



United States Masters Swimming, Inc.

San Diego-Imperial Masters Swimming
2009 Long Course Championships
to be held at the
UCSD Canyonview West Pool, La Jolla, CA
Saturday, July 18, 2009



Meet Information: Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS Inc. Schedule of Events: 1 800 Freestyle, 2 50 Backstroke, 3 100 Breaststroke, 4 200 Freestyle, 5 50 Butterfly, 6 400 Individual Medley, 7 50 Freestyle, 8 200 Breaststroke, 9 100 Backstroke, 10 200 Butterfly, 11 100 Freestyle, 12 200 Individual Medley, 13 50 Breaststroke, 14 400 Freestyle, 15 100 Butterfly, 16 200 Backstroke, 17-19 200 Freestyle Relay, 20-22 400 Medley Relay, 23-25 800 Freestyle Relay, 26-28 200 Medley Relay, 29-31 400 Freestyle Relay, 32 1500 Freestyle. Entered Time (mm : ss . hh)

Liability This liability release must be signed before a swimmer 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 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."

Signature _____ Date _____
~ FOLD AND MAIL ENTIRE ABOVE ENTRY FORM WITH PAYMENT AND LEGIBLE COPY OF 2009 USMS CARD ~

San Diego - Imperial Masters Swimming 2009 Long Course Championships

Saturday, July 18, 2009, Sanction # 449-MS-06-L

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| Sanction | Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS Inc., Sanction #: 449-MS-06-L |
| Date/Time | Saturday, July 18, 2009, 8:00 am warm-up, 9:00 am start |
| To Be Held At | UCSD Aquatic Center Canyonview West Pool, La Jolla, CA (http://sportsfac.ucsd.edu) Outdoor 50-meter pool with eight lanes, 8' wide & 7' deep, warm-up/warm-down lane. |
| Directions | From Interstate 5: Exit at Genesee Ave, go east, turn right at Campus Point Dr, turn right at Voigt Dr, cross over I-5, the pool is on your right. Parking is free in student lots on weekends; use Lots #506, 403, 510, or 701(http://sportsfac.ucsd.edu/home/maps). |
| Eligibility | All persons holding a 2009 United States Masters Swimming (USMS) membership card or foreign equivalent may participate if a completed entry form and legible masters card copy are submitted with signed liability release. USMS membership is available on-line at https://www.clubassistant.com/club/USMS.cfm?i=44 ; from the All Sports Office, 1511 Morena Blvd, San Diego, CA 92110 (open 4hrs/day, M-F, 619-275-1292); or by mailing form found at http://www.simasterswim.org/SI-USMS-RegMember-Form.pdf . |
| Entry Fee | \$25 individual flat fee payable to Kenton Jones; "Relay Only" swimmer flat fee is \$10. There will be NO REFUNDS for cancellations or no shows for any reason. |
| To Enter | Mail completed entry form above w/ signed liability release, a clear copy of your 2009 USMS/foreign card, & check to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123 |
| Key Dates | July 11, 2009 (Sat): Entry Postmark Deadline July 15, 2009 (Wed): Entry Receipt Deadline (there will be NO day of meet entries) July 16, 2009 (Thu): Psyche Sheets e-mailed to entire meet roster |
| Rules | USMS Rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A USMS Rule Book will be available on deck. |
| Warm-Up\ Warm-Down | NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up and warm-down lanes. |
| Events | Swimmers may enter up to 5 individual events. Enter accurate meters times or estimates; do not omit an entry time or enter "no time." |
| Check-In | Check-in is required for the 800 & 1500 m Freestyle. Check-in closes at 8:45 am for the 800 and at the end of Event 16 for the 1500. All other events are pre-seeded. |
| Age Groups | Individual Events: 18-24, 25-29, 30-34, 35-39, ... in five-year increments as needed. |
| Seeding | All events are seeded slow to fast by entry time regardless of age or gender. |
| Timing | Electronic Timing - Colorado Timing System 5 and two timers per lane. All clubs and participants are requested to assist with backup stopwatch timing during the meet. |
| Relays | Relays are no charge and deck entered. Relay-only swimmers must submit a completed entry form with signed liability release, a USMS card copy, & \$10 relay-only entry fee. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women, 4 men, or 2 women & 2 men (mixed). A swimmer may swim only once per relay event. Cumulative age of relay members determines relay age group: 72-99, 100-119, 120-159, 160-199, ... in forty-year increments as needed. |
| Information | Visit http://www.simasterswim.org for Entry Form and post-meet results. Questions? Contact Kenton Jones, Meet Director, (858) 243-3960, kerujo@aol.com |
| SI Meeting | A San Diego-Imperial LMSC meeting will take place following the meet. |