

THE 2010 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET

U.S. Masters Swimming Sanction Number: 401002

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 20, 2010. Warm-ups 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 : 2010 U.S.M.S. rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of March 20, 2010 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 : \$19.50 entry fee + .50 splash fee = \$20.00. **(A late fee of \$10.00 will be added to all entries not received by Saturday, March 6, 2010 Make check payable to Coe College. The splash fee is for the promotion of Masters Swimming in Iowa.**

Entry Deadline : **Saturday, March 6, 2010.** Deck entries will be accepted, but will be assessed a \$10.00 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 \$30.00. 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 \$35.00 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. PLEASE MAKE SURE THAT ALL ENTRIES ARE WRITTEN LEGIABLY. ANY ENTRIES THAT CAN BE READ WILL BE DISCARDED AND RETURNED TO SENDER.

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
2010 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET
 Coe College Natatorium, 1220 1st Avenue NE
 Saturday, March 20, 2010

Sanctioned by : USMS, Inc. and Local Masters Swimming Committee, and Iowa Masters Swimming
 Sanction Number : 401002

NAME _____ SEX _____ AGE _____ DATE OF BIRTH _____
 (age on date: March 20, 2010)

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: \$20.00 (before March 6th) Mail form to: Justin Jennings
 Late entry fee after March 6th of \$30.00 (total see below) 1220 First Ave NE
 (\$20.00 + 10.00 late fee=\$30.00) after March 6, 2010 Cedar Rapids, IA 52402

Total enclosed (ck payable to Coe College) _____

**Please include a separate check if registering with USMS Payable to: Iowa Master's Swimming
 \$12.00 for single day \$35 for annual membership**

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 |

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 _____