

Ozark SC Yards Championships
Sponsored by St. Louis Area Masters
March 27- March 28, 2010
Marquette High School

Sanctioned by Ozark LMSC for USMS, Inc., Sanction #220-002

Welcome to the 2010 Ozark Short Course Yards Championship meet. The St. Louis Area Masters will host this event at Marquette High School. The pool is 25 yards with 8 lanes equipped with non-turbulent lane lines and electronic timing equipment. Six lanes will be used for competition; two outside lanes will be available for warm-up and cool-down.

Location: Marquette High School, 2351 Clarkson Rd, Chesterfield, MO 63017-7122

Time: Saturday afternoon, March 27, warm-up **1 pm**, meet starts **2 pm**, and Sunday morning, March 28, warm-up begins at **8 am**, meet begins at **9 am**. **Deck entries for Saturday close at 1:30 pm, for Sunday at 8:30 am. To expedite check-in for those who send email entries, please have your signed entry form (also print your name on your entry form) and completed check ready. We will have a separate check-in location for deck entries and relays. No deck entries are permitted for the 500, 1000 and 1650. These events will be pre-seeded.**

Social and Ozark/SLAM Membership Meetings: A brief Membership meeting for the Ozark LMSC will be held during a break on Saturday and a SLAM Membership meeting will be held during a break on Sunday. If a social is organized, directions will be available at the meet.

Eligibility: Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on March 28, 2010. Participants must be 2010 USMS members. You may apply for USMS membership at the meet if you so desire, but we prefer you apply for USMS membership online, prior to the meet at the <http://www.usms.org/reg/> website. We are in the Ozark LMSC. One Event USMS registration (OEVT) of \$17 is also available at the meet, but OEVT membership is good only for this meet and does not qualify you to swim relays or represent a club. OEVT members' times are not recognized for records or Top Ten.

Conduct: The 2010 USMS rules will govern the conduct of the meet. All events will be timed finals. Participants will be limited to ten (10) individual events for the meet, no more than five (5) on any one day, in addition to relays. Events will be seeded slowest to fastest; genders may be seeded together at the discretion of the meet referee.

Relays: Relay entries will be accepted **BEFORE 1:30 p.m.** on Saturday and **BEFORE 8:30 a.m.** on Sunday. All relays will be deck seeded.

Fees: The meet fee is **\$25** for one day participants, **\$40** for two days, if entry is received by March 20th. **Late and deck entry fees are \$30 for one day or \$50 for two days.** Swimmers participating only on relays must submit a signed entry form and pay the appropriate entry fee as above. Please make checks payable to **St Louis Area Masters. Entry fees for emailed entries will be collected when you sign in at the meet. Bring completed checks and signed entry forms with name also printed. No cash please.** Bring proof of 2010 USMS membership or be prepared to pay for USMS registration at the meet.

Entry Deadline: To be seeded in proper heats, entries must be received by **March 20, 2010**. Please **email** entries to **marypohlmann1@verizon.net**; emailed entries **must** include event #s and seed times, date of birth, and 2010 USMS registration number. Call **Mary Pohlmann at 618-549-5077** if you do not receive email confirmation of your entry by March 24th.

You may send your entry by USPS postmarked no later than **March 18th** to **Mary Pohlmann, Meet Director, 405 S Deer Lake Dr. East, Carbondale, IL 62901**

Order of Events

Saturday, March 27

500 Free
15 Minute Break*
200 Mixed Medley Relay
800 Free Relay
100 IM
200 Back
50 Free
100 Fly
15 Minute Break*
400 Free Relay
100 Free
50 Back
100 Breast
400 IM
200 Mixed Free Relay
400 Medley Relay

Sunday March 28

1000 Free**
1650 Free**
15 Minute Break*
200 Medley Relay
800 Mixed Free Relay
50 Breast
100 Back
200 Fly
200 IM
15 Minute Break*
400 Mixed Free Relay
200 Breast
50 Fly
200 Free
200 Free Relay
400 Mixed Medley Relay

*15 minute breaks are contingent on meet progress

**One or the other; not both.

OZARK Short Course Yard Championships ENTRY FORM
Sanctioned by Ozark LMSC for USMS, Inc., Sanction #220-002

| | | | |
|--|--------------------------|------|------------------|
| Name (as listed on USMS card): | Birth Date: | Age: | Gender: |
| Address: | Home Phone | | |
| City: | State: | Zip: | Club Affiliation |
| 2010 USMS Number (attach copy of card) | Email Address: | | |
| Emergency Contact Name: | Emergency Contact Phone: | | |

| EV | Seed Time | Saturday, March 27 |
|----|-----------|------------------------|
| 1 | | 500 Freestyle |
| | | 15 Minute Break* |
| 2 | | 200 Mixed Medley Relay |
| 3 | | 800 Free Relay |
| 4 | | 100 Individual Medley |
| 5 | | 200 Backstroke |
| 6 | | 50 Freestyle |
| 7 | | 100 Butterfly |
| | | 15 Minute Break* |
| 8 | | 400 Free Relay |
| 9 | | 100 Freestyle |
| 10 | | 50 Backstroke |
| 11 | | 100 Breaststroke |
| 12 | | 400 Individual Medley |
| 13 | | 200 Mixed Free Relay |
| 14 | | 400 Medley Relay |

| EV | Seed Time | Sunday, March 28 |
|----|-----------|------------------------|
| 15 | | 1000 Freestyle** |
| 16 | | 1650 Freestyle** |
| | | 15 Minute Break* |
| 17 | | 200 Medley Relay |
| 18 | | 800 Mixed Free Relay |
| 19 | | 50 Breaststroke |
| 20 | | 100 Backstroke |
| 21 | | 200 Butterfly |
| 22 | | 200 Individual Medley |
| | | 15 Minute Break* |
| 23 | | 400 Mixed Free Relay |
| 24 | | 200 Breaststroke |
| 25 | | 50 Butterfly |
| 26 | | 200 Freestyle |
| 27 | | 200 Free Relay |
| 28 | | 400 Mixed Medley Relay |

* 15 minute breaks are contingent on meet progress

**One or the other; not both

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 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 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** _____

One Day Fee (entry received by March 20 or postmark March 18): \$25, Deck Entry One Day Fee: \$30

Two Day Fee (entry received by March 20 or postmark March 18): \$40, Deck Entry Two Day Fee: \$50

Total Enclosed \$ _____ or if emailed by March 20th, total to be paid the day of meet \$ _____

Checks payable to **St. Louis Area Masters**. Mail to **Mary Pohlmann, 405 S Deer Lake Dr East, Carbondale, IL 62901**, or email entry to marypohlmann1@verizon.net. All information above, including event # and seed time must be stated in email. Call 618-549-5077 if your email entry is not confirmed by March 24th. If you email entry, bring this signed entry form, signed check (NO CASH), and a copy of 2010 USMS card to meet. Entries received after March 20, 2010 will only be accepted on a first come, first-served, space available basis.