



United States Masters Swimming, Inc.

San Diego-Imperial LMSC
2012 Long Course Championships
 to be held at the
UCSD Canyonview West Pool, La Jolla, CA
Sunday, July 22, 2012



Meet Information		Schedule of Events		Entered Time
Sanction		No.	Event	(mm : ss . hh)
USMS	Sanctioned by San Diego-Imperial	1	1500 Freestyle	___ : ___ . ___
442-S002	Local Masters Swimming Committee (SI LMSC) for USMS Inc.	2	50 Backstroke	___ : ___ . ___
	Sanction # 442-MS-03-L	3	100 Breaststroke	___ : ___ . ___
To Be Held At	UCSD Canyonview West Pool	4	200 Freestyle	___ : ___ . ___
	UCSD Aquatic Center, Voigt Drive	5	50 Butterfly	___ : ___ . ___
	La Jolla, CA, 92093	6	400 Individual Medley	___ : ___ . ___
Date	Sunday, July 22, 2012	7	50 Freestyle	___ : ___ . ___
Time	9:00 am warm-up, 10:00 am start	8	200 Breaststroke	___ : ___ . ___
Individual Entry Fee	\$25 Entry Fee . Entry due 07/21/11	9	100 Backstroke	___ : ___ . ___
	\$10 %Relay Only+Entry	10	200 Butterfly	___ : ___ . ___
Web Entry	www.ClubAssistant.com	11	100 Freestyle	___ : ___ . ___
Contact	Kenton Jones, Meet Director	12	200 Individual Medley	___ : ___ . ___
	(858) 243-3960, kerujo@aol.com	13	50 Breaststroke	___ : ___ . ___
Swimmer Information		14	400 Freestyle	___ : ___ . ___
Name	_____	15	100 Butterfly	___ : ___ . ___
USMS #	_____ - _____	16	200 Backstroke	___ : ___ . ___
	(or foreign equivalent)	17-19	200 Freestyle Relay	(M / W / Mixed)
Address	_____	20-22	400 Medley Relay	(M / W / Mixed)
City/St/Zip	_____	23-25	800 Freestyle Relay	(M / W / Mixed)
Phone	(___ ___) ___ ___ - ___ ___	26-28	200 Medley Relay	(M / W / Mixed)
E-Mail	_____	29-31	400 Freestyle Relay	(M / W / Mixed)
Birth Date	___ / ___ / _____	32	800 Freestyle	___ : ___ . ___
Age*	___ * (as of 12/31/2012)	Post-meet San Diego-Imperial LMSC Meeting		
Gender	___ Male ___ Female	Swimmers may enter up to 5 individual events		
Club Code	_____	Enter accurate times or estimates		
Club Name	_____	(do NOT omit an entry time or enter %no time+)		

Liability This liability release must be signed before a swimmer can be entered into the meet:
 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** _____

~ FOLD AND MAIL ENTIRE ABOVE ENTRY FORM WITH PAYMENT AND LEGIBLE COPY OF 2012 USMS CARD ~

San Diego - Imperial LMSC 2012 Long Course Championships	
Sunday, July 22, 2012, Sanction # 442-MS-03-L (USMS Sanction #442-S002)	
Sanction	Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS Inc., Sanction #: 442-MS-03-L; USMS Sanction # 442-S002
Date/Time	Sunday, July 22, 2012, 9:00 am warm-up, 10:00 am start
Location	UCSD Aquatic Center Canyonview West Pool, La Jolla, CA Outdoor 50-meter pool with eight lanes, 8' wide & 7' deep, warm-up/warm-down lane.
Directions	From Interstate 5: Exit at Genesee Ave, go east, turn right at Campus Point Dr, turn right at Voigt Dr, cross over I-5, the pool is on your right. Parking is free in student lots on weekends; use Lot #403 or 510. http://sportsfac.ucsd.edu/home/maps/pdf/Canyonview_Pool_Map.pdf
Eligibility	All persons holding a 2012 United States Masters Swimming (USMS) membership card or a foreign equivalent may participate provided that a legible masters card copy and completed entry form are submitted and the liability release is signed. USMS on-line membership is available at https://www.clubassistant.com/club/USMS.cfm?L=44 . A membership form can be downloaded from the membership section of the SI LMSC web site at http://www.SIMasterSwim.org .
Entry Fee	\$25 individual entry fee; \$10 flat fee for "Relay Only" swimmers. Late or Day-of-Meet individual entries will NOT be accepted. There will be NO REFUNDS.
To Enter	Online: https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=3984 By Mail: mail entry form w/ signed liability release, check, & a legible copy of your 2012 USMS/foreign card to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
Entry Deadline/ Key Dates	Online entries close at 6:00 pm on Saturday, July 21, 2012. Form entries must be received complete by 6:00 pm on Saturday, July 21, 2012. Pre-Meet Psych Sheets will be e-mailed to the meet roster on the evening of Saturday, July 21, 2012.
Rules	USMS Rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A USMS Rule Book will be available on deck.
Warm-Up\ Warm-Down	NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated one-way+dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up and warm-down lanes.
Events	Swimmers may enter up to 5 individual events. Enter accurate long course meters times or estimates; do not omit an entry time or enter %no time.+
Check-In	Check-in is required for the 1500 & 800 m Freestyle. Check-in closes at 9:45 am for the 1500 and at the end of Event 16 for the 800. All other events are pre-seeded.
Age Groups	Individual Events: 18-24, 25-29, 30-34, 35-39, ̄ in five-year increments as needed.
Seeding	All events are seeded slow to fast by entry time regardless of age or gender.
Timing	Electronic Timing - Colorado Timing System 5 and two timers per lane. All clubs and participants are required to assist with backup stopwatch timing during the meet.
Relays & Relay Fees	Relays are \$4 each, deck entered, and due by the end of event #12. Relay-only swimmers must submit a completed entry form with signed liability release, a USMS card copy, & \$10 relay-only entry fee. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women, 4 men, or 2 women & 2 men (mixed). A swimmer may swim only once per relay event. Cumulative age of relay members determines relay age group: 72-99, 100-119, 120-159, 160-199, ... in forty-year increments as needed.
Information	Visit http://www.SIMasterSwim.org for Entry Form and post-meet results. Questions? Contact Kenton Jones, Meet Director, (858) 243-3960, kerujo@aol.com
SI Meeting	A San Diego-Imperial LMSC meeting will take place at &/or following the meet.