



United States Masters Swimming, Inc.

San Diego-Imperial Masters Swimming
2011 Long Course Championships
to be held at the
UCSD Canyonview West Pool, La Jolla, CA
Sunday, July 24, 2011



Meet Information: Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS Inc. Schedule of Events: 1 1500 Freestyle, 2 50 Backstroke, 3 100 Breaststroke, 4 200 Freestyle, 5 50 Butterfly, 6 400 Individual Medley, 7 50 Freestyle, 8 200 Breaststroke, 9 100 Backstroke, 10 200 Butterfly, 11 100 Freestyle, 12 200 Individual Medley, 13 50 Breaststroke, 14 400 Freestyle, 15 100 Butterfly, 16 200 Backstroke, 17-19 200 Freestyle Relay, 20-22 400 Medley Relay, 23-25 800 Freestyle Relay, 26-28 200 Medley Relay, 29-31 400 Freestyle Relay, 32 800 Freestyle. Entered Time (mm : ss . hh)

Liability This liability release must be signed before a swimmer can be entered into the meet: "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 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 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 _____
~ FOLD AND MAIL ENTIRE ABOVE ENTRY FORM WITH PAYMENT AND LEGIBLE COPY OF 2011 USMS CARD ~

San Diego - Imperial Masters Swimming 2011 Long Course Championships
Sunday, July 24, 2011, Sanction # 441-MS-05-L

Sanction	Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS Inc., Sanction #: 441-MS-05-L
Date/Time	Sunday, July 24, 2011, 8:00 am warm-up, 9:00 am start
To Be Held At	UCSD Aquatic Center Canyonview West Pool, La Jolla, CA
Directions	Outdoor 50-meter pool with eight lanes, 8' wide & 7' deep, warm-up/warm-down lane. From Interstate 5: Exit at Genesee Ave, go east, turn right at Campus Point Dr, turn right at Voigt Dr, cross over I-5, the pool is on your right. Parking is free in student lots on weekends; use Lot #403 or 510. (http://sportsfac.ucsd.edu/home/maps/pdf/Canyonview_Pool_Map.pdf)
Eligibility	All persons holding a 2011 United States Masters Swimming (USMS) membership card or a foreign equivalent may participate provided that a legible masters card copy and completed entry form with signed liability release are submitted. USMS membership is available at https://www.clubassistant.com/club/USMS.cfm?L=44 (on-line) or a form can be downloaded at http://www.simasterswim.org/SI-USMS-RegMember-Form.pdf .
Entry Fee	\$25 individual entry fee; \$10 flat fee for "Relay Only" swimmers. Late or Day-of-Meet individual entries will NOT be accepted. There will be NO REFUNDS.
To Enter	Online: https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=3089 Form: Mail entry form above w/ signed liability release, a legible copy of your 2011 USMS/foreign card, & check to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
Entry Deadline/ Key Dates	Online entries close at 11:59 am on Saturday, July 23, 2011. Form entries must be received complete by 11:59 am on Saturday, July 23, 2011. Pre-Meet Psych Sheets will be e-mailed to the meet roster on the afternoon of Saturday, July 23, 2011.
Rules	USMS Rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A USMS Rule Book will be available on deck.
Warm-Up\ Warm-Down	NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up and warm-down lanes.
Events	Swimmers may enter up to 5 individual events. Enter accurate long course meters times or estimates; do not omit an entry time or enter "no time."
Check-In	Check-in is required for the 1500 & 800 m Freestyle. Check-in closes at 8:45 am for the 1500 and at the end of Event 16 for the 800. All other events are pre-seeded.
Age Groups	Individual Events: 18-24, 25-29, 30-34, 35-39, ... in five-year increments as needed.
Seeding	All events are seeded slow to fast by entry time regardless of age or gender.
Timing	Electronic Timing - Colorado Timing System 5 and two timers per lane. All clubs and participants are required to assist with backup stopwatch timing during the meet.
Relays	Relays are no charge and deck entered. Relay-only swimmers must submit a completed entry form with signed liability release, a USMS card copy, & \$10 relay-only entry fee. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women, 4 men, or 2 women & 2 men (mixed). A swimmer may swim only once per relay event. Cumulative age of relay members determines relay age group: 72-99, 100-119, 120-159, 160-199, ... in forty-year increments as needed.
Information	Visit http://www.SIMasterSwim.org for Entry Form and post-meet results. Questions? Contact Kenton Jones, Meet Director, (858) 243-3960, kerujo@aol.com
SI Meeting	A San Diego-Imperial LMSC meeting will take place following the meet.