

The Ed and Ruth Shea Challenge Classic Annual LC Swim Meet

Sunday, July 11, 2010 – Hosted by the Saluki Masters Swim Club, Carbondale, IL

Sanctioned by the Ozark LMSC for USMS, Inc. #220-004

TIME: Entry to building, warm-up and registration begin at 10am; All competitors must check-in or register before 10:30am. No deck entries after 10:30 am; Meet starts at 11am.

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 shared with recreational swimmers 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 2010 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 (7/10) and you desire to swim in the competition pool, notify Meet Director prior to 7/10.

ELIGIBILITY: Current membership with USMS required. Online registration at the www.usms.org prior to the meet is recommended. 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, 2010 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: 2010 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.

AWARDS: Ribbons for all events. T-shirt for completion of the 5 Challenge events.

Order of Events			
1	200m Fly	12	200m Breast
2	50m Breast	13	50m Back
3/4	200/400m Med. Relay	14	100m Fly
5	400m Free	15/16	200/400m Free 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 either
Challenge event, please
indicate T-Shirt Size and
which Challenge event on
Entry Form (next page):**

Checks payable to: Saluki Masters Swim Club
Mail **SIGNED** entry form, 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 5, 2009.
Entries received after 7/5 must pay deck entry amount.

Entry questions? Mary Pohlmann: 618-549-5077
E-mail: marypohlmann1@verizon.net

Entry Fee Amounts (choose one)

Regular Entry received by July 5th	\$20.00
Saluki Challenge Entry received by July 5 th (T-Shirt included)	\$25.00
Late Registration or Deck Regular Entry	\$25.00
Late Registration or Deck Challenge Entry	\$30.00
No extra fees for relays	

SALUKI MASTERS – ED AND RUTH SHEA CHALLENGE CLASSIC LC SWIM MEET

Entry Form – Sunday, July 11, 2010, 10am – 3pm (USMS/Ozark LMSC Sanction #220-004)

Name:	Birth Date: _____ Age(as of Dec 31, 2010): _____ Sex: M / F
Address:	Home Phone: _____
City: _____ State: _____ Zip: _____	USMS Registered Club Affiliation or Unattached: _____
2010 USMS Number: Attach copy of card.	Email Address: _____
Emergency Contact Name: _____	Emergency Contact Phone: _____

The Saluki Challenge is the combined time for either set of 5 events; T-shirt awarded for completion	
Sprint Nobrainer Events 2, 8, 13, 17, 20; <i>Circle</i> T-shirt size: Sm Med Lg XL; <i>Check</i> here if entering	<input type="checkbox"/>
Ironswimmer Glutton Events 1, 7, 12, 18, 22; T-shirt size: Sm Med Lg XL; <i>Check</i> here if entering	<input type="checkbox"/>

SEED TIME REQUIRED – Actual LC Meters time or Estimated; Print Write Times Legibly;

Maximum Entry – 5 events, plus relays

#	Event-LC meters	Seed Time	#	Event-LC meters	Seed Time
1	200 Fly		12	200 Breast	
2	50 Breast		13	50 Back	
3/4	200/400 Med. Relay	Deck entry	14	100 Fly	
5	400 Free		15/16	200/400 Free Relay	Deck entry
6	100 Breast		17	100 IM (Novelty Event)	
7	200 Back		18	400 IM	
8	50 Fly		19	100 Back	
9	200 IM		20	50 Free	
10	100 Free		21	800 Free	
11	200 Free		22	1500 Free	

Athletes Release/Waiver

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 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 INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rulebook article 203.1)

SIGNATURE: _____ DATE: _____
 (Waiver must be signed in order to participate)

Checks payable to: Saluki Masters Swim Club
 Mail **SIGNED** entry form, 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 5, 2010.
 Entries received after 7/5 must pay deck entry amount.
Entry questions? Mary Pohlmann: 618-549-5077
E-mail: marypohlmann1@verizon.net

Entry Fee Amounts	
Regular Entry received by July 5	\$20.00
Saluki Challenge Entry received by July 5 (Challenge T-Shirt Award included)	\$25.00
Late Registration or Deck Entry Regular	\$25.00
Late Registration or Deck Entry Challenge (Challenge T-shirt Award if available)	\$30.00
No extra fees for relays	