

The Ed and Ruth Shea Challenge Classic Annual LC Swim Meet

Sunday, July 12, 2009 – Hosted by the Saluki Masters Swim Club, Carbondale, IL

Sanctioned by the Ozark LMSC for USMS, Inc. #229-003

TIME: Entry to building, warm-up and registration – 10am; No deck entries after 10:30 am; Meet starts at 11am.
Estimated finish – 3:30pm (Amtrak for Chicago leaves 4:05)

LOCATION: Southern Ill. Univ., Student Recreation Center, Dr. Ed Shea Natatorium, 400 E. Grand Ave., Carbondale, IL.
Ample motel accommodations. Convenient daily Amtrak train service from Chicago, transport to/from station upon request.

FACILITY: 50 meter indoor pool, ten lanes (two lanes will be used for warm-up/cool down during the competition), non-turbulent lane lines and electronic timing and display. OUR FACILITY HAS BEEN MEASURED IN ALL COMPETITION LANES AS REQUIRED BY 2009 USMS RULES FOR TOP TEN AND RECORDS RECOGNITION. Ample locker room space and plenty of parking on north side of building. If arriving on Saturday (7/11) and you desire to swim in the competition pool, notify Meet Director prior to 7/11.

ELIGIBILITY: Current registration with USMS required. Applications for those not already registered with USMS will be available at the sign-up desk. **A photocopy of your USMS card must be provided with your signed entry. Each event entered must have a seed time (actual or estimated). The entry form must be signed and dated.** USMS designated age groups 18+ apply. Per USMS/FINA rules in long course meets your age as of December 31, 2009 determines your age group for the meet. Age group of relays is determined by the sum of the ages of the four relay swimmers. Relays are to be deck entered at no additional charge. Relay cards must be completed at the check-in desk no later than 11 am.

MEET CONDUCT: 2009 USMS Rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with sexes and age groups combined. All events will be deck seeded. Participants are limited to 5 events, plus relays. Competitors attempting national or world records must notify the starter to assure that 3 timers are available, in addition to the electronic timing equipment. Either the 1500 or the 800 freestyle may be entered, but not both. Entrants in the 800 and 1500 may be requested to swim two to a lane. These events will only be swum as time permits. There may be breaks taken between some events depending on the number of entrants and pace of the meet.

CHECK-IN, WARM-UP AND AWARDS: Entry to facility and warm-ups start at 10am. **All competitors must check-in or register before 10:30am.** Two lanes will be used for warm-up/cool-down during the competition. There will be designated sprint lanes for block starting dive practice. T-shirt for Challenge event entry and ribbon awards for regular entry.

Order of Events (Seed Time Required, Actual or Estimated)			
1	200m Fly	12	200m Breast
2	50m Breast	13	50m Back
3	200/400m Med. Relay	14	100m Fly
4	200/400m Mixed F Relay	15	200/400m Free Relay
5	400m Free	16	200/400m Mixed Med. Relay
6	100m Breast	17	100m IM (Novelty Event)
7	200m Back	18	400m IM
8	50m Fly	19	100m Back
9	200m IM	20	50m Free
10	100m Free	21	800m Free
11	200m Free	22	1500m Free

Challenge Events:
(Combined Time for 5 Events)

Sprint NoBrainer

Must enter
Event #'s 2,8,13,17, 20
Ironswimmer Glutton

Must Enter
Event #'s 1,7,12,18,22

If entering one of these Challenge events, please indicate T-Shirt Size and which Challenge event on Entry Form:

Sm Med Lg XL

Checks payable to: Saluki Masters Swim Club
Mail **SIGNED** entry card, check and copy of USMS card to:
Mary Pohlmann, Entries Chair
405 S Deer Lake Dr East
Carbondale, IL 62901

Preregistration must be received by July 6, 2009.
Entries received after 7/6 must pay deck entry amount.
Entry questions? Mary Pohlmann: 618-549-5077
E-mail: marypohlmann1@verizon.net

Entry Fee Amounts (choose one)

Preregistration Regular Entry	\$15.00
Preregistration Saluki Challenge Event	
Entry (T-Shirt included)	\$20.00
Late Registration Regular Deck Entry	\$20.00
Late Registration Challenge Deck Entry	\$30.00
No extra fees for relays	