

The 3rd Annual
Dayton Area Sharks
Holiday Masters
Swim Meet and
Pentathlon

University of Dayton
Recreation Complex
2 Evanston St
Dayton, Ohio 45469

Saturday, December 6, 2008

WARM UPS BEGIN AT 11:00 am
COMPETITION BEGINS AT 12:10 pm

SEE ATTACHED INFORMATION
OR CALL Cody Rasmussen (937) 304-6703

**THE THIRD ANNUAL DAYTON AREA SHARKS
HOLIDAY MASTERS SWIM MEET AND PENTATHLON**

(SHORT COURSE YARDS)

Saturday, December 6, 2008

Sanctioned by Ohio LMSC and USMS, Inc. Sanction # 234-008

HOST TEAM Dayton Area Sharks

CONTACT Cody Rasmussen, (937) 304-6703
cody@daytonareasharks.com

LOCATION University of Dayton Recreation Complex
2 Evanston St.
Dayton, OH 45469

FACILITY

The University of Dayton offers a 25-yard by 8 lane pool. Six lanes with a depth of 7 feet will be used for the competition. Two lanes will be available for continuous warm up/warm down. Daily lockers are available to swimmers with their own lock.

ELIGIBILITY

Open to all swimmers who are registered with USMS. Each swimmer is responsible for his/her USMS card and will be required to show it upon request by officials. To enter the meet, a copy of the swimmers current USMS registration card MUST accompany the entry form. The meet entry form should display your registered name, number, and team name, according to your USMS card. Unattached swimmers note "UNAT." If a swimmer is not currently registered with USMS, applications and registration fees will be taken at the meet. Only checks made out to Ohio LMSC will be accepted for USMS registration.

AGE

The age reported on your entry form must reflect your age the day of the meet, December 6, 2008.

ENTRY FEES

A fee of \$20 will be charged for advance entries using the attached entry form. Advance entries must be received on or before 2 December 2008. A flat fee of \$30 will be charged for deck entries. Each swimmer can sign up for a **maximum of five individual events** and three relay events. **Those swimmers interested in racing in the pentathlon must sign up for all five individual events of the pentathlon (Event #3, #7, #12, #15, and #18).** Pentathlon swimmers are still allowed to swim up to three relay events in addition to the five individual pentathlon events. The pentathlon final results shall be created by adding each swimmer's time in the 50 fly, 50 back, 50 breast, 50 free, and the 100 IM to result in one final pentathlon time.

REGISTRATION

All individuals must complete an entry form and sign the waiver at the bottom of the entry form.

For early registration, mail your entry to the following address and enclose a payment by check made out to **Dayton Area Sharks.**

Cody Rasmussen
1121 Doe Circle
Fairborn, OH 45324

Deck entries will be accepted between 11:00 AM and 11:25 AM the day of the meet.

RELAYS

All relays are deck entered. Relay categories may include men (all male participants), women (all female participants), and mixed (a minimum of two female participants). The youngest age of the four relay team members shall determine the age group (e.g. 18+, 25+, 35+, 45+, etc...). Official relay cards are to be picked up from the timing table and then filled out by a team representative. The relay representative should print legibly all information required. Each card should include the swimmer's name as on the USMS registration card in relay order; first name, last name, age and gender. Relay cards shall be returned to the timing table by 11:25 AM on the day of the meet.

SEEDING & LANE ASSIGNMENTS

Each event will be seeded by the pre-entered seedtime of each swimmer; with the slower heats first. In the 500 freestyle event, the heats will start with the fastest heats and end with the slower heats. The meet will be deck seeded according to times submitted, regardless of age and gender. No Times (NT) will be seeded in the slower heats. Swimmers are responsible to report to the blocks on time for their appropriate heat and lane for each event. Heat and lane assignments for all events will be posted by 12:05 PM on the day of the event.

AWARDS

Individual and relay awards will be given for first through third place by gender and age group for 18-24, 25-29, 30-34, 35-39, 40-44, etc... Trophies will be given to pentathlon winners in each of these age groups.

ORDER OF EVENTS

#	Event	#	Event
1	800 Freestyle Relay	11	400 Medley Relay
2	200 Medley Relay	12	50 Breaststroke (<u>Pentathlon Event #3</u>)
3	50 Butterfly (<u>Pentathlon Event #1</u>)	13	100 Freestyle
4	100 Backstroke	14	200 Butterfly
5	200 Breaststroke	15	50 Freestyle (<u>Pentathlon Event #4</u>)
6	200 Individual Medley	16	100 Butterfly
7	50 Backstroke (<u>Pentathlon Event #2</u>)	17	200 Backstroke
8	100 Breaststroke	18	100 Individual Medley (<u>Pentathlon Event #5</u>)
9	200 Freestyle	19	200 Freestyle Relay*
10	400 Freestyle Relay*	20	500 Freestyle

* Ten minute break.

Heat Sheet Posted: 12:05 PM (participants should double check for accuracy at this time).

WARM-UP & COOL-DOWN

Entry into the pool must be feet first in a cautious manner with one hand in contact with the deck. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Warm-up and cool-down lanes will be provided. No diving will be permitted in these lanes. Instructions given by an official must be obeyed at all times. A swimmer may be disqualified at the discretion of the Meet Director or Meet Official for failure to comply with these rules.

