



O*H*I*O MASTERS 2009 - SHORT COURSE METERS (SCM) SWIM MEET
ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL
HUDSON, OHIO
DECEMBER 12-13, 2009

USMS SANCTION: # 18-12121309-SCM

- DATE** Sat. Dec. 12, 2009 Warm-ups: 4:00 p.m. Deck entries until 4:50 p.m. Meet: 5:00 p.m.
Sun. Dec. 13, 2009 Warm-ups: 8:00 a.m. Deck entries until 8:50 a.m. Meet: 9:00 a.m. for 400 freestyle, 9:30 a.m. or later for Event 20.
- LOCATION** The East Woods School is located on North Hayden Parkway. From the intersection of Rte. 303 and Rte. 91 in the center of Hudson, go east on Rte. 303 about 0.8 mile. Turn left (north) on Hayden Parkway. The driveway into East Woods School is 0.3 mile on the left. The pool is on the far west end of the building. The pool is a 6 lane, 25 meter pool with Kiefer non-turbulent lane markers and Colorado automatic timing.
- ELIGIBILITY** 2009 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, all swimmers must be registered U.S. Masters Swimmers. Applications for 2010 registration will be available at the meet (\$35.00). For another \$5.00 you can become a member of O*H*I*O Masters Swim Club. Please send a copy of your USMS card with your entry form. Limit 5 individual events per day. Only swimmers entered in the meet can participate in relays.
- AGE GROUPS** Age of competitors on Dec. 31, 2009 will determine age group. Age groups are: 19-24, 25-29, 30-34, 35-39, etc. For relays, the age group is determined by the sum of the ages of the swimmers: 76+, 120+, 160+, 200+, 240+, 280+. All relays can be swum with 4 women, 4 men, or mixed (2 women and 2 men).
- AWARDS** Individual events: First-place medal, second, third, fourth, fifth, and sixth-place ribbons. Relays: first, second, and third-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 will progress from fast to slow to "No Time" and deck entries.
- DEADLINE** Entries must be received by Dec. 9, 2009. Deck entries will be accepted until 8:50 a.m. on Sunday, except for event 20 (400 m. Freestyle). Relays are deck entry only.
- FEES** Fees must accompany entry forms. Individual events: \$5.00. Timing Surcharge: \$5.00. Deck entries: \$6.00 per event. Relays can only be deck entered. There is no charge for relay entries. Make checks payable to **O*H*I*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Richmond Heights, Ohio 44143**.
- SOCIAL** The Social will be combined with the Annual Membership Meeting of the Lake Erie LMSC. The social will be held Emilio's Restaurant & Lounge, 180 W. Streetsboro St., Hudson, OH. starting at 12:30 p.m.
- 1500 AND 800 METERS FREESTYLE** - Enter the 800 m. freestyle only if you do not plan to swim the 1,500 m. freestyle. Everyone who swims the 1,500 m. freestyle will be automatically entered in the 800 m. We will use your 800 m. split as your final time. You will not be allowed to enter both the 800 and the 1,500 m. freestyle.
- OPEN EVENTS** - We offer "Open" events on late Saturday afternoon 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 and scored with the results on Sunday.

ORDER OF EVENTS

Saturday, December 12, 2009

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. Individual Medley
6. 100 m. Freestyle Open
7. 100 m. Backstroke Open
8. 100 m. Breaststroke Open
9. 100 m. Butterfly Open
10. 100 m. Individual Medley Open
11. 200 m. Freestyle Open
12. 200 m. Backstroke Open
13. 200 m. Breaststroke Open
14. 200 m. Butterfly Open
15. 200 m. Individual Medley Open
16. 800 m. Freestyle Relay
17. 800 m. Freestyle (Note 1)
18. 1500 m. Freestyle (Note 1)

Note 1 – Do not enter both events 17 and 18.

