



United States Masters Swimming
South Central Zone Short Course
Championship Meet
April 9-11, 2010



Meet Information

- Dates:** April 9-11, 2010 (Friday, Saturday, Sunday)
- Location:** Conroe ISD Natatorium, 19133 David Memorial Drive, Shenandoah, TX 77385, (936)-709-7259
- Facilities:** Competition is in the 8-lane, 25 yard competition course with electronic timing. Starting blocks are available and non-turbulent lane lines will be used. The meet will be operated using Meet Manager software. During the meet, lanes will be available in the adjacent 25 yard course for warm up and cool down.
- Eligibility:** Participants must be 18 years of age by April 9, 2010 and currently registered for 2010 with USMS.
- Sanction/Rules** Sanctioned by the Gulf LMSC (GMSC) for USMS, Inc. Sanction Number: **250-00x**. Times are eligible for consideration as USMS National Records, Top-10 and National Qualifying Times. Current USMS rules for Short Course meets govern the conduct of the meet. **CISD Rules provide that only competitors, coaches and meet personnel are allowed on the pool deck. Spectators and children are not allowed on the pool deck.**
- Age Groups:** Individual events 18-24, 25-29, 30-34, etc. : Relay events 18+, 25+, 35+, 45+, etc.
- Scoring:** Individual events will be scored 9-7-6-5-4-3-2-1 and relays will be double.
- Awards:** For individual events, 1st, 2nd and 3rd place medals will be awarded. For overall teams placing 1st, 2nd and 3rd place plaques will be awarded.
- Schedule:** On Friday, April 9, warm up begins at 5:30 p.m. and the 1650 will begin at 6:00 p.m. On Saturday, April 10 and Sunday, April 11, warm up begins at 8:00 a.m. and the meet begins promptly at 9:00 a.m.
- Parking:** Parking will be available adjacent to the Natatorium.
- Directions:** Highway 45 to Shenandoah, exit Research Forest Dr. - Tamina Rd. Go east on Tamina Rd. to the first light, turn left on David Memorial Dr. and proceed approximately 1 mile to the Natatorium which will be on the east side (adjacent the WNB Stadium).
- Entries:** \$45.00 (limit of 4 events per day), if postmarked on or before March 15, 2010. For entries postmarked after March 15, 2010 and received before March 31, \$55. Entries received after March 31st will not be accepted. For an individual swimming only relays, the entry fee is \$10 which must be paid in accordance with the entry deadlines. Relays must consist of members of the same swim club. There will be no deck entries and no refunds. Incomplete entries will not be processed.
- Seeding:** This is a timed finals meet and will be seeded by gender and time, slow to fast. Entries with "No Time" (NT) will be placed in the slowest heats. Those swimming the 1650, 1000, and 500 must provide their own person to count laps. The meet will be pre-seeded, with the exception of the 500 Free, 400 IM, 1000 Free and 1650 Free and the relays, which will be deck seeded. Check In for these events are as follows:
- ◆ 1650 yard Freestyle (by 5:30 pm Friday)
 - ◆ 400 yard Individual Medley (by 8:15 am Saturday)
 - ◆ All Saturday Relays (by the end of event 6, 200 yard freestyle)
 - ◆ 1000 yard Freestyle (by the end of event 6, 200 yard freestyle)
 - ◆ 500 yard Freestyle (by 8:15 am Sunday)
 - ◆ All Sunday Relays (by the end of event 29, 200 yard Backstroke)
- Meet directors reserve the right to combine genders, if needed.



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- Lodging:** Rooms have been blocked at the following: Homewood Suites, Marriott Towne Place Suites (kings only), Comfort Suites. Click the [hotel button](#) on the website
- Results** Results will be posted electronically on the Gulf Masters Swimming website at www.gulfmastersswimming.org.
- Social:** Concession stand will be open on Saturday and Sunday during the Meet. A no host social will follow after the meet on Saturday at Fuddruckers.
- Information:** Tom Boak, 713-503-0819, email tboakjr@comcast.net
Website: <http://www.asicampbell.com/SCZ-SC/SCZ-SC-2010.htm>
- Be a Sponsor!** Sponsor an Event of the swim meet. For \$25, have your Company, Swim Team, Organization, or just yourself, advertised in the meet heat sheet . . . and . . . get a FREE T-Shirt



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Entry Form

Name: _____ **Sex:** Female Male
(exactly as written on your USMS card)

Address: _____

Telephone: _____ **E-mail:** _____

Age on 4/9/2010: _____ **Date Of Birth:** _____ **USMS Number:** _____
(mm/dd/yy)

Club Name: _____ **Club Abbreviation:** _____

LMSC: _____

Women		Friday, April 9, 2010	Men	
Number	Time	Event	Number	Time
1		1650 yard Freestyle	2	
Women		Saturday, April 10, 2010	Men	
Number	Time	Event	Number	Time
3		400 yard Individual Medley	4	
5		50 yard Butterfly	6	
7		200 yard Freestyle	8	
9		100 yard Breaststroke	10	
11		100 yard Backstroke	12	
13		50 yard Freestyle	14	
15		200 yard Butterfly	16	
17		400 yard Medley Relay	18	
19		200 Free Freestyle Relay	20	
21/22		200 yard Mixed Medley Relay	21/22	
23		1000 yard Freestyle	24	
Women		Sunday, April 11 2010	Men	
Number	Time	Event	Number	Time
25		500 yard Freestyle	26	
27		100 yard Individual Medley	28	
29		50 yard Breaststroke	30	
31		200 yard Backstroke	32	
33		100 yard Butterfly	34	
35		200 yard Breaststroke	36	
37		100 yard Freestyle	38	
39		200 yard Individual Medley	40	
41		50 yard Backstroke	42	
43		400 yard Freestyle Relay	44	
45/46		200 yard Medley Relay	45/46	
47		200 yard Mixed freestyle Relay	48	



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Entry Form

Entry fee Postmarked by 3/15/10 = \$45 _____

Entry fee postmarked after 3/15/10, received by 3/31/10 = \$55 _____

Short sleeved (White or Grey) T-Shirt - (Indicate size _____)
\$15 at the meet - buy now and save \$3 . . . = \$12 _____

Event Sponsorship - Includes a free T-Shirt and ad space in the meet
program - (Indicate Event No. _____ & T-Shirt size _____) = \$25 _____

Total Enclosed: _____

Make checks payable to "Woodlands Masters Swim Team" and mail complete entry form and check to:

Woodlands Masters Swim Team
c/o Tom Boak
P.O. Box 7084
The Woodlands, TX 77387-7084

It is required that you attach a copy of your 2010 USMS card and sign the liability release below.

Liability Release

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 HEARBY 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.

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

Signature _____

Date _____

Printed Name _____