



## *Southern Masters Swimming* *Short Course Meters Championships - November 21-23, 2008*

**Sanctioned By:** Southern Masters Swimming for United States Masters Swimming, Inc. Sanction # Pending

**Hosted By:** Red River Masters

**Meet Referee:** Linda Cleveland      **Meet Director:** Bill Cleveland

**Entry Chairman:** Janet Martin, 620 Prospect #3, Shreveport, LA 71104  
Phone: (318) 208-0857  
E-mail: [jmartin108@msn.com](mailto:jmartin108@msn.com)

**Location:** LSU – Shreveport Natatorium, Health and Physical Education Building  
One University Place, Shreveport, LA 71115 (map at <http://www.lsus.edu/map/> )  
Directions and pool photo at [http://www.redrivermasters.com/rrm\\_pool.html](http://www.redrivermasters.com/rrm_pool.html)

**Date & Times:** Friday, November 21<sup>st</sup>      Warm-ups = 5:30 PM; Events =6:30 PM  
Saturday, November 22<sup>nd</sup>      Warm-ups = 8:30 AM; Events = 9:30 AM  
Sunday, November 23<sup>rd</sup>      Warm-ups = 8:30 AM; Events = 9:30 AM

**Facilities:** Indoor 6 lane 30-meter pool with non-turbulent racing lane ropes. All races conducted on a verified, record-eligible, fully 25-meter course with bulkhead and a depth of 4 to 12 feet. Warm-up lane will be available during the meet each day. Shower and locker facilities are available. **Bring your own lock!**

**Timing:** Automatic timing system with touch pads will be the primary system. Secondary system will be manual-electronic with 1 button and 1 digital watch per lane.

**Rules:** Current United States Masters Swimming technical rules and code of regulations will govern this meet.

**Conduct of Meet:**

- All events, **except the 1500, 800, and 400 freestyle**, will be timed finals and seeded slowest to fastest by submitted entry times.
- The 800 & 400 freestyle events will be deck seeded with women & men seeded by time in each heat.  
Check- in will close 20 minutes prior to these events.
- The 1500 free will swim Friday night (3 heats) and Saturday morning (all remaining heats) with women and men seeded in each heat. The first 15 entrants requesting Friday night will be seeded in the 3 heats fastest to slowest. All others will be seeded in heats on Saturday morning fastest to slowest. Late entrants, after the deadline will be seeded last on Saturday.
- Entries are due on Monday, November 17<sup>th</sup>.
- **All late entries (received after 11-17-2008) will be taken at the discretion of the Meet Director and seeded in open lanes only.**
- **Late entries must pay an additional fee of \$3.00.**
- There will be no changing of events after entry deadline.
- All participating swimmers will receive a copy of the meet heat sheet.
- Psyche sheets/ heat sheets will be posted on Southern Masters website.

**Results:** Results will be posted at the SMS website and can be individually e-mailed upon request. All requests for individual e-mail can be made either by checking the box on the meet entry form or submitting a request to receive an e-mail copy of the meet results with your name and e-mail address.

**Eligibility:** All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of December 31, 2008.  
- **Include a copy of your current USMS registration card or registration application form with your signed entry form.**

- If your entry is close to the deadline, and you are not registered, register on-line at [www.usms.org](http://www.usms.org) or send your filled out registration application and separate check in with your signed entry.
- If you E-mail your entry close to the deadline, bring all of your filled out paper work with checks with you to the meet.

**Liability Release:** Each entered swimmer must sign the liability release on the entry form.

**Limit of Events:** Each entered swimmer may swim 5 events plus relays per day. **1500 free only swimmers** may swim the other days by paying the appropriate fees.

**Hospitality:** Drinks, fruits, and water during the meet.

**Entry Fees:** Cost for full participation is \$30.00; one day only is \$18.00. Those wishing to swim the 1500 freestyle only may enter for a \$10.00 fee. A \$3.00 late fee will be charged for all entries received after November 17, 2008. **All entry fee checks must be made payable to “Red River Masters.”**

**Entries:** Entries are due Monday, November 17, 2008. Entries must be mailed or delivered to:  
**Southern Masters Short Course Meter Championships**  
 Janet Martin, 620 Prospect #3, Shreveport, LA 71104  
**E-mail to:** [jmartin108@msn.com](mailto:jmartin108@msn.com)

- Use the enclosed entry form only! **Seed times must be best short course METERS times!**
- You can send your entry in by E-mail to : [jmartin108@msn.com](mailto:jmartin108@msn.com) , but you must mail or bring the signed paperwork along with your entry check.

**Scoring:** Points will be awarded as follows: Individuals 9-7-6-5-4-3-2-1; Relays 18-14-12-10-8-6-4-2.

**Age Groups:** Ind. 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc.  
 Relays 72-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399, etc.

