



Southern Masters Swimming ***Short Course Yards Championships – April 24-26, 2009***

Sanctioned By: Southern Masters Swimming for United States Masters Swimming, Inc. Sanction # 249-002

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

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

Date & Times:

Friday, April 24th	Warm-ups = 5:30 PM; Events = 6:30 PM
Saturday, April 25th	Warm-ups = 8:30 AM; Events = 9:30 AM
Sunday, April 26th	Warm-ups = 8:30 AM; Events = 9:30 AM

Facilities: Indoor 6 lane 30-yard pool with non-turbulent racing lane ropes. All races conducted on a verified, record-eligible, fully 25-yard 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 1650, 1000, and 500 freestyle**, will be timed finals and seeded slowest to fastest by submitted entry times.
- The 1000 & 500 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 1650 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, expect to be seeded last on Saturday.
- Entries are due on Monday, April 20th.
- **All late entries (received after 04-20-2009) 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 adult participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of April 26, 2009. This meet will be cross-sanctioned with United States Swimming with a select group of young age-group swimmers participating.

- **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 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. **1650 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 1650 freestyle only may enter for a \$10.00 fee. A \$3.00 late fee will be charged for all entries received after April 20, 2009. **All entry fee checks must be made payable to "Red River Masters."**

Entries: Entries are due Monday, April 20, 2009. Entries must be mailed or delivered to:
Southern Masters Short Course Yards Championships
 Janet Martin, 620 Prospect #3, Shreveport, LA 71104
E-mail to: jmartin108@msn.com

- Use the enclosed entry form only! **Seed times must be best short course YARDS times!**
- You can send your entry in by E-mail to : 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: Individual: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc.
 Relays (youngest on relay): 18+, 25+, 30+, 35+, 40+, 45+, 50+, 55+, 60+, 65+, 70+, 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, April 24th – 5:30 p.m. warm up, 6:30 pm events

W	M	Event	Seed Time
1	2	400 Free Relay	xxxxxxxxxxxxxxxxxxxx
3	4	1650 Free(3 heats)	
5		400 Mixed Med Relay	xxxxxxxxxxxxxxxxxxxx
6		400 Mixed Free Relay	xxxxxxxxxxxxxxxxxxxx

Saturday, April 25th – 8:30 am warm ups, 9:30 am start

Sunday, April 26th – 8:30 am warm ups, 9:30 am start

W	M	Event	Seed Time	W	M	Event	Seed Time
7	8	500 Free		27	28	500 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 Medley Relay	xxxxxxxxxxxxxxxxxxxx
25		200 Mixed Medley Relay	xxxxxxxxxxxxxxxxxxxx	45		200 Mixed Free Relay	xxxxxxxxxxxxxxxxxxxx
		Short Break				Short Break	
3	4	1650 Free		47	48	1000 Free	

Meet Entry Form
2009 Southern Masters Short Course Yards Championships
April 24-26, 2009 LSU-Shreveport Natatorium Sanction # 249-002

Name _____ Date of Birth _____ Age (As of 4/26/2009) _____ 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 YARDS 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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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	xxxxxxxxxxxxxxxx	43	44	200 Med Relay	xxxxxxxxxxxxxxxx
25		200 Mixed Med Relay	xxxxxxxxxxxxxxxx	45		200 Mixed Free Relay	xxxxxxxxxxxxxxxx
		Short Break				Short Break	
3	4	1650 Free		47	48	1000 Free	

1650 Freestyle preference: 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 _____ 1650 Only \$10.00 _____ Late fee(received after Monday 04-20-2009) \$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 April 20, 2009. 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 Yards Championships
 Janet Martin
 620 Prospect #3
 Shreveport, LA 71104
 E-mail to: jmartin108@msn.com

