



Liquid Lightning's 2010 Masters "Kick Off"

Date: January 10th, 2010

Location: Lake Orion High School Natatorium
495 E. Scripps Road
Lake Orion, MI 48360

Eligibility: The meet is open to all registered USMS members. You must provide a copy of your card with your mail-in registration. 2010 registration is available online at: www.usms.org/reg/. **USMS registration will not be available at the meet**, so please register before hand if you plan on competing. Sanction #1910-02s

Facility: The facility has 2 pools. The main competition pool has 11 lanes with 8 racing lanes. The second pool is a 4-lane warm down pool. There is plenty of deck space and spectator seating.

Time: Session 1 warm-up: 7:15 – 7:45. We will begin at 7:45. Session 1 will consist of the 1000 & 500. They will be limited to 2 heats of 11 participants. The first 16 participants will use the starting blocks and the next 6 will use the lanes without blocks.

Session 2 warm-up: 9:00 – 9:30. We will begin at 9:30. See page 2 for events

Entries: We will not accept deck entries for session 1. We must have your entry by 1/07/2010. We will accept deck entries for Session 2 between the hours of 8 – 9 am. **You may swim up to 5 individual events plus relays.**

Entry Fee: The entry fee will be \$20 dollars if received by 1/07/2010. Deck entries will be \$30. Entries can be mailed to: Paul Brent - 3316 Glacier Drive, Lake Orion, MI 48360 or pbrent01@comcast.net
Please make your checks payable to: LOLL

Proceeds: Proceeds from this Masters Meet will benefit Liquid lightning and Lake Orion High School. Thank you for your support.

Contact: Paul Brent @ (248)417-5081 or pbrent01@comcast.net

**Liquid Lightning's 2010 Master's Kick Off
January 10th, 2010**

Name: _____ E-Mail: _____ Sex: _____
Date of Birth: _____ Phone # _____ USMS # _____

Event # Event Seed Time

*Warm-up: 7:15-7:45 A.M.
Session 1 begins at 7:45 A.M.*

1. 1000 Free _____
2. 500 Free _____

No deck entries for the 1000 and 500. 2 heats of 11 swimmers.

*Warm-up: 9:00-9:30
Session 2 begins at 9:30*

3. 200 Back _____
4. 50 Fly _____
5. 200 IM _____
6. 50 Breast _____
7. 200 Free _____
8. 400 Medley Relay _____
9. 50 Back _____
10. 100 Fly _____
11. 200 Breast _____
12. 50 Free _____
13. 400 IM _____
14. 400 Free Relay _____
15. 100 Free _____
16. 200 Fly _____
17. 100 Back _____
18. 100 Breast _____
19. 100 IM _____
20. 800 Free Relay _____

**Please list your seed times in the events you would like to enter. Remember,
Limit of 5 individual events. Make checks payable to: LOLL**

Mail your entry to:

Paul Brent
3316 Glacier Drive
Lake Orion, MI 48360

Or you may e-mail your entry to: pbrent01@comcast.net

MAILED ENTRIES ARE PREFERRED