



Anderson Barracuda Masters
2010 St. Patrick's Day Swim Meet

The Dome Natatorium- M.E. Lyons YMCA
Saturday, March 20th, 2010

Sanctioned by OHIO LMSC for USMS, Inc. # 247-011 SCY

Warm up for Event #1: 10 AM. 1000 Free begins at 11 AM.



Location: From Dayton or Columbus take 275 east to the Five-Mile Exit # 69; turn right (north) onto Five Mile. From Lexington or Louisville take Interstate 275 east, take the Five-mile exit #69, turn left and continue north on Five-Mile and drive 1.5 miles through the intersection of Five-Mile and Beechmont Avenue to 3-way intersection, where Five-Mile meets Clough Pike. Turn right (east) onto Clough Pike. Drive 2.5 miles, heading east on Clough. Once you past the Nagel Road intersection the YMCA entrance will be located on your left (200 feet).

Facility: The meet will be conducted in the Dome pool. The pool is a 6-lane 25-yard pool with Competitor non-turbulent lane markers, Colorado automatic timing ran with Hy-Tek software. There will be separate 6 lane pool available for continuous warm-up and warm down.

MEET CHECK IN: Only for event #1, 1000 Free. Only the Top 24 entries will be allowed to swim the 1000. The 1000 will run FASTEST to SLOWEST. Entries of NT (no time) for event #1 will not be accepted. There is a time cut off of 15 minutes. **Event #2 - Medley Relays will not start before 12 pm.**

Eligibility: 2010 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance regulations, all swimmers must be registered U.S. Masters Swimmers. **A copy of your USMS card must accompany your entry form, NO EXCEPTIONS.**

Limit 5 individual events. Only swimmers entered in the meet can participate in relays.

Age Groups: Age of competitors on March 20, 2010 will determine age group.

Seeding: Heats will be formed by times, regardless of age or sex, and progress from “no time” and deck entries slowest to fastest.

Deadline: Pre-Entries are due by March 12, 2010. Deck entries will be accepted until 11:30 A.M. on the day of the meet. **No deck entries will be accepted for the 1000 Free.**

Fees: Fees must accompany entry forms. There will be a flat fee of \$25.00 to attend this meet, which includes 5 individual events and relays for the meet. For deck entries the fee will be \$40.00. **A copy of your USMS card must accompany your entry form.** Make checks payable to **M.E. Lyons YMCA.**

Mail entries to: Rich Tomkins – Meet Entry Director

2782 Turnkey Court
Cincinnati, Ohio 45244

Email address: richardtomkins@fuse.net

Cell phone # (513) 509-8250

Meet Director: Corey Mullins (513) 232-9801

YMCA Contact: Jeremy Bannon (513) 362-2075



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Name: _____ Sex: _____ Age: _____ Birthdate: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Team: _____ or Unattached: _____ USMS#: _____

Entry Acknowledgment Email Address: _____

Enter Your Age Group: _____ 19-24 25-29 30-34 35-39 40-44 45-49 50-54
 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

Event		Entry Time	Event		Entry Time
1	1000 yd. Freestyle		11	50 yd. Backstroke	
2	200 yd. Medley Relay	* Deck Entered *	12	100 yd. Breaststroke	
3	200 yd. Butterfly		13	200 yd. Backstroke	
4	100 yd. I.M.		14	100 yd. Butterfly	
5	50 yd. Freestyle		15	50 yd. Breaststroke	
6	200 yd. Breaststroke		16	100 yd. Freestyle	
7	100 yd. Backstroke		17	200 yd. I.M.	
8	50 yd. Butterfly		18	200 yd. Freestyle Relay	* Deck Entered *
9	200 yd. Freestyle		19	500 yd. Freestyle	
10	400 yd. I.M.				

PRE-ENTRY FEES: 5 events + relays for = \$ 25.00

Pre Entry Deadline: March 12, 2010

Make checks payable to **M.E. Lyons YMCA**

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 _____

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