



**MONARCH INVITATIONAL
MASTERS SWIM MEET**
Hosted by Nebraska Masters
Short Course Meters
Sun., November 2, 2008

USMS Sanction # 298-001

The Event: A short course meters swim meet for masters swimmers. The proceeds from this event will be used to support Monarch Swimming, a USA Swimming club.

Facility: The Papillion-LaVista High School pool is an indoor, 25-meter, six-lane pool configured short course meters for this meet. Starting blocks in 12'6" depth, Daktronics timing system with touch pads, six-lane scoreboard, and competitor lane ropes, including ropes on the outsides of Lanes 1 and 6. All events will start from 12'6" depth.

Eligibility: Open to all registered Masters Swimmers holding a valid 2008 or 2009 USMS card. Single-event memberships for this meet will be available for \$10 (in addition to the entry fee) the day of the event.

Rules: 2008 USMS rules apply. All events are timed finals. There is a limit of five (5) individual events. Age is determined based on your age as of December 31, 2008.

Entries: Entries must be received by October 30. Deck entries will be accepted. Make checks payable to "Monarch Swimming." Mail your meet entry, check and photocopy of your USMS card to:

Pat DiBiase
11914 Deer Creek Drive
Omaha, NE 68142

The fee for the meet is \$25. This includes up to 5 events per swimmer.

Seeding: All events will be pre-seeded slowest to fastest with men and women seeded separately. Deck entries may be seeded in a separate heat.

Meet Director: Pat DiBiase
(402) 850-4415
nuswim@aol.com

Location: Papillion-LaVista High School
402 Centennial Rd
Papillion, NE 68046

Enter the building through the southeast doors. The pool and locker rooms are located just inside these doors.

Warm up: Warm up starts at 8:00 AM and the meet begins at 9:00 AM. The meet is expected to conclude by 12:00 PM. There will be intermittent breaks throughout the meet, depending upon the meet's progress. The pool will be open for warm up and cool down during breaks.

Order of Events

Event # (women odd/men even)	Event
1/2	200m Free
3/4	100m IM
5/6	100m Breast
7/8	50m Back
	15 minute break
9/10	50m Free
11/12	100m Fly
13/14	400m Free
15/16	50m Breast
17/18	100m Back
	15 minute break
19/20	50m Fly
21/22	200m IM
23/24	100m Free

MONARCH INVITATIONAL MASTERS SWIM MEET

Short Course Meters

Sun, November 2, 2008

Sanctioned by Nebraska LMSC for USMS, Inc. -- Sanction #
 Papillion-LaVista High School pool – Papillion, Nebraska
 Warm-up 8:00 am – Meet starts 9:00 am

Registration Information

Last name: _____ First name _____

USMS membership number: _____ USMS club: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email _____

Date of Birth _____ Age on Dec 31, 2008: _____ Gender (circle): Male Female

All participants must be members of United States Masters Swimming. Please send a copy of your USMS card along with your meet entry.

Entry Fee \$25.00 – Payable to “Monarch Swimming”

All events are conducted SHORT COURSE METERS (25-meter pool). Circle up to five individual events (women odd # / men even #) and add event seed time or NT (no time):

1/2 200 Free _____	13/14 400 Free _____
3/4 100 IM _____	15/16 50 Breast _____
5/6 100 Breast _____	17/18 100 Back _____
7/8 50 Back _____	-----15 minute break-----
-----15 minute break-----	19/20 50 Fly _____
9/10 50 Free _____	21/22 200 IM _____
11/12 100 Fly _____	23/24 100 Free _____

Athlete’s release: “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 OF THE 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: _____