



The Sixth Annual LCM Summer Finale
Sunday, August 15, 2010 – Hosted by CSPM
Sanctioned by Ozark for USMS, Inc. #220-003

TIME: Warm-up begins at 6:00am and ends at 6:50am; Competition starts at 7:00am and ends by 10:00am (due to public open swim)

LOCATION: Shaw Park Aquatic Center, 111 South Brentwood Boulevard, Clayton, MO 63105

FACILITY: 50-meter outdoor pool, 8-lanes, non-turbulent lane lines and Dolphin Wireless Stopwatch Timing System. The facility has been measured in all competition lanes as required by 2010 USMS rules for top ten and records recognition. Ample locker room space (with \$0.25 lockers) and plenty of parking on the west side of Shaw Park. A separate 6 lane 25 yard pool is available for continuous warm-up.

ELIGIBILITY: USMS designated age groups 18+ apply. What your age will be as of December 31, 2010 determines your age for this meet. Current registration with USMS required. A photocopy of your USMS card must be provided with your signed entry. Each event entered must have an entry time (actual or estimated). The Entry Form for this meet is on the CSP web site at www.cpswim.com and is the only form to be used for designating events entered and seed times. **The entry form must be signed, dated and received by noon on August 6th, 2010 to be eligible to swim.**

ENTRY: Entry Forms must be sent to **Priscilla Zenk, Meet Entry Chair at 2627 Hope Ave., St. Louis, MO 63143.** Questions contact Priscilla at 314-727-7946 or pzenk@cpswim.com. If you have supplied an email address, a return-reply confirmation will be provided as assurance that your entry has been received. ALL participants MUST send a photocopy of their current USMS registration card with their entry and MUST bring their USMS registration card to the meet.

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 pre-seeded by time. **No Deck Entries will be accepted.** Participants are limited to 5 individual events, plus relays. There may be breaks taken between some events depending on the number of entrants and pace of the meet. Events #14 thru #19 will be swum only if time permits. Immediately following the meet there will be social at the North Park pavilion for all participants.

CHECK-IN and WARM-UP: Entry to the facility and warm-ups for the meet start at 6:00 am, and no earlier. All competitors MUST check-in before 6:30am.

ENTRY FEES: Entry Fee is \$25. Entry fees and Entry form must be received by 12:00pm (noon) Friday, August 6, 2010. Late or Deck entries will not be accepted.

Order of Events (Seed Time Required, Actual or Estimated)			
#1	200 Meter Freestyle	#9	50 Meter Butterfly
#2	50 Meter Breaststroke	#10	100 Meter Freestyle
#3	100 Meter Backstroke	#11	200 Meter Breaststroke
#4	200 Meter Individual Medley	#12	200 Meter Butterfly
#5	50 Meter Freestyle	#13	50 Meter Backstroke
#6	100 Meter Butterfly	#14*	400 Meter Freestyle
#7	200 Meter Backstroke	#15*	400 Meter IM
#8	100 Meter Breaststroke	#16**	200 Meter Free Relay
		#17**	200 Medley Relay
		#18**	400 Meter Free Relay
		#19**	400 Medley Relay
	*The 400s will be combined and swum only if time permits.		
	**Relays will be swum only if time permits and deck entries will be accepted for relay only		



2010 CSPM Summer Finale Entry Form

Name: _____
 USMS# _____
 Birth date: _____ Age (as of 12/31/2010): _____ Gender _____
 USMS Club: _____

-Each swimmer is limited to 5 individual events (USMS Rules) -

Event #	Event Name	Entry Time

Please make checks payable to **CSP** and mail with completed entry form to:

Priscilla Zenk Entry Chair
2627 Hope Ave.
Maplewood, MO 63143

- Late or incomplete entries (no fee, incomplete form, incomplete data, and no copy of USMS registration card) may be rejected. **No individual deck entries will be accepted on the day of the meet.**
- All swimmers are required to send a photocopy of their 2010 USMS registration card.
- The host club is CSPM and the host facility is Shaw Park Aquatic Center

Waiver (must be signed and dated)

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.)

Signature: _____ Date: _____

Street Address: _____

City/State/Zip: _____

Telephone#: _____ E-Mail: _____

Emergency Contact: Name _____

Phone _____ Relationship: _____