

2012 Ozark LMSC and Breadbasket Zone SC Yards Championship
Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM)
March 31- April 1, 2012
Lafayette High School

Sanctioned by Ozark LMSC for USMS, Inc., Sanction # 222S-001

Welcome to the 2012 Ozark LMSC and Breadbasket Zone Short Course Yards Championship. St. Louis Area Masters Swimming, Inc. (SLAM) is hosting this competition.

Location: Lafayette High School, 17050 Clayton Rd, Wildwood, MO 63011-1794

The pool is 25 yards with 8 lanes equipped with non-turbulent lane lines and electronic timing equipment. Six lanes will be used for competition; one lane will be available for warm-up and cool-down.

Time: Saturday afternoon, March 31st, warm-up **1 pm**, meet starts **2 pm**, and Sunday morning, April 1st, warm-up begins at **8 am**, meet begins at **9 am**. **Deck entries for Saturday close at 1:30 pm, for Sunday at 8:30 am.** To expedite deck entry check-in, please have your completed, signed paper entry form and completed check ready. **No deck entries are permitted for the 500 and the 1000 (Events 1 and 15).** These events will be pre-seeded. Deck entries for the 1650 will be accepted only if no new heats are required.

Ozark LMSC Membership Meeting: A brief meeting of the Ozark LMSC general membership will be held during the second break on Saturday. All Ozark LMSC members are urged to be attentive at this time and vote on the important issues, such as 2013 LMSC membership fees, to be decided at this meeting. The agenda will be posted at www.ozarkLMSC.org.

Eligibility: Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on April 1, 2012. Participants must be 2012 USMS members. You may apply for USMS membership at the meet if you so desire, but we prefer you apply for USMS membership online <http://www.usms.org/reg/> prior to the meet. We are in the Ozark LMSC. One Event USMS registration (OEVT) of \$17 is also available at the meet, but OEVT membership is good only for this meet and does not qualify you to swim relays or represent a club. OEVT members' times are not recognized for records or Top Ten.

Conduct: The 2012 USMS rules will govern the conduct of the meet. All events will be timed finals. Participants will be limited to ten (10) individual events for the meet, no more than five (5) on any one day, in addition to relays. Events will be seeded slowest to fastest; genders may be seeded together at the discretion of the meet referee.

Relays: Fully completed relay entry cards will be accepted at the timing console table **BEFORE 1:30 pm** on Saturday for events 2 & 3; **BEFORE 2:30 pm** for events 8, 13, 14; **BEFORE 9:30 am** on Sunday for events 17-18; and **BEFORE 10:30 am** for events 23, 27, and 28. All relays will be deck seeded. Blank relay cards will be available at the check-in table and/or can be downloaded from the Ozark LMSC website. Unattached swimmers cannot swim on relays.

Fees: On-line entry will be available and is the preferred method. No email entries will be accepted. **The online meet entry fee is \$25 for one day participants or \$40 for two days.** Deadline for Online entries is midnight CST March 28th. **Mailed entries are \$30 for one day or \$50 for two days. Deck entries are \$35 for one day or \$55 for two days.** Swimmers participating only on relays must submit a signed entry form and pay the appropriate entry fee as above. Please make checks payable to **St Louis Area Masters Swimming, Inc.** Deck entries should bring signed checks and completed signed entry forms with name also printed. *No cash please.* Bring proof of 2012 USMS membership or be prepared to pay for USMS registration at the meet.

Entry Deadline: To be seeded in proper heats, entries must be received by **March 28, 2012**.
Call **Mary Pohlmann at 618-549-5077** if you do not receive email confirmation of your entry by
March 30th. Questions: maryp@siu.edu

You may send your signed entry with check by USPS postmarked no later than **March 26th** to
Mary Pohlmann, Meet Director, 405 S Deer Lake Dr. East, Carbondale, IL 62901.
Do not mail entry if you have registered online.

Driving Directions:

From Interstate 64, going east or west, take Exit 19 B south onto Clarkson Rd (MO-340).
Drive about 3.5 miles south on Clarkson Rd and turn right at Clayton Rd. Drive 3.3 miles on
Clayton Road to Lafayette High School, 17050 Clayton Rd on left. Turn into first driveway. Park
between east wing and playing fields. Enter doors on far east side of building. Pool is on the left.

