

## THE 2009 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET

U.S. Masters Swimming Sanction Number: 400903

**Hosted by :** Milky Way Masters Swim Club, and Coe College

**Location :** Coe College Natatorium, 1220 1st Avenue N.E., Cedar Rapids, Iowa

**Dates :** **Saturday** March 28, 2009. Warmups 11:00 a.m. Meet starts at 12:00 p.m.

**Sanction :** Sanctioned by U.S.M.S. Inc. and Local Masters Swimming Committee, Iowa Masters Swimming.

**Pool :** Eight (8) lanes, 25 yards, with non-turbulent lane markers, backstroke flags, Colorado Timing System with touch pads and back-up system, and spectator seating. There is also a 45 by 60 ft swimming area open at all times for additional warm-up and cool down.

**Awards :** Team: Traveling trophy for first place.

**Team Scoring :** Individual events : 9-7-6-5-4-3-2-1; relay events : 18-14-12-10-8-6-4-2. Generally your "team" is the city

or town where you live. See "team definition" below.

**Rules :** 2009 U.S.M.S. rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of March 28, 2009 determines age for the meet. Relay age groups are :18+, 25+, 35+, 45+, etc. The age of the youngest swimmer determines the age of the relay.

**Event Limit :** Swimmers may enter a maximum of five (5) individual events. A swimmer may enter each relay once. Swimmers are limited to one distance event (1000 or 1650).

**Distance Events :** Swimmers may enter either the 1000 or 1650 freestyle, but not both. Heats for the two different distances may be combined. Swimmers may be asked to swim two to a lane.

**Cost :** \$17.50 entry fee + .50 splash fee = \$18.00. **(A late fee of \$23.00 will be added to all entries not received by Saturday, March 14, 2009)** Make check payable to Coe College. The splash fee is for the promotion of Masters Swimming in Iowa.

**Entry Deadline :** Saturday, March 14, 2009. Deck entries will be accepted, but will be assessed a \$5.00 late fee. We do want to encourage all entries including deck entries. **However, entries for events 1-24 will be accepted until 11:15 a.m. on the day of the meet. Entries for events 25-46 will be accepted until 1:45 p.m or 45 minutes prior to the projected start of event 25.**

**Late Entries :** Swimmers with late entries should be sure to have your entry blank filled out completely. It is important to include full address also. Late entries are \$23.00. Make check payable to Coe College. Checks are preferred but cash is accepted.

**The distance events will be deck-seeded. We will ask all distance swimmers to check in at the computer table to confirm their entry in the event.** Entry cards for relay events must be completed at the meet.

**Seed Times :** Submit latest times for 25 yard course. Enter "N/T" for no time.

**Eligibility :** Open to all swimmers with current U.S. Masters swimming cards.

**U.S.M.S. Cards :** Yearly and single-day memberships are available for purchase at the meet. Please make out a separate check payable to "Iowa Masters Swimming" in the amount of \$30.00 for a yearly membership or \$12.00 for a single day membership. Please make sure membership application form is also completed.

**Scratches :** Swimmers not reporting for events will be scratched. No refunds.

**Meet Director :** Mail entries and check to : Justin Jennings  
1220 First Ave NE  
Cedar Rapids, IA 52402

### **ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A CHECK.**

**Team Definitions :** All U.S.M.S. swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. FOR THE PURPOSES OF THIS MEET ONLY, in order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

1. A team must have a designated City or Town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly (at least 20 times per year) at a pool within 25 miles of the designated city or town.
3. Relays, to score team points must consist of the members from a single team.
4. Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

**OFFICIAL ENTRY FORM**  
**2009 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET**  
 Coe College Natatorium, 1220 1st Avenue NE  
 Saturday, March 28, 2009

Sanctioned by : USMS, Inc. and Local Masters Swimming Committee, and Iowa Masters Swimming  
 Sanction Number : 400903

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
 (age on date: March 28, 2009)

ADDRESS \_\_\_\_\_ HOME PHONE \_\_\_\_\_

\_\_\_\_\_ BUSINESS PHONE \_\_\_\_\_

E-mail ADDRESS \_\_\_\_\_ CELL PHONE \_\_\_\_\_

U.S.Masters Swimming Number \_\_\_\_\_ AGE GROUP \_\_\_\_\_ TEAM \_\_\_\_\_

Money enclosed : Meet entry and splash fee \_\_\_\_\_ Mail form to: Justin Jennings  
 Late entry fee of \$23.00 (after March 14, 2009) \_\_\_\_\_ 1220 First Ave NE  
 Total enclosed (ck payable to Coe College) \_\_\_\_\_ Cedar Rapids, IA 52402

**EVENTS** (please circle event number and enter seed time) limit of 5 individual events :

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Women's 400 Free Relay _____   | 15 minute break                  |
| 2. Men's 400 Free Relay _____     | 25. Women's 500 Free _____       |
| 3. Women's 200 Back _____         | 26. Men's 500 Free _____         |
| 4. Men's 200 Back _____           | 27. Women's 50 Fly _____         |
| 5. Women's 200 Medley Relay _____ | 28. Men's 50 Fly _____           |
| 6. Men's 200 Medley Relay _____   | 29. Women's 100 Breast _____     |
| 7. Women's 100 Fly _____          | 30. Men's 100 Breast _____       |
| 8. Men's 100 Fly _____            | 31. 200 Mixed Medley Relay _____ |
| 9. Women's 200 Breast _____       | 33. Women's 100 Free _____       |
| 10. Men's 200 Breast _____        | 34. Men's 100 Free _____         |
| 11. Women's 50 Free _____         | 35. Women's 50 Back _____        |
| 12. Men's 50 Free _____           | 36. Men's 50 Back _____          |
| 13. 200 Mixed Free Relay _____    | 37. Women's 200 Fly _____        |
| 15. Women's 200 I.M. _____        | 38. Men's 200 Fly _____          |
| 16. Men's 200 I.M. _____          | 39. Women's 100 I.M. _____       |
| 17. Women's 200 Free _____        | 40. Men's 100 I.M. _____         |
| 18. Men's 200 Free _____          | 41. Women's 200 Free Relay _____ |
| 19. Women's 100 Back _____        | 42. Men's 200 Free Relay _____   |
| 20. Men's 100 Back _____          | 43. Women's 1000 Free _____      |
| 21. Women's 50 Breast _____       | 44. Men's 1000 Free _____        |
| 22. Men's 50 Breast _____         | 45. Women's 1650 Free _____      |
| 23. Women's 400 I.M. _____        | 46. Men's 1650 Free _____        |
| 24. Men's 400 I.M. _____          | Choose only one of events 43-46  |

**Will you be attending the dinner following the conclusion of the meet hosted by Milky Way Masters at Coe College. The cost will be \$6.00 PAYABLE AT THE COE DINNING HALL (do not include in entry fee)**

YES \_\_\_\_\_ No \_\_\_\_\_

**ATHLETE'S RELEASE (MUST BE SIGNED)**

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 and 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, COE COLLEGE, 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. (rule book article 203.1)

Date \_\_\_\_\_ Athlete's Signature \_\_\_\_\_

Check Number \_\_\_\_\_ Cash Amount \_\_\_\_\_ # Cards \_\_\_\_\_