

South West Ohio Masters Swimming Meet

Hosted by: SOUTHWEST OHIO MASTERS and MILFORD AREA SWIM TEAM
MILFORD HIGH SCHOOL –SATURDAY, February 28, 2009
SANCTIONED BY THE OHIO LMSC, INC. Sanction # 235-009

Schedule: Warm up for the 1650 at 10:30am. 1650 begins at 11:00am. Deck entries begin at 12 noon and close at 1:00pm. Warm-ups begin no earlier than 12:30. **The meet will begin no earlier than 1:30pm. 1650 schedule will be confirmed via email.**

Pool: **Milford High School, see map.** 25 yd, 6 lanes, non-turbulent lane dividers, automatic timing and 6 lane display. 5 lanes will be used for competition with one warm down lane. A great, fast pool with a Colorado graphic display board.

Eligibility: All swimmers must be registered with United States Masters Swimming, Inc. for this year. A **photocopy of current USMS registration card** MUST accompany entry. Any swimmer who is not registered with USMS may not compete. Application forms will be available at the meet.

Entry Procedure: Entry fee is \$20.00 **total** for up to 5 individual events for advance entries, \$25.00 for deck entries. **NO CHARGE for relays.** Swimmers may enter up to 5 individual events and 2 relays. Make checks payable to **S.W.O.M.** Mail entries to: David Abineri, 5791 Observation Ct, Milford, OH 45150. Home Phone 513-248-0590, email dabineri@fuse.net. Entries and fees must be **received** by **Thurs, FEBRUARY 26TH** to be eligible for the advance entry fee.
NO DECK ENTRIES FOR THE 1650.

Meet Conduct: The meet will be run according to USMS rules. All events will be timed finals. **All events will be seeded slowest to fastest except the 500yd freestyle.** Seeding will be based on times submitted regardless of age or sex. Heat sheets will be posted and distributed to everyone prior to the start of the meet. There will be a positive check-in for the 500yd freestyle. Swimmers **must** reconfirm their intent to swim this event. **We will run at most 3 heats of the 1650YD freestyle, first 15 entered will swim. The 1650 starts at 11:00am, followed by warm up for the remainder of the events not before 12:30. Swimmers accepted will be notified by email. 1650yd freestyle swimmers should have with them someone able to be a backup timer/counter.**

Awards: Awards will be given to the top 3 finishes in each event in each age group

Warm up/Warm down: All participants are expected to follow USMS and Ohio LMSC rules for warming up and down. Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck. No diving except in designated sprint lanes; swim circles keeping to the right; no hand paddles. During the meet, one lane will be available for continuous warm-up/warm-down. Absolutely no diving will be permitted in this lane. swimmer may be disqualified at the discretion of the Meet Director or Meet Officials for failure to comply with these rules.

LAST YEAR'S WINNER – NONE, SNOW STORM!

PLEASE PRINT YOUR NAME EXACTLY AS IT APPEARS ON YOUR USMS CARD

NAME _____ AGE _____ SEX _____ DOB _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ TEAM NAME _____

HOME PHONE _____ CURRENT USMS# _____ TEAM INITIALS _____

EMAIL _____ (1650 Swimmers must have email)

CIRCLE EVENT #'S AND GIVE SEED TIME OR NT FOR EACH EVENT ENTERED:

**CIRCLE
NUMBERS**

**ENTER
TIME**

And

**SIGN
BELOW**

**Include
your**

**TEAM
NAME
&INITIALS**

above

- | | | <u>SEED TIME</u> |
|-----|---------------------|-------------------|
| 1. | 1650YD FREESTYLE | _____ |
| 2. | 400 YD FREE RELAY | <u>DECK ENTER</u> |
| 3. | 100 YD I.M. | _____ |
| 4. | 200 YD BUTTERFLY | _____ |
| 5. | 50 YD BACKSTROKE | _____ |
| 6. | 100 YD BREASTSTROKE | _____ |
| 7. | 200 YD FREESTYLE | _____ |
| 8. | 50 YD BUTTERFLY | _____ |
| 9. | 100 YD BACKSTROKE | _____ |
| 10. | 200 YD BREASTSTROKE | _____ |
| 11. | 400 YD I.M. | _____ |
| 12. | 50 YD FREESTYLE | _____ |
| 13. | 200 YD BACKSTROKE | _____ |
| 14. | 100 YD BUTTERFLY | _____ |
| 15. | 50 YD BREASTSTROKE | _____ |
| 16. | 200 YD I.M. | _____ |
| 17. | 100 YD FREESTYLE | _____ |
| 18. | 200 YD MEDLEY RELAY | <u>DECK ENTER</u> |
| 19. | 500 YD FREESTYLE | _____ |

*SIGN
BELOW
PLEASE*

_____ # events @ \$20 total for advance entries (\$25 for deck entries) = _____ Total Amount Enclosed

Mail to: David Abineri, 5791 Observation Ct., Milford, OH 45150, Payable to: S.W.O.M.

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 the possibility of permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF 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.

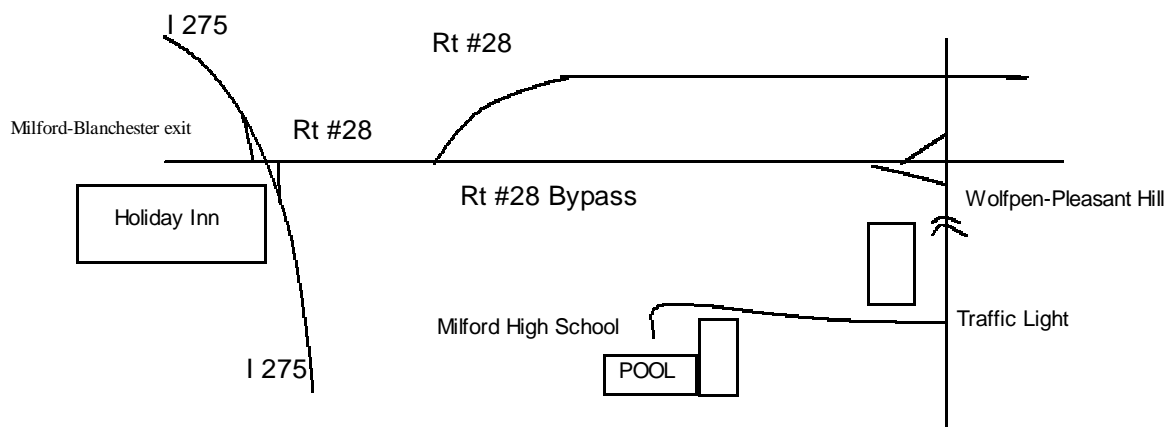
Signature _____ Date _____ (Attach a copy of your current USMS registration card)

Order of Events:

1. 1650YD FREESTYLE
2. 400 YD FREE RELAY
3. 100 YD I.M.
4. 200 YD BUTTERFLY
5. 50 YD BACKSTROKE
6. 100 YD BREASTSTROKE
7. 200 YD FREESTYLE
8. 50 YD BUTTERFLY
9. 100 YD BACKSTROKE
10. 200 YD BREASTSTROKE
11. 400 YD I.M.
12. 50 YD FREESTYLE
13. 200 YD BACKSTROKE
14. 100 YD BUTTERFLY
15. 50 YD BREASTSTROKE
16. 200 YD I.M.
17. 100 YD FREESTYLE
18. 200 YD MEDLEY RELAY
19. 500 YD FREESTYLE

Take I-71 to I-275 north of Cincinnati. Follow I-275 east to the Milford-Blanchester exit (exit #57) about 7mi. Turn left (east) onto Rt#28 follow the 28 bypass about 2 miles. Exit at Wolfpen Pleasant Hill, school is on right about 1.5 miles.

1650 schedule will be confirmed via email.



ATHLETE'S RELEASE - MUST BE SIGNED