Closest accommodations:

Drury Plaza Hotel Chesterfield - St. Louis .
355 Chesterfield Center, Chesterfield, MO
(636) 532-3300 · druryhotels.com

Hampton Inn-Chesterfield .
16201 Swingley Ridge Road, Chesterfield, MO
(636) 537-2500 · hampton-inn.com

SpringHill Suites St. Louis Chesterfield .
1065 Chesterfield Parkway East, Chesterfield, MO
(636) 519-7500 · marriott.com

Residence Inn St. Louis Chesterfield .
15431 Conway Road, Chesterfield, MO
(636) 537-1444 · marriott.com

Homewood Suites St. Louis Chesterfield .
840 North Chesterfield Pkwy West, Chesterfield, MO
(636) 530-0305 · homewoodsuites.com

DoubleTree by Hilton Hotel & Conference Center St. Louis .
16625 Swingley Ridge Road, Chesterfield, MO
(636) 532-5000 · doubletree.com

Hilton Garden Inn St. Louis/Chesterfield .
16631 Chesterfield Grove Road, Chesterfield, MO
(636) 532-9400 · hiltongardeninn.com

2012 OZARK LMSC and Breadbasket Zone SC Yard Championship ENTRY FORM

Sanctioned by Ozark LMSC for USMS, Inc., Sanction # 222S-001

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|---|--|
| Name (as listed on USMS card): | Birth Date: Age: Gender: |
| Address: | Home Phone |
| City: State: Zip: | Club Affiliation |
| 2012 USMS Number (attach copy of card) | Email Address: |
| Emergency Contact Name: | Emergency Contact Phone: |

| EV | Seed Time | Saturday, March 31 |
|----|-----------|------------------------|
| 1 | | 500 Freestyle |
| | | 15 Minute Break* |
| 2 | | 200 Mixed Medley Relay |
| 3 | | 800 Free Relay |
| 4 | | 100 Individual Medley |
| 5 | | 200 Backstroke |
| 6 | | 50 Freestyle |
| 7 | | 100 Butterfly |
| | | 15 Minute Break* |
| 8 | | 400 Free Relay |
| 9 | | 100 Freestyle |
| 10 | | 50 Backstroke |
| 11 | | 100 Breaststroke |
| 12 | | 400 Individual Medley |
| 13 | | 200 Mixed Free Relay |
| 14 | | 400 Medley Relay |

| EV | Seed Time | Sunday, April 1 |
|----|-----------|------------------------|
| 15 | | 1000 Freestyle** |
| 16 | | 1650 Freestyle** |
| | | 15 Minute Break* |
| 17 | | 200 Medley Relay |
| 18 | | 800 Mixed Free Relay |
| 19 | | 50 Breaststroke |
| 20 | | 100 Backstroke |
| 21 | | 200 Butterfly |
| 22 | | 200 Individual Medley |
| | | 15 Minute Break* |
| 23 | | 400 Mixed Free Relay |
| 24 | | 200 Breaststroke |
| 25 | | 50 Butterfly |
| 26 | | 200 Freestyle |
| 27 | | 200 Free Relay |
| 28 | | 400 Mixed Medley Relay |

* 15 minute breaks are contingent on meet progress

**One or the other; not both

Athletes Release/Waiver: *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. (Rule book article 204.1)*

SIGNATURE _____ **DATE** _____

Online entries, one day fee: \$25 or two days: \$40, deadline midnight March 28th CST.

Mailed entries, one day fee: \$30 or two days: \$50, must be received by March 28 or postmarked by March 26.

Deck entries, one day fee: \$35 or two days: \$55, deadline 1:30 pm Saturday, 8:30 am Sunday.

Total Enclosed \$ _____

Checks payable to **St. Louis Area Masters Swimming, Inc.. Mail to Mary Pohlmann, 405 S Deer Lake Dr East, Carbondale, IL 62901. Call 618-549-5077 if your entry is not confirmed by March 30th.** No deck entries are accepted for Evt. 1 (500 Free) and Evt. 15 (1000 Free). Deck entry for the 1650 will be permitted only if no new heats are required.