Sunday, December 13, 2009

19. 400 m. Freestyle (Note 2)
20. 200 m. Butterfly
21. 400 m. Free Relay
22. 100 m. Backstroke
23. 50 m. Freestyle
24. 200 m. Breaststroke
25. 200 m. Medley Relay
26. 50 m. Butterfly
27. 100 m. Freestyle
28. 200 m. Individual Medley
29. 100 m. Breaststroke
30. 50 m. Backstroke
31. 100 m. Butterfly
32. 200 m. Free Relay
33. 200 m. Freestyle
34. 50 m. Breaststroke
35. 200 m. Backstroke
36. 400 m. Medley Relay
37. 100 m. Individual Medley

Note 2 - No deck entries for event 19

MEET DIRECTOR Kevin McCardle/ Tom Gorman

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

ENTRY FORM

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ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL, HUDSON, OHIO
December 12-13, 2009
USMS SANCTION: # 18-12121309-SCM

NAME _____ SEX ____ AGE ON DEC 31 2009 ____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE _____ TEAM _____ or UNattached ____ USMS # _____ (include copy of card)

Saturday, Dec. 12, 2009 OPEN EVENTS MAY NOT BE REPEATED ON SUNDAY

- | | | | |
|-------------------------------|-------|--------------------------------------|------------|
| 1. 50 m. Freestyle Open | _____ | 11. 200 m. Freestyle Open | _____ |
| 2. 50 m. Backstroke Open | _____ | 12. 200 m. Backstroke Open | _____ |
| 3. 50 m. Breaststroke Open | _____ | 13. 200 m. Breaststroke Open | _____ |
| 4. 50 m. Butterfly Open | _____ | 14. 200 m. Butterfly Open | _____ |
| 5. 400 m. Indiv. Medley | _____ | 15. 200 m. Indiv. Medley Open | _____ |
| 6. 100 m. Freestyle Open | _____ | 16. 800 m. Freestyle Relay | XXXXXXXXXX |
| 7. 100 m. Backstroke Open | _____ | 17. 800 m. Freestyle | _____ |
| 8. 100 m. Breaststroke Open | _____ | 18. 1,500 m. Freestyle | _____ |
| 9. 100 m. Butterfly Open | _____ | (Do not enter both events 17 and 18) | |
| 10. 100 m. Indiv. Medley Open | _____ | | |

Sunday, Dec. 13, 2009

- | | | | |
|--------------------------|------------|-----------------------------|------------|
| 19. 400 m. Freestyle | _____ | No Deck Entry for event #19 | |
| 20. 200 m. Butterfly | _____ | 29. 100 m. Breaststroke | _____ |
| 21. 400 m. Free Relay | XXXXXXXXXX | 30. 50 m. Backstroke | _____ |
| 22. 100 m. Backstroke | _____ | 31. 100 m. Butterfly | _____ |
| 23. 50 m. Freestyle | _____ | 32. 200 m. Free Relay | XXXXXXXXXX |
| 24. 200 m. Breaststroke | _____ | 33. 200 m. Freestyle | _____ |
| 25. 200 m. Medley Relay | XXXXXXXXXX | 34. 50 m. Breaststroke | _____ |
| 26. 50 m. Butterfly | _____ | 35. 200 m. Backstroke | _____ |
| 27. 100 m. Freestyle | _____ | 36. 400 m. Medley Relay | XXXXXXXXXX |
| 28. 200 m. Indiv. Medley | _____ | 37. 100 m. Indiv. Medley | _____ |

ENTRY FEES: Individual events _____ x \$5.00 = \$ _____
Deck Entries _____ x \$6.00 = \$ _____
Surcharge = \$ 5.00
Discount (O*H*I*O Masters only) (-\$3.00) = \$ _____ (not for deck entries)
TOTAL: _____

Deadline : December 9, 2009. 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 _____

Sanctioned by Lake Erie LMSC for USMS, Inc. # 18-12121309-SCM