



**O*H*I*O MASTERS 2010 - LONG COURSE METERS (LCM) SWIM MEET
BUSBEY NATATORIUM - CLEVELAND STATE UNIVERSITY
CLEVELAND, OHIO
JUNE 5 – 6, 2010**

USMS SANCTION: # 18-06050610-LCM

DATE Sat. June 5, 2010 Warm-ups: 1:00 p.m. Meet: 2:00 p.m.
Sun. June 6, 2010 Warm-ups: 8:00 a.m. Meet: 9:00 a.m. Deck entries until 9:00 a.m.

NATATORIUM The Cleveland State University Busbey Natatorium, 2451 Euclid Ave., Cleveland, OH, was designed by one of our members, Peter van Dijk, and is recognized as one of the fastest pools in the country. We are fortunate to be able to use this pool for our meet thanks to the generous cooperation of Lee Reed Director of Athletics at CSU, and Wally Morton, Director of Aquatics and Swim Coach. The pool is a 9-lane 50-meter pool, equipped with automatic timing and digital read-out board. The lanes are 8 feet wide with depths between 12 to 16-1/2 feet deep. One lane will be reserved for warm-up and warm-down during the meet.

LOCATION To reach Busbey Natatorium, take I-90 to downtown Cleveland and exit at Chester Avenue. The Natatorium is located off this exit, just west of I-90. It is the large brick building between Chester and Euclid Avenues. Parking will be ample on the weekend in the many University parking lots.

ELIGIBILITY Entrants must be registered with USMS. Registration forms for USMS (Lake Erie LMSC) will be available (\$ 40.00 fee). Membership in O*H*I*O Masters is \$5.00 more. Limit 5 individual events per day. Please send copy of USMS card with entry form. All relays can be swum with 4 Women, 4 Men, or Mixed (2 women and 2 men). Only swimmers entered in the meet, and belonging to the same USMS-registered club can participate in relays.

AGE GROUPS AGE OF COMPETITORS ON DEC 31, 2010 WILL DETERMINE AGE/AGE GROUP.

Age groups are: 18-24, 25-29, 30-34, . . . , 80-84, 85-89, 90+. For Relays the age group is determined by the sum of the ages of the swimmers: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, etc. Only registered clubs can enter relays. Relay only swimmers need only to complete the entry form and pay the surcharge fee.

AWARDS Individual events: first-place medal, second, third, fourth, fifth, and sixth-place ribbons. Relays: first-place ribbons. For those who have too many medals and ribbons, we offer alternate awards – coupons – for first, second and third place in individual events and first place in relays.

SEEDING Heats will be formed by submitted times, regardless of age or sex, and progress from fast to slow to "No Time" and Deck Entries.

DEADLINE Entries must be received by June 2, 2010. Deck entries will be accepted until 9:00 a.m. on Sunday, except for event 18 (400 m. freestyle) on Sunday. Relays can be deck-entered during the meet.

FEES Fees must accompany entry forms. Individual events: \$ 5.00, Timing Surcharge: \$ 5.00, Deck entries: \$ 6.00 per event. There is no charge for relay entries (which can only be deck entered). Make checks payable to: O*H*I*O MASTERS SWIM CLUB and mail to: Meet Director, P.O. Box 43824, Richmond Heights, OH 44143.

MEET DIRECTOR Tom Gorman/Kevin McCardle.

CLEVELAND STATE UNIV. HOST Wally Morton, Director of Aquatics.

OPEN EVENTS We offer "Open" events on Saturday to allow people to swim events that would otherwise be too close together on Sunday. A stroke swum in an open event may not be repeated the next day. Results of the open events are combined with the events on Sunday.

MOTELS The following hotels are located downtown:

| | |
|---|----------------------------------|
| Comfort Inn Downtown 1800 Euclid Avenue, Cleveland | (216) 861-0001 (800) 228-5150 |
| Crowne Plaza Cleveland - City Centre 777 St. Clair Ave. N.E., Cleveland | (216) 373-3310 |
| Hampton Inn – Cleveland Downtown 1460 E. 9 th Street, Cleveland | (216) 241-6600 |
| Wyndham Cleveland at Playhouse Square 1260 Euclid Avenue, Cleveland | (216)615-3323 |

Additional recommendations (easy access by freeways):

| | |
|--------------------------------------|----------------|
| Red Roof Inn (I-77 and Rockside Rd.) | (440) 439-2500 |
|--------------------------------------|----------------|

