



**O*H*I*O MASTERS 2009 - LONG-COURSE METERS (LCM) SWIM MEET
BUSBEY NATATORIUM - CLEVELAND STATE UNIVERSITY
CLEVELAND, OHIO
JUNE 6 – 7, 2009**

USMS SANCTION: # 18-06060709-LCM

DATE Sat. June 6, 2009 Warm-ups: 3:00 p.m. Meet: 4:00 pm
Sun. June 7, 2009 Warm-ups: 8:00 am. 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 (\$ 35.00 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, 2009 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.

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 3, 2009. Deck entries will be accepted until 9:00 am on Sunday, except for event 8 (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.

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 freestyle. We will use your 800 m. split as your final time. Needless to say, you will not be allowed to enter both the 800 and the 1,500 m. events.

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 6, 2009

1. 50 m. Open
2. 400 m. Individual Medley
3. 100 m. Open
4. 200 m. Open
5. 800 m. Freestyle Relay
6. 800 m. Freestyle
7. 1500 m. Freestyle

FOR OPEN EVENTS :

Designate choice of stroke
(Free, Backstroke, Breast,
Fly, or I.M.) Event may not
be repeated on Sunday

Sunday, June 7, 2009

- | | |
|-------------------------|------------------------------|
| * 8. 400 m. Freestyle | 17. 200 m. Individual Medley |
| 9. 200 m. Butterfly | 18. 100 m. Breaststroke |
| 10. 400 m. Free Relay | 19. 50 m. Backstroke |
| 11. 100 m. Backstroke | 20. 100 m. Butterfly |
| 12. 50 m. Freestyle | 21. 200 m. Free Relay |
| 13. 200 m. Breaststroke | 22. 200 m. Freestyle |
| 14. 200 m. Medley Relay | 23. 50 m. Breaststroke |
| 15. 50 m. Butterfly | 24. 200 m. Backstroke |
| 16. 100 m. Freestyle | 25. 400 m. Medley Relay |

* No deck entries for event 8

* Do not enter both events 6 and 7

ENTRY FORM

O*H*I*O MASTERS 2009 - LONG COURSE METERS (LCM) SWIM MEET

Busbey Natatorium – Cleveland State University, Cleveland, OH

JUNE 6 – 7, 2009

USMS SANCTION: # 18-06060709-LCM

NAME _____ SEX ____ AGE ON DEC 31 2009 ____ 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 6, 2009 4:00 pm

- 1. 50 m. Open _____ Stroke _____
- 2. 400 m. Indiv. Medley _____
- 3. 100 m. Open _____ Stroke _____
- 4. 200 m. Open _____ Stroke _____
- 5. 800 m. Freestyle Relay XXXXXXXXXX
- 6. 800 m. Freestyle _____
- 7. 1,500 m. Freestyle _____

DO NOT ENTER BOTH EVENTS 6 AND 7.

FOR OPEN EVENTS:

Designate choice of stroke (Free, Backstroke, Breast, Fly, or I.M.). Event may not be repeated on Sunday.

SUNDAY, JUNE 7, 2009 9:00 am

- | | |
|------------------------------------|------------------------------------|
| 8. 400 m. Freestyle _____ | NO DECK ENTRIES FOR EVENT # 8 |
| 9. 200 m. Butterfly _____ | 18. 100 m. Breaststroke _____ |
| 10. 400 m. Free Relay XXXXXXXXXX | 19. 50 m. Backstroke _____ |
| 11. 100 m. Backstroke _____ | 20. 100 m. Butterfly _____ |
| 12. 50 m. Freestyle _____ | 21. 200 m. Free Relay XXXXXXXXXX |
| 13. 200 m. Breaststroke _____ | 22. 200 m. Freestyle _____ |
| 14. 200 m. Medley Relay XXXXXXXXXX | 23. 50 m. Breaststroke _____ |
| 15. 50 m. Butterfly _____ | 24. 200 m. Backstroke _____ |
| 16. 100 m. Freestyle _____ | 25. 400 m. Medley Relay XXXXXXXXXX |
| 17. 200 m. Indiv. Medley _____ | |

Swimming Fees: Individual events	_____ x	\$5.00 =	\$ _____
Surcharge			\$ 5.00
Discount for members of O*H*I*O MASTERS (- \$3.00)			\$ _____
		TOTAL	\$ _____

Deadline : June 3, 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 _____

USMS SANCTION: # 18-06060709-LCM