down)
Deck seating available for competitors and spectators

Meet Conduct: Current USMS rules will govern the conduct of the meet

Eligibility: The meet is open to anyone 18 or older

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, ... 95+

Entry Fees: \$20.00 fee for all mail entries mailed by February 28, 2009
\$25.00 fee for all deck entries
Entry fee covers unlimited events and two relays

Mail entry forms and \$20.00 check to:

YMCA of Michiana
Attn: Amy Milliman
1201 Northside Blvd.
South Bend, Indiana 46615

Make all checks payable to **YMCA of Michiana**

For more information, contact John Bals (email: jcbals@juno.com phone: 269.353.4005)

Event Seeding: All events shall be seeded according to the pre-entered seed time of each swimmer, regardless of age or gender. In the event of multiple heats, slower heats shall be first. All no-time (NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the meet.

Awards: Ribbons shall be given for all 1st, 2nd, and 3rd place finishes

Order of Events:

Deck Entry:	11:30 - 12:30 pm			
Meet Warm-Ups:	12:00 - 1:00 pm			
Heat Sheets Posted:	12:45 pm			
Meet Starts:	1:00 pm			
Events:	1	200 Medley Relay	10	200 Breaststroke
	2	400 Individual Medley	11	100 Freestyle
	3	50 Breaststroke	12	50 Backstroke
	4	100 Butterfly	13	200 Butterfly
	5	200 Backstroke	14	100 Backstroke
	6	200 Individual Medley	15	50 Butterfly
	7	50 Freestyle	16	200 Freestyle
	8	500 Freestyle	17	100 Breaststroke
	9	100 Individual Medley	18	200 Freestyle Relay

There will be a 10 minute break after event 9

Warm-Ups: Entry into the pool must be feet-first in a cautious manner. Diving shall be permitted only in designated sprint lanes during the meet warm-up. During the meet, no diving shall be allowed in the designated warm-up/cool-down lane. Instructions given by the meet official must be obeyed at all times.

Volunteers: Volunteers for timing, marshalling, ribbons, etc. are always appreciated. Volunteers should check-in with the deck-entry table prior to the start of the meet.

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Entry Form (Please Print Clearly)

Name: _____ Gender: _____ Age: _____ Birthday: _____

Address: _____

Phone: _____ E-Mail: _____

USMS #: _____ Team: _____

USMS # required only for USMS Top Ten or record consideration
Please include a copy of your current USMS registration card

Circle the events you wish to swim and provide seed time (write "NT" for no seed time)

Swimmers may compete in as many events as they wish. All relays shall be deck entered.

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

Mail entry forms and \$20.00 entry fee by February 28, 2009 to:

YMCA of Michiana

Attn: Amy Milliman

1201 Northside Blvd.

South Bend, Indiana 46615

\$25.00 entry fee for all deck entries on the day of the meet

Make all checks payable to **YMCA of Michiana**

For more information, contact John Bals (email: jcbals@juno.com phone: 269.353.4005)

RELEASE FROM LIABILITY: 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 Article203.1)

Signature: _____

Date: _____