



**OZARK SCY LONG DISTANCE MEET**  
**Hosted by CSP Tideriders Master Swim Club (CSPM)**  
**Sunday, February 7<sup>th</sup>, 2010**  
**Sanctioned by Ozark LMSC for USMS, Inc., Sanction #220-001**

**Location:** Ladue Horton Watkins High School, 1201 South Warson Road (north of Clayton Road and South of Conway Road).

**Time:** Sunday, February 7<sup>th</sup>, 2010. Heat #1 Warm-ups begin promptly at 7:00 a.m.; Heat #1 start at 7:15a.m. After the conclusion of Heat #1, each subsequent heat will have a 15 minute warm-up prior to their start.

**Eligibility:** Persons eighteen (18) years old and older are welcome. Participants must have a valid USMS registration card to participate. You may register at the meet if you so desire, but we prefer you apply for USMS membership online, prior to the meet. Go to the [www.usms.org](http://www.usms.org) website. We are in the Ozark LMSC. One Event USMS registration will be available on deck for \$17.00 plus entry fee for those who are not USMS members. All levels of swimming ability are welcome.

**Conduct:** The 2010 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded fastest to lowest in advance. Results will be submitted for USMS Top Ten consideration.

**Entry Fee:** \$20 meet entry fee which must accompany entries and must be received by January 29, 2010. Please make checks payable to CSPM (CSP Tideriders Master Swim Club).

**Entry:** In order to be seeded in proper heats, entries must be received by Noon Friday, January 29, 2010 (the "Entry Deadline") with seed times. Mail entries to: Priscilla Zenk 2627 Hope Ave., St. Louis, MO 63143, phone 314-727-7946. You may submit your entry form by e-mail to [pzenk@cspswim.com](mailto:pzenk@cspswim.com). If you enter electronically, please mail entry fee and signed "Liability Release Form" to be received by the entry deadline. **Once the meet has been seeded you will be notified, via email, of your heat and approximate warm-up and start time. NO DECK ENTRIES WILL BE ACCEPTED.**

**Facility:** The pool is 25 yards with 8 lanes equipped with non-turbulent lane lines and electronic timing equipment.

**Info:** If you have questions about the races please contact Hap Gentry at [rhgentry@earthlink.net](mailto:rhgentry@earthlink.net) Phone: 314-303-7284 or about the entries please contact Priscilla Zenk at [pzenk@cspswim.com](mailto:pzenk@cspswim.com), Phone 314-727-7946.

**Events:** (1) 1000 yd Freestyle (2) 1650yd Freestyle  
**You may entry one distance or the other; not both; please specify.**

