

2009 NORTH COUNTY SAN DIEGO SCM MEET

DATE	TIME	LOCATION	ENTRY FEE	CONTACT
SUNDAY NOVEMBER 1 2009	8:00 AM WARMUP 9:00 AM START	BOYS & GIRLS CLUB OF SAN DIEGUITO	\$20 ONLINE/MAIL \$30 DECK ENTRY \$10 RELAY ONLY	KENTON JONES kerujo@aol.com (858) 243-3960

Pardee Aquatics Center 25-Meter Pool - 533 Lomas Santa Fe Dr, Solana Beach, CA 92075
 Online Entry: https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=1795
 Mail Entry: Send completed and signed form with payment & legible copy of 2009 USMS Card to:
 Kenton Jones, 8611 Neva Ave, San Diego, CA 92123 (Entry Deadline: Received by Friday, 10/30/09)
 Sanction #449-MS-08S by San Diego-Imperial Local Masters Swimming Committee for USMS Inc.

#	SCHEDULE OF EVENTS EVENT	ENTRY TIME (MM : SS . HH)	SWIMMER INFORMATION (MUST MATCH 2009 USMS CARD)
1	400 m Freestyle	___ : ___ . ___	Name: _____
2	100 m Individual Medley	___ : ___ . ___	USMS #: _____ - _____
3	100 m Breaststroke	___ : ___ . ___	(or foreign equivalent)
4	200 m Butterfly	___ : ___ . ___	Club Name: _____
5	50 m Freestyle	___ : ___ . ___	Address: _____
6	100 m Backstroke	___ : ___ . ___	City/ST/Zip: _____
7	400 m Individual Medley	___ : ___ . ___	Phone: (_____) _____ - _____
8	50 m Breaststroke	___ : ___ . ___	E-Mail: _____
9	100 m Butterfly	___ : ___ . ___	Birth Date: ___ / ___ / _____
10	200 m Freestyle	___ : ___ . ___	Age*: ___ (*as of December 31, 2009)
11	50 m Backstroke	___ : ___ . ___	Gender: ___ Male - Female
12	200 m Individual Medley	___ : ___ . ___	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 _____
13	200 m Breaststroke	___ : ___ . ___	
14	50 m Butterfly	___ : ___ . ___	
15	100 m Freestyle	___ : ___ . ___	
16	200 m Backstroke	___ : ___ . ___	
17-19	400 m Medley Relay *	(W,M,Mx-deck enter)	
20-22	200 m Medley Relay *	(W,M,Mx-deck enter)	
23	800 m Freestyle **check in	___ : ___ . ___	
24-26	400 m Freestyle Relay *	(W,M,Mx-deck enter)	
27-29	200 m Freestyle Relay *	(W,M,Mx-deck enter)	
30-32	800 m Freestyle Relay *	(W,M,Mx-deck enter)	
33	1500 m Freestyle **check in	___ : ___ . ___	
Swimmers may enter up to 5 individual events; enter accurate times or estimates, do not omit an entry time or enter "no time." (*swimmers may swim a gender or a mixed relay)			

2009 NORTH COUNTY SAN DIEGO SCM MEET

Sunday, November 1, 2009, Sanction # 449-MS-08-S

Sanction by	San Diego-Imperial Local Masters Swimming Committee for USMS Inc.
Date/Time	Sunday, November 1, 2009, 8:00 am warm-up, 9:00 am start
To Be Held At	Boys & Girls Club of San Dieguito Pardee Aquatic Center, 533 Lomas Santa Fe Dr, Solana Beach, CA 92075 (http://www.positiveplacesd.org) Outdoor 25-meter pool with nine 8' wide & 7' deep lanes for racing and warm up/down.
Directions	From Interstate 5: In Solana Beach, exit at Lomas Santa Fe Drive, go west, facility is on your left after Stevens Ave. Parking is free in the main lots.
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 , by mailing to All Sports Office until 9/25, and by mailing to SI LMSC, PMB #244, 5666 La Jolla Blvd, La Jolla, CA 92037, after 9/25. Form: http://www.simasterswim.org/SI-USMS-RegMember-Form.pdf .
Entry Fee	\$20 individual pre-meet flat fee; \$30 individual deck entry fee; "Relay Only" swimmer flat fee is \$10. There will be NO REFUNDS (i.e. cancellations/no shows).
To Enter	Online: https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=1795 Mail: Send entry form above w/ signed liability release, a legible copy of your 2009 USMS/foreign card, & check to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
Deadline/Key Dates	Friday, October 30, 2009: Entry Received By or Online Entry Due Date. Psych Sheets will be e-mailed to entire meet roster on Saturday, October 31, 2009.
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 short course meter (25-meter course) 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 the end of Event 13 for the 800 and 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 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 will be deck-entered by team representatives. Relay-only swimmers must enter the meet online or by mail. 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 either a gender or a mixed relay of a particular distance for medley and free relays. 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.