

2nd Annual
2012 NAC Masters Sprinting Turkeys Classic
Short Course Meters
November 18, 2012



RULES: 2012 USMS Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups, except for designated sprint lanes. All events will be timed finals.

USMS SANCTION NUMBER:

HOST CLUB: Nashville Aquatic Club Masters

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 (615) 321-3510
Directions to the Sportsplex can be found on www.swimnac.com.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming, Inc. Swimmers need to attach a copy of their USMS card to their entry forms or will be asked to show a 2012 USMS registration card upon check-in. If not yet registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events at the meet.

MEET DATE/START TIME:

Sunday, November 18, 2012 **OPEN** Warm-ups: 8:00am
Meet Start: 9:00am

SEEDING: All events will be seeded slowest to fastest without regard to age or gender. Swimmers with no seed time may indicate “No Time” or “NT” in the time slot and will be seeded as slowest times. Results will be tabulated by gender and age group, as defined by USMS.

DISABLED SWIMMERS: An information sheet for disabled swimmers is available to prepare the facility and meet officials. Please contact the Meet Director.

ENTRIES & FEES: A swimmer may enter up to five (5) individual events for a \$30 flat fee if done online, or \$40 for paper entries, and includes as many 25's as desired. Late entries, as well as deck entries, will be accepted with an additional \$20 fee. Age for entries is determined by the swimmer's age on December 31, 2012. Please submit paper entries on the attached form. Swimmers can scan and e-mail the entry form or mail a hard copy to the address below. Checks should be made payable to **Nashville Aquatic Club**.

Online entries are available at: https://www.clubassistant.com/club/meet_information.cfm?c=1982&smid=4187

Please submit entries to:

ENTRY CHAIR: Doug Wharam
Nashville Aquatic Club
P.O. Box 128318
Nashville, TN 37212
dwharam@swimnac.com
(615) 321-3510

Please direct questions to:

MEET DIRECTOR: Chris McPherson
cmcpherson@swimnac.com
615-554-3354

MEET REFEREE: Charlotte Gabel
cosmogabel@gmail.com

DEADLINE: All entries and fees must be received by Thursday, November 8, 2012. Any entries arriving after that date will be considered late and require an additional \$20 fee.

AWARDS: Awards will be given to the overall male and female Sprinting Turkey Champions (will be given based on each swimmer's aggregate time in the 25's). A swimmer must compete in all four 25's to be eligible for this award. Other event winners will receive a congratulatory handshake.

POOL DESCRIPTION: The competitive pool at the Sportsplex is 50 meters, divided by two bulkheads, with each course 25 meters with 8 nine-foot wide lanes. The meet will employ one 25 meter course with 8 lanes. Pool depth is a minimum of 7 feet. It is equipped with Colorado Timing, Swimming systems and is certified by USMS. Warm-up/warm-down lanes will be available throughout the meet.

FACILITY RULES: The Centennial Sportsplex respectfully asks that no outside coolers, food, or drinks be brought into the building. Additionally, no food or drinks (with the exception of water bottles) should be brought into the pool area. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time.

SPECIAL NOTES:

All men's, women's, and mixed events will be swum separately, however, the Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.

The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated.

The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events.

The HYTEK event file, psych sheet, results, and other meet information will be posted on the NAC website (www.swimnac.com) as they become available.

HOTELS:

Hampton Inn Elliston Place/West End

J.C. Timberlake, Director of Sales

P: 615-620-4854

E: jctimberlake@chartwellhospitality.com

Hampton Inn & Suites Vanderbilt Elliston Place: 615-320-6060

Hampton Inn Vanderbilt West End: 615-329-1144

Nashville Marriott at Vanderbilt

Austin Lott, Sales Manager

P: 615-340-5162

E: Austin.lott@marriottvanderbilt.com

Holiday Inn Vanderbilt

Charlotte Siegel, Sales Manager

P: 615-321-8250

E: charlotte.siegel@ihg.com

Marriott Courtyard/Residence Inn (Maryland Farms)

Becky Price, Account Executive

P: 615-493-5306

E: becky.price@marriott.com

Courtyard by Marriott Vanderbilt/West End

Jennifer Clark, Sales Manager

P: 615-327-9900 ext. 111

E: jclark@courtyardvanderbilt.com

2nd Annual 2012 NAC Masters Sprinting Turkeys Classic
Order of Events

Event # (W/M)

1/2/3 200 W/M/Mixed Medley Relay
5/6 100 Free
7/8 50 Back
9/10 100 IM
11/12 100 Breast
13/14 200 Free
15/16 50 Fly

5 MINUTE BREAK

17/18 100 Back
19/20 50 Breast
21/22 200 IM
23/24 100 Fly
25/26 50 Free

5 MINUTE BREAK

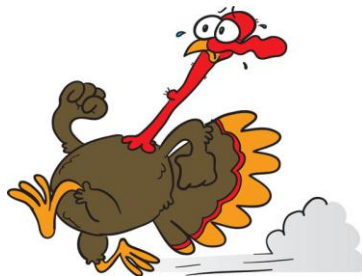
THE