**Awards:** Lots of great awards and prizes!!!!

**Facility Rules:** **This meet is conducted on the grounds of a state university.** LSU – Shreveport asks that all swimmers, spectators, and coaches comply with the following facility regulations:

1. No food allowed inside the facility.
2. No horseplay in the locker rooms or on the deck.
3. No smoking allowed anywhere inside the facility.
4. No glass containers allowed in the facility.
5. Comply with directions given by the lifeguards or security.
6. Do not leave items unattended in the locker rooms.
7. Please police your area before leaving each day.

**Friday, November 21<sup>st</sup> – 5:30 p.m. warm up, 6:30 pm events**

<i>W</i>	<i>M</i>	<i>Event</i>	<i>Seed Time</i>
1	2	400 Free Relay	xxxxxxxxxxxxxxxxxxxx
3	4	Mixed 1500 Free(3 heats)	
5		400 Mixed Med Relay	xxxxxxxxxxxxxxxxxxxx
6		400 Mixed Free Relay	xxxxxxxxxxxxxxxxxxxx

<b>Saturday, November 22<sup>nd</sup> – 8:30 am warm ups, 9:30 am start</b>				<b>Sunday, November 23<sup>rd</sup> – 8:30 am warm ups, 9:30 am start</b>			
<i>W</i>	<i>M</i>	<i>Event</i>	<i>Seed Time</i>	<i>W</i>	<i>M</i>	<i>Event</i>	<i>Seed Time</i>
7	8	400 Free		27	28	400 IM	
9	10	200 IM		29	30	100 Back	
11	12	100 Free		31	32	50 Free	
13	14	200 Breast		33	34	200 Fly	
15	16	50 Back		35	36	100 Breast	
17	18	100 Fly		37	38	100 IM	
19	20	200 Back		39	40	50 Fly	
21	22	50 Breast		41	42	200 Free	
		Short Break				Short Break	
23	24	200 Free Relay	xxxxxxxxxxxxxxxxxxxx	43	44	200 Med Relay	xxxxxxxxxxxxxxxxxxxx
25		200 Mixed Med Relay	xxxxxxxxxxxxxxxxxxxx	45		200 Mixed Free Relay	xxxxxxxxxxxxxxxxxxxx
		Short Break				Short Break	
3	4	1500 Mixed Free		47	48	800 Mixed Free	

**Meet Entry Form**  
**2008 Southern Masters Short Course Meter Championships**  
**November 21-23, 2008 LSU-Shreveport Natatorium Sanction # Pending**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age (As of 12-31-2008) \_\_\_\_\_ Gender \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
 E-Mail \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ USMS # \_\_\_\_\_  
 Team Name \_\_\_\_\_ Abbreviation \_\_\_\_\_

**Please circle desired event numbers for all individual entries. Limit is 5 individual events per day. List best recent short course METERS times in the space provided, use a "NT" if you have no time for an event. Relay cards will be distributed at the meet. Entries are due on the Monday before the meet, so as to seed meet and print heat sheets. All late entries (after Monday) will be taken at the discretion of the Meet Director and seeded in open lanes only.**

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7	8	400 Free		27	28	400 IM	
9	10	200 IM		29	30	100 Back	
11	12	100 Free		31	32	50 Free	
13	14	200 Breast		33	34	200 Fly	
15	16	50 Back		35	36	100 Breast	
17	18	100 Fly		37	38	100 IM	
19	20	200 Back		39	40	50 Fly	
21	22	50 Breast		41	42	200 Free	
		Short Break				Short Break	
23	24	200 Free Relay	xxxxxxxxxxxxxxxxxxxx	43	44	200 Med Relay	xxxxxxxxxxxxxxxxxxxx
25		200 Mixed Med Relay	xxxxxxxxxxxxxxxxxxxx	45		200 Mixed Free Relay	xxxxxxxxxxxxxxxxxxxx
		Short Break				Short Break	
3	4	1500 Mixed Free		47	48	800 Mixed Free	

**1500 Freestyle choice: Friday \_\_\_\_\_ Saturday \_\_\_\_\_**

**MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM**

"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 the 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 \_\_\_\_\_

Fees: Full Meet \$30.00 \_\_\_\_\_ One-Day Only \$18.00 \_\_\_\_\_ 1500 Only \$10.00 \_\_\_\_\_ Late fee(received after Monday 11-17-2008) \$3.00 \_\_\_\_\_

E-mail copy of results to above email address \_\_\_\_\_

**Proof of USMS membership (a copy of your current registration card, copy of your application form, or filled out application form with check) must accompany this entry form. Entry deadline is Monday November 17, 2008. You must sign the liability release and enclose check payable to "Red River Masters" with your entry. For entry confirmation, enclose a stamped self-addressed post card. All entrants who list a correct E-mail address will receive confirmation when their entries are received. Mail or E-mail entries to:**

Meet Entry Chairman  
 Southern Masters Short Course Meter Championships  
 Janet Martin  
 620 Prospect #3  
 Shreveport, LA 71104  
 E-mail to: [jmartin108@msn.com](mailto:jmartin108@msn.com)

