

# Great Lakes LMSC Challenge

Saturday, March 27, 2010

Sanctioned by Ohio LMSC for USMS, Inc. - # 247-012

- HOST TEAM:** BGSU Society of Alumni Swimmers & Divers
- CONTACT:** Cliff Roahrig, 2920 E. Dorothy Lane, Kettering, Ohio 45420  
Phone: (937) 307-2689 E-mail: roahrig@aol.com
- LOCATION:** Bowling Green State University Student Recreation Center with a 25-yard by 50-meter pool. Competition will be conducted in ten lanes with a depth of 17 feet - a very fast pool. There are three lanes available for additional warm-up and cool-down during the meet. Daily lockers are available with your own lock. **PLEASE NOTE: The Rec Center does not open before 12 noon.**
- COMPETITION:** To promote competition and good-hearted rivalry among Masters Swimmers from each LMSC in the Great Lakes Zone, swimmers will represent their LMSC and compete as a single team against the other LMSC's. Results will be eligible for 2010 Short Course Top Ten.
- ELIGIBILITY:** Open to all swimmers registered with USMS. Each swimmer is responsible for his/her USMS card and will be required to show it upon request by officials.
- To enter meet, a copy of the swimmer's current USMS registration card MUST accompany the entry form.**
- The meet entry form must display your registered name, number, and team name, according to your USMS card. Unattached swimmers note "UNAT." **Print legibly, please.**
- AGE:** The age reported on your entry form must reflect your age as of 3/27/10.
- ENTRY FEES:** A flat fee of \$25 will be charged for the meet (5 ind. events/ 2 relays). A flat fee of \$40 will be charged for entries postmarked after Monday, March 22nd (5 ind. events/ 2 relays). Refunds will only be issued for medical reasons or meet cancellation. Registration form, copy of USMS card, and payment must be mailed to Cliff Roahrig. Checks must be payable to BGSU Masters.
- ENTRY DEADLINE:** A registration table will be available at the BGSU Student Recreation Center on Saturday, March 27<sup>th</sup>, from 12:30 PM to 1:30 PM.  
**DECK ENTRIES DEADLINE: 1:30p on 3/27/10**  
**RELAY ENTRY DEADLINE: 1:40p on 3/27/10**
- AWARDS:** The winning LMSC will be so noted on a perpetual plaque. Michigan won the 2008 Meet. Individual and Relay awards will be given for first, second, and third place by gender and age group. Relay awards will also be given for mixed relays (2M/2F).

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Scoring: Scoring will be by LMSC totals. Individual events and relays will be scored as follows:

Individual: 12-9-8-7-6-5-4-3-2-1      Relay: 24-18-16-14-12-10-8-6-4-2

## SEEDING & LANE ASSIGNMENTS:

Each event will be seeded by pre-entered seedtime of each swimmer with slower heats first, regardless of age or gender. No time (NT) will be seeded in slower heats.

## RELAYS:

All relays will be deck seeded. Any combination of all male, all female, or mixed relays (2M/2F) may compete in relay events. Age groups for relays, determined by the youngest member of the team, are: 19+, 25+, 30+, 35+...thru 100+. **Relay team members must all be from the same team within an LMSC, not just the same LMSC**

## ORDER OF EVENTS:

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### Warm-up: 12:45-2:00 PM

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- |    |                  |     |                  |
|----|------------------|-----|------------------|
| 1. | 200 Medley Relay | 10. | 200 Butterfly    |
| 2. | 400 Ind. Medley  | 11. | 50 Freestyle     |
| 3. | 50 Backstroke    | 12. | 200 Ind. Medley  |
| 4. | 200 Freestyle    | 13. | 100 Backstroke   |
| 5. | 50 Breaststroke  | 14. | 50 Butterfly     |
| 6. | 100 Butterfly    | 15. | 100 Breaststroke |
| 7. | 200 Backstroke   | 16. | 100 Freestyle    |
| 8. | 100 Ind. Medley  | 17. | 200 Free Relay   |
| 9. | 200 Breaststroke | 18. | 500 Freestyle    |

## WARM-UP & COOL DOWN:

Entry into the pool must be feet first with one hand in contact with the deck. Diving is permitted from designated starting blocks during warm-up. Diving from warm-down/cool-down lanes is prohibited. Officials must be obeyed. A swimmer may be disqualified for non-compliance.

## DIRECTIONS:

From I-75 exit 181. Travel west on Wooster to Mercer Rd. (1mi). Turn right (north) on Mercer to parking lot 10 on your right. The BGSU Student Recreation Center is on your left (west), across Mercer. Additional parking is past Rec. Center to Merry Rd. Turn left on Merry Rd. and left into parking lot 16. See map at <http://www.bgsu.edu/map/>

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PRINT LEGIBLY OR TYPE

NAME: \_\_\_\_\_ AGE on 3/27/10 \_\_\_\_\_ GENDER \_\_\_\_\_ TEAM \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY, STATE, ZIP: \_\_\_\_\_

HOME PHONE: (\_\_\_\_) \_\_\_\_\_ BUSINESS PHONE: (\_\_\_\_) \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_ 2010 USMS NUMBER \_\_\_\_\_ E-MAIL \_\_\_\_\_

**ATTACH A PHOTOCOPY OF CURRENT USMS CARD TO YOUR ENTRY FORM.**

Circle the event numbers in which you would like to be entered and show your seedtime to the hundredth of a second. If you do not enter a time you will be entered as no time - "NT".

**Saturday March 27<sup>th</sup> - 2:05PM**

EVENT	SEED TIME	EVENT	SEED TIME
1. 200 Medley Relay	(Deck Entry)	10. 200 Butterfly	_____
2. 400 Ind. Medley	_____	11. 50 Freestyle	_____
3. 50 Backstroke	_____	12. 200 Ind. Medley	_____
4. 200 Freestyle	_____	13. 100 Backstroke	_____
5. 50 Breaststroke	_____	14. 50 Butterfly	_____
6. 100 Butterfly	_____	15. 100 Breaststroke	_____
7. 200 Backstroke	_____	16. 100 Freestyle	_____
8. 100 Ind. Medley	_____	17. 200 Free Relay	(Deck Entry)
9. 200 Breaststroke	_____	18. 500 Freestyle	_____
	_____		_____

ADVANCE ENTRIES (postmarked by March 22nd) \$25 per swimmer for the meet (including relays) \_\_\_\_\_

DECK ENTRIES (due by 1:30pm EST March 27th) \$40 per swimmer for the meet (including relays) \_\_\_\_\_

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RELEASE TO BE SIGNED: 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 and 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 DAMAGE CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUAL OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS. (Rule Book Article 103.1)

ATHLETE'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_