



Liquid Lightning's 2008 Masters "KICK OFF"

Date: Sunday, January 13th, 2008

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. 2008 USMS registration will be available at the meet for \$35 dollars, but we are strongly encouraging masters swimmers to register and have 2008 USMS card at the start of the meet. Sanction # 198-003s

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

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 1/10/08. We will accept deck entries for Session 2 between the hours of 8 – 9 am. Each competitor may enter a maximum of 5 events.

Entry Fee: The entry fee will be \$20 dollars if received by 1/10/2008.

Deck entries will be \$25. Entries can be mailed to: Paul Brent - 3316 Glacier Drive, Lake Orion, MI 48360 or pbrent@liquidlightning.org

Please make your checks payable to: LOLL

Proceeds: Proceeds from this Masters Meet will benefit Lake Orion's club team, Liquid lightning and Lake Orion HS. Thank you for your support.

Contact: Paul Brent @ (248)417-5081 or pbrent@liquidlightning.org

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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 Freestyle _____
2. 500 Freestyle _____

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 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: pbrent@liquidlightning.org

MAILED ENTRIES ARE PREFERRED