

***** ↑ RETURN ENTRY FORM PORTION (FIRST PAGE) ↑ ***** ↓ MEET INFORMATION BELOW ↓ *****

SWIM SMARTER MASTERS APRIL 8-10, 2006 ** SANCTION 446-MS-01Y
2006 SOUTHWEST ZONE SHORT COURSE YARDS CHAMPIONSHIPS
at COGGAN FAMILY AQUATIC COMPLEX, 800 Nautilus St, La Jolla, CA 92037
25 yard x 50 meter pool next to La Jolla High School; Electronic timing provided.

DATES OF MEET: APRIL 8, 9, and 10, 2006 – Saturday, Sunday, and Monday

WARM-UP: 8:00 AM START: 9:00 AM

ENTRIES DUE: RECEIVED by 29 MARCH (WEDNESDAY)

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

SANCTION number 446-MS-01Y

SPONSORED BY: SWIM SMARTER MASTERS, San Diego Swim Masters, and the San Diego-Imperial LMSC

INFORMATION: Dan Peck 858-486-0414, E-mail "dan(at)swimsmarter(dot)com"

For additional information, check the web site: <http://www.swimsmarter.com/>

FLAT ENTRY FEE: \$40.00 payable to "Swim Smarter" (not refundable). Late entries and day-of-race entries WILL NOT be accepted. The \$40 entry fee entitles swimmers to enter up to 4 individual and 2 relay events per day. Relay-only swimmers must submit entry and \$40 fee by March 29, 2006.

MAIL ENTRY, USMS CARD COPY, & ENTRY FEE (payable to "Swim Smarter"):

to ---> **DAN PECK, 10855 SERAFINA LANE #33, SAN DIEGO, CA 92128**

ELIGIBILITY: Masters swimmers with valid 2006 United States Masters Swimming (USMS) Registration or foreign equivalent may participate. **A copy of your current (2006) USMS or foreign Registration MUST accompany this entry form.** USMS registration is available from the All Sports Office, 1511 Morena Blvd, San Diego 92110; 619/275-1292.

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 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: 2006 USMS rules govern the competition. Age as of 04/10/06 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 4 individual events and 2 relay events per day. Entry fee is non-refundable. Seeding is by time, with ages and sexes mixed. The 1000 and 1650 yard Free events may be limited in size if necessary (on a first come, first served basis). If you register for the event 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. A consolidated entry card may be used. **SESSIONS:** Each session (Saturday-Monday) starts at 9 am (warm up 8am).

AWARDS: Individual High Point Awards will be given for the meet. **SCORING:** The top eight places with each age group and sex will score points: 9-7-6-5-4-3-2-1. **RESULTS** will be posted during the meet & later at www.simastersswim.org.

SAN DIEGO-IMPERIAL LMSC meeting & election of USMS convention delegates on Saturday, April 8 following events.

POOL LOCATION: Coggan Family Aquatic Complex 25 yard x 50 meter outdoor pool is located at 800 Nautilus, La Jolla, CA, 92037, on the northwest corner of Nautilus and Fay Avenue adjacent to and east of La Jolla High School.

DIRECTIONS: **From the north,** take I-5, exit west onto La Jolla Village Drive. Turn left at Torrey Pines Rd. Continue on Torrey Pines for about 3.2 miles. Turn left at Girard ("T" intersection with a light), turn immediately right onto Pearl, and turn immediately left onto Fay Avenue; drive about 0.5 mile. The pool and parking are located on the right.

From the south, take I-5, exit west onto La Jolla Parkway (formerly Ardath). La Jolla Pkwy becomes Torrey Pines Rd (just before the La Jolla Shores intersection). Continue on Torrey Pines Rd about 1.1 miles. Turn left at Girard ("T" intersection), turn immediately right onto Pearl, and turn immediately left onto Fay Avenue; drive about 0.5 miles. The pool and parking are located on the right just before the intersection of Fay and Nautilus.

Alternate "from north or south," take I-5, exit at Grand/Garnet Ave; turn west (toward ocean) at Garnet, turn right onto Soledad Mt Road. Turn Left onto La Jolla Scenic Drive South and immediately turn right onto Nautilus. Turn Right on Fay. The pool and parking are located on the northwest corner of Fay and Nautilus. Pool access and parking are from Fay Ave.