MEET TIME-LINE

11:00 AM Warm-Up Begin
Deck Registration Opens
11:25 AM Relay Cards Due
Deck Registration Closes
12:00 PM Warm-Up in Competition Lanes Ends
12:05 PM Heat Sheets Posted
12:10 PM Meet Begins

DIRECTIONS

University of Dayton Recreation Complex
2 Evanston Ave.
Dayton, OH 45409

From I-75: Take Exit 52 and get on US-35 going East

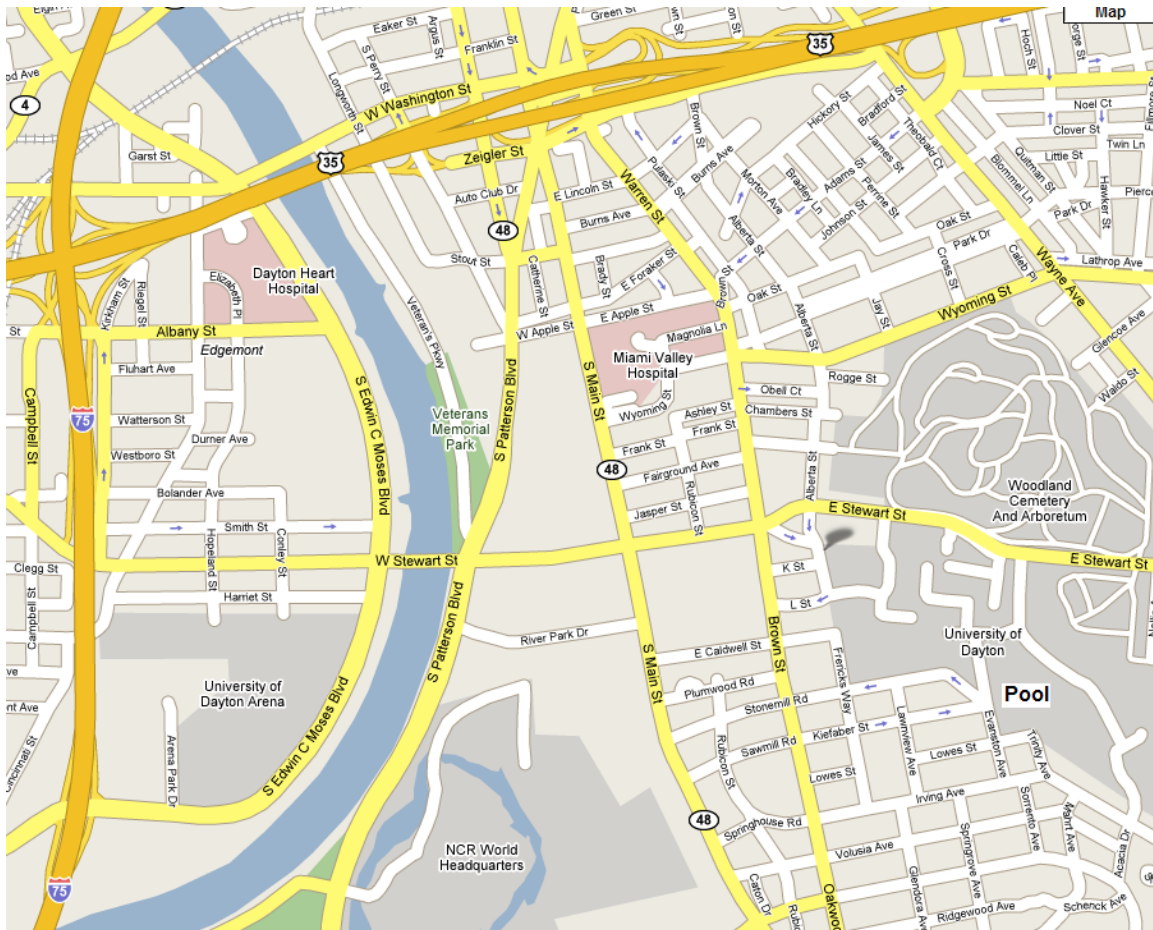
Take the Jefferson/Main St. Exit

Turn south after taking exit and get on Warren St.

Warren St. will turn into Brown St.

Turn left onto Kiefaber Street.

Follow Kiefaber to the University of Dayton Recreation Complex. Parking is available in Parking Lot C which is adjacent to the facility.



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NAME _____ GENDER _____

BIRTHDATE _____ AGE _____

USMS Number _____ TEAM _____

ADDRESS _____

CITY, STATE _____ ZIP _____

HOME PHONE (____) _____ BUSINESS PHONE(____) _____

E-MAIL _____

ATTACH A COPY OF CURRENT USMS CARD

Circle the event numbers in which you would like to be entered and show your seedtime to the hundredth of a second. If you do not enter a time you will be entered with a "NT."

#	Entry Time	Event	#	Entry Time	Event
1		800 Freestyle Relay	11		400 Medley Relay
2		200 Medley Relay	12		50 Breaststroke (P)
3		50 Butterfly (P)	13		100 Freestyle
4		100 Backstroke	14		200 Butterfly
5		200 Breaststroke	15		50 Freestyle (P)
6		200 Individual Medley	16		100 Butterfly
7		50 Backstroke (P)	17		200 Backstroke
8		100 Breaststroke	18		100 Individual Medley (P)
9		200 Freestyle	19		200 Freestyle Relay*
10		400 Freestyle Relay*	20		500 Freestyle

(P) Marks a Pentathlon Event (Pentathlon participants must sign up for all five pentathlon individual events).

ADVANCE ENTRIES (received by 12/02/08): \$20 per swimmer for the meet including three relays _____

DECK ENTRIES (due by 11:25 AM 12/06/08) \$30 per swimmer for the meet including three relays _____

RELEASE TO BE SIGNED

I the undersigned participant, intending to be legally bound, hereby verify 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 and 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 LEGAL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ANY CLAIMS FOR LOSS OR DAMAGE CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES 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 and be governed by the rules of USMS.

SIGNATURE: _____ DATE: _____