



DIFFERENT STROKES SWIM TEAM

25TH ANNIVERSARY SHORT COURSE YARDS SWIM MEET

SATURDAY, SEPTEMBER 11, 2010



Sanction: Sanctioned by San Diego-Imperial (SI) Local Masters Swimming Committee (SI LMSC) for USMS Inc., Sanction #: 440-MS-06-Y

Host: Different Strokes Swim Team

Location: Brian Bent Memorial Aquatics Complex – 818 Sixth Street, Coronado, CA 92118

Date/Time: Saturday, September 11, 2010, 9:00 am warm-up, 10:00 am start

Entry Fee: Mail Entry: \$30 flat fee with completed entry postmarked by September 3, 2010.
Deck Entry: \$40 flat fee with completed entry provided by 9:30 am on day-of-meet.

To Enter: Submit (1) this completed form with signed liability release, (2) a clear copy of your 2010 USMS or foreign card, and (3) mail a check payable to “DSST” to: DSST 25th Anniversary Swim Meet, c/o James Coloma, 7710 Hazard Center Drive, Suite E #224, San Diego, CA 92108.
Online entry available at: <http://www.dsst.org/>

Questions: Meet Director: James Coloma – (619) 742-0969 – meets@dsst.org

Name: _____ **USMS #:** _____ - _____
(or foreign equivalent)

Phone: _____ - _____ - _____ **E-MAIL:** _____

Address: _____

Club Name: _____ **Club Abbr.:** _____

Birth Date: ____ / ____ / _____ **Age*:** ____ **Gender:** M ___ F ___
*age on 09/11/2010

Limit 5 events; write accurate entry time or estimate next to event; do not omit time or enter “no time.”
Relays will be deck entered at meet.

Event	Entry Time
1. 500 Free	___ : ___ . ___
2. 100 IM	___ : ___ . ___
3. 100 Breast	___ : ___ . ___
4. 50 Back	___ : ___ . ___
5. 100 Fly	___ : ___ . ___
6. 50 Free	___ : ___ . ___
7. 400 Free Relay	

Event	Entry Time
8. 400 IM	___ : ___ . ___
9. 100 Back	___ : ___ . ___
10. 200 Fly	___ : ___ . ___
11. 50 Breast	___ : ___ . ___
12. 200 Free	___ : ___ . ___
13. 200 Medley Relay	

Event	Entry Time
14. 200 IM	___ : ___ . ___
15. 200 Breast	___ : ___ . ___
16. 50 Fly	___ : ___ . ___
17. 200 Back	___ : ___ . ___
18. 100 Free	___ : ___ . ___
19. 200 Free Relay	

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 INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be covered by the rules of USMS.” (USMS Rule Book article 203.1)

SIGNATURE: _____ **DATE:** _____

~~ RETURN ENTIRE ABOVE ENTRY FORM ~~

DIFFERENT STROKES SWIM TEAM 25TH ANNIVERSARY SHORT COURSE YARDS SWIM MEET
SATURDAY, SEPTEMBER 11, 2010, SANCTION # 440-MS-06-Y

<u>Date/Time:</u>	Saturday – September 11, 2010 – 9:00 AM Warm-Up – 10:00 AM Start
<u>Location:</u>	Brian Bent Memorial Aquatics Complex, 818 Sixth Street, Coronado, CA 92118.
<u>Entry Fee/</u>	Mail Entry: \$30 flat fee with completed entry postmarked by September 3, 2010.
<u>Due Dates:</u>	Deck Entry: \$40 flat fee with completed entry provided by 9:30 am on day-of-meet.
<u>To Enter:</u>	Submit (1) this completed form with signed liability release, (2) a clear copy of your 2010 USMS or foreign card, and (3) mail a check payable to “DSST” to: DSST 25 th Anniversary Swim Meet, c/o James Coloma, 7710 Hazard Center Drive, Suite E #224, San Diego, CA 92108. Online entry also available at: http://www.dsst.org/
<u>Eligibility:</u> (NOTE: 2010 USMS Card Required)	All persons holding a 2010 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. 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.SIMasterSwim.org .
<u>USMS Rules:</u>	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.
<u>Warm-Up & Warm-Down Rules:</u>	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.
<u>Age Groups:</u>	18 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, ... in five year increments as high as needed
<u>Seeding:</u>	All event heats are seeded slow to fast by entry time regardless of age or gender.
<u>Events:</u>	Swimmers may enter up to 5 individual events; enter accurate times or estimates, do not omit an entry time or enter “no time.” Relays will be deck entered at the meet.
<u>Awards:</u>	Awards will be given to the top 3 finishes of both individual and relay events. In addition, the top scoring team will be awarded the DSST 25 trophy.
<u>Pool:</u>	Outdoor 25-yard pool. There will be eight competition lanes, a bulkhead buffer, and eight warm-up/warm-down lanes during the meet. The 25 yard competition course runs the width of the 50 m pool.
<u>Timing:</u>	Electronic Timing – Colorado Timing System 5.0
<u>Online:</u>	USMS Membership, entry Forms, & Post Meet Results: http://dsst.org/
<u>Directions:</u>	<u>From I-5 Southbound:</u> Merge onto CA-75 South toward Coronado; Turn left onto Orange Avenue/CA-75 South; Turn right onto Sixth Street. <u>From I-5 Northbound:</u> Merge onto CA-75 South via Exit 14A toward Coronado; Turn left onto Orange Avenue/CA-75 South; Turn right onto Sixth Street.
	The Brian Bent Memorial Aquatics Complex, located at 818 Sixth Street, is on the south side of Sixth Street and parking is available in the parking lot on the north side of Sixth Street (directly across from the pool) or on the street. Overflow parking is available in Coronado High Schools parking lot. All parking is free.
<u>SI LMSC Meeting</u>	San Diego-Imperial Local Masters Swimming Committee, SI LMSC, will be holding a meeting following the meet and either at or adjacent to the pool.
