

**SOLANA BEACH SWIM MASTERS MARCH 29, 2009 ** SANCTION 449-MS-02-Y
SHORT COURSE YARDS MASTERS SWIM MEET**

at Boys and Girls Clubs of San Dieguito,
533 Lomas Santa Fe Drive, Solana Beach, CA 92075

2009 USMS or Foreign # _____ ATTACH legible card copy in upper right corner _____ ↑
NAME: _____ BIRTHDATE _____ ↑
ADDRESS: _____ ↑
Area Code +Telephone # _____ AGE: _____ as of 03/29/09 SEX: _____
E-mail address: _____ CLUB (or UNAT): _____

ENTRIES MUST BE RECEIVED BY: Wednesday March 18th, 2009

FLAT ENTRY FEE: \$20.00 payable to "BGSDTO" (not refundable). Late entries and day-of-race entries **WILL NOT** be accepted. The \$20 entry fee entitles swimmers to enter up to 5 individual events. Relay-only swimmers must submit entry and \$10 fee by March 18, 2009.

MAIL ENTRY, USMS CARD COPY, & ENTRY FEE payable to "BGSDTO"

Mail to ---> Kate Nowlan 533 Lomas Santa Fe Dr. Solana Beach, CA 92075

WRITE entry time next to each EVENT entered
Don't enter "NO TIME" *Limit 5 Events*

Sunday March 29, 2009

1. _____ 500 yd Freestyle
2. _____ 100 yd Backstroke
3. _____ 200 yd Individual Medley
4. _____ 200 yd Breaststroke
5. _____ 50 yd Butterfly
6. _____ 200 yd Freestyle
7. _____ 50 yd Backstroke
8. _____ 100 yd Individual Medley
9. _____ 100 yd Butterfly
10. _____ 50 yd Freestyle
11. _____ 100 yd Breaststroke
12. _____ 400 yd Individual Medley
13. _____ 200 yd Backstroke
14. _____ 100 yd Freestyle
15. _____ 50 yd Breaststroke
16. _____ 200 yd Butterfly
17. Deck Enter _____ 200 yd Women's Medley Relay
18. Deck Enter _____ 200 yd Men's Medley Relay
19. Deck Enter _____ 200 yd Mixed Medley Relay
20. Deck Enter _____ 200 yd Women's Free Relay
21. Deck Enter _____ 200 yd Men's Free Relay
22. Deck Enter _____ 200 yd Mixed Free Relay
23. _____ 1000 Free **

** 1000 yd Free event may be limited in size.

** Positive check-in will be required for the 1000 yd Free

WARM UP – 8 AM EVENTS START at 9 AM

Warm Up/Warm Down Safety Rules:

There is NO DIVING into the Pool during warm up except in the designated "one-way" sprint lane. There is NEVER any diving allowed into the pool during the meet in the warm up/warm down lanes. You must enter the pool feet first in a safe and controlled manner.

SIGN THIS LIABILITY RELEASE: This liability release must be signed before a person can be entered into the meet.

"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 SAN DIEGO-IMPERIAL LOCAL MASTERS SWIMMING COMMITTEE, 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."

SIGN

DATE _____

**Please note the special parking instructions.
See cover sheet and meet information page.**

A legible copy of your USMS card/foreign equivalent must be attached for valid entry.

**SOLANA BEACH SWIM MASTERS MARCH 29, 2009 ** SANCTION 449-MS-02-Y
SHORT COURSE YARDS MASTERS MEET**

at Boys and Girls Club of San Dieguito, Pardee Aquatics Center

533 Lomas Santa Fe Dr. Solana Beach, CA 92075

25 yard x 25 meter pool; electronic timing provided

DATES OF MEET: MARCH 29, 2009 – Sunday

Please note the special parking instructions below.

