



**MONARCH INVITATIONAL  
MASTERS SWIM MEET**  
Hosted by Nebraska Masters  
Short Course Meters

**Note date change:**  
**\*\*\*Sun., October 25, 2009\*\*\***

USMS Sanction # 299-003

*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. **Expanded spectator seating is new for 2009!**

*Eligibility:* Open to all registered Masters Swimmers holding a valid 2009 or 2010 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:* 2009 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, 2009.

*Entries:* Entries must be received by October 23. 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

Parking is available along the south end of the building just off Centennial Road. Enter the building through the southeast doors. The pool is 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

<b>Event # (women odd/men even)</b>	<b>Event</b>
1/2	200m Free
3/4	100m IM
5/6	100m Fly
7/8	50m Back
	<b>15 minute break</b>
9/10	50m Free
11/12	100m Breast
13/14	400m Free
15/16	50m Fly
17/18	100m Back
	<b>15 minute break</b>
19/20	200m Stroke*
21/22	50m Breast
23/24	100m Free
25/26	200m IM

\*The 200m stroke may be conducted fly, back, or breast. On the entry form, please indicate both entry time and which stroke you will swim so that like strokes may be seeded together.

# MONARCH INVITATIONAL MASTERS SWIM MEET

## Short Course Meters

### Sun, October 25, 2009

Sanctioned by Nebraska LMSC for USMS, Inc. -- Sanction #299-003  
 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, 2009: \_\_\_\_\_ 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 Fly _____
5/6 100 Fly _____	17/18 100 Back _____
7/8 50 Back _____	-----15 minute break-----
-----15 minute break-----	19/20 200 Stroke _____
9/10 50 Free _____	21/22 50 Breast _____
11/12 100 Breast _____	23/24 100 Free _____
	25/26 200 IM _____

*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.” (rule book article 203.1)*

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_