ORDER OF EVENTS

Saturday, June 5, 2010

1. 50 m. Freestyle Open
2. 50 m. Backstroke Open
3. 50 m. Breaststroke Open
4. 50 m. Butterfly Open
5. 400 m. Individual Medley
6. 100 m. Freestyle Open
7. 100 m. Backstroke Open
8. 100 m. Breaststroke Open
9. 100 m. Butterfly Open

OPEN EVENTS MAY NOT BE REPEATED ON SUNDAY

10. 200 m. Freestyle Open
11. 200 m. Backstroke Open
12. 200 m. Breaststroke Open
13. 200 m. Butterfly Open
14. 200 m. Individual Medley Open
15. 800 m. Freestyle Relay
16. 800 m. Freestyle
17. 1,500 m. Freestyle

Sunday, June 6, 2010

- * 18. 400 m. Freestyle
19. 200 m. Butterfly
20. 400 m. Free Relay
21. 100 m. Backstroke
22. 50 m. Freestyle
23. 200 m. Breaststroke
24. 200 m. Medley Relay
25. 50 m. Butterfly
26. 100 m. Freestyle
27. 200 m. Individual Medley
28. 100 m. Breaststroke
29. 50 m. Backstroke
30. 100 m. Butterfly
31. 200 m. Free Relay
32. 200 m. Freestyle
33. 50 m. Breaststroke
34. 200 m. Backstroke
35. 400 m. Medley Relay

* No deck entries for event 18

RESULTS will be posted on www.ohiomasters.com usually within a day or two.

ENTRY FORM

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Busbey Natatorium – Cleveland State University, Cleveland, OH
JUNE 5 – 6, 2010
USMS SANCTION: # 18-06050610-LCM

NAME _____ SEX ____ AGE ON DEC 31 2010 ____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE _____ TEAM _____ or UNattached ____ USMS # _____ (include copy of card)
 Enter your events and seed times on this form.

SATURDAY, JUNE 5, 2010 2:00 p.m. **OPEN EVENTS MAY NOT BE REPEATED ON SUNDAY**

- | | |
|---|---|
| 1. 50 m. Freestyle Open _____ 2. 50 m. Backstroke Open _____ 3. 50 m. Breaststroke Open _____ 4. 50 m. Butterfly Open _____ 5. 400 m. Indiv. Medley _____ 6. 100 m. Freestyle Open _____ 7. 100 m. Backstroke Open _____ 8. 100 m. Breaststroke Open _____ 9. 100 m. Butterfly Open _____ | 10. 200 m. Freestyle Open _____ 11. 200 m. Backstroke Open _____ 12. 200 m. Breaststroke Open _____ 13. 200 m. Butterfly Open _____ 14. 200 m. Indiv. Medley Open _____ 15. 800 m. Freestyle Relay XXXXXXXXXX 16. 800 m. Freestyle _____ 17. 1,500 m. Freestyle _____ |
|---|---|

SUNDAY, JUNE 6, 2010 9:00 a.m.

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|---|--|
| 18. 400 m. Freestyle No Deck Entry 19. 200 m. Butterfly 20. 400 m. Free Relay XXXXXXXXXX 21. 100 m. Backstroke 22. 50 m. Freestyle 23. 200 m. Breaststroke 24. 200 m. Medley Relay XXXXXXXXXX 25. 50 m. Butterfly 26. 100 m. Freestyle | 27. 200 m. Indiv. Medley 28. 100 m. Breaststroke 29. 50 m. Backstroke 30. 100 m. Butterfly 31. 200 m. Free Relay XXXXXXXXXX 32. 200 m. Freestyle 33. 50 m. Breaststroke 34. 200 m. Backstroke 35. 400 m. Medley Relay XXXXXXXXXX |
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Swimming Fees: Individual events _____ x \$5.00 = \$ _____
 Deck Entries _____ x \$6.00 = \$ _____
 Surcharge (includes relay only swimmers) \$ 5.00
 Discount for members of O*H*I*O MASTERS (- \$3.00) \$ _____ (not for deck entries)
TOTAL \$ _____

Deadline : June 2, 2010

Make checks payable to: **O*H*I*O MASTERS SWIM CLUB**
 Mail to: Meet Director, P.O. Box 43824, Richmond Heights, Ohio 44143

Release by Participant from Liability:

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.

Signature _____ Date _____