WARM-UP: 8:00 AM

START: 9:00 AM

ENTRIES DUE: RECEIVED by 18 MARCH (WEDNESDAY)

SANCTIONED BY: San Diego-Imperial Local Masters Swim Committee for United States Masters Swimming, Inc.

SANCTION number: 449-MS-02-Y

SPONSORED BY: Solana Beach Swim Masters

INFORMATION: Contact Kate Nowlan: Katharine.Nowlan@gmail.com (e-mail), 858-755-4904

FLAT ENTRY FEE: \$20.00 payable to "BGSDTO" (not refundable). Late entries and day-of-race entries WILL NOT be accepted. Swimmers may enter up to 5 individual events. Relay-only swimmers must submit entry form and \$10 fee by March 18, 2009.

MAIL ENTRY, USMS CARD COPY, & ENTRY FEE (payable to "BGSDTO")

mail to ---> Kate Nowlan, 533 Lomas Santa Fe Dr., Solana Beach, CA 92075

ELIGIBILITY: All persons holding a 2009 United States Masters Swimming (USMS) membership card or a foreign equivalent may participate provided that a legible masters card copy and completed entry form are submitted and the liability release is signed. **A copy of your current USMS or foreign Registration MUST accompany this entry form. USMS on-line membership is available at <https://www.clubassistant.com/club/USMS.cfm?i=44>. A membership form can be downloaded from the membership section of the SI LMSC web site at <http://www.simastersswim.org> or obtained from the All Sports Office, 1511 Morena Blvd, San Diego, CA 92110 (telephone 619-275-1292, call for office hours).**

INDIVIDUAL AGE GROUPS: 18-24, 25-29, 30-34, ..., in 5-year increments.

RELAYS: Submit relay entries on day of meet by posted relay entry due time. All 4 swimmers on relay must be currently registered and belong to the same USMS-member club. Unattached swimmers cannot swim relays. Relays must be composed of either 4 men, 4 women, or 2 men + 2 women. All relay swimmers must be entered in the meet.

RELAY AGE GROUP (determined by age of youngest relay member) 18+, 25+, 35+, 45+, 55+, ... 10-year increments.

RULES: 2009 USMS rules govern the competition. Age as of 03/29/09 determines competition age. Officials are certified. Failure to act in a safe or sportsman-like manner or to cooperate with the officials can result in disqualification from the meet. Entry limit is 5 individual events. Entry fee is non-refundable. Seeding is by time, with ages and sexes mixed. A positive check-in is required for the 1000 yd Free which may be limited in size (first come, first served). If you register for the 1000 yd Free after it is full, an attempt will be made to notify you in advance. All events are timed finals. Enter yards times as entry times. Please do not enter "no time;" estimate your time if necessary.

RESULTS will be posted during the meet & later at www.simastersswim.org.

SAN DIEGO-IMPERIAL LMSC meeting will take place following events.

POOL LOCATION: Doug and Marianne Pardee Aquatic Center at Boys and Girls Clubs of San Dieguito - 25 yd x 25 m, 10 lane, 9 ft deep, outdoor pool with a 6 lane warm up pool is located at 533 Lomas Santa Fe Solana Beach, CA 92075

DIRECTIONS: From north or south, take I-5. Take Exit #37 (Lomas Santa Fe Drive) and drive west (toward ocean) for about ½ mile. The pool is located on the left at 533 Lomas Santa Fe Drive.

Special Parking instructions: The facility has 128 parking spots. If they are full, use the additional overflow parking areas. **Additional overflow parking is located across the street at the Lomas Santa Fe Medical Center, 530 Lomas Santa Fe Dr. Please be careful crossing the street. Additional parking is also located adjacent to Earl Warren Middle School in the school lot off of the Stevens and San Rodolfo entrance and in the dirt staff lot (access off Stevens Road). **DO NOT PARK west of the pool** in the 505 Lomas Santa Fe building lot. **DO NOT PARK on the residential streets;** do not park on the east of the pool on the residential street. **You could be ticketed/towed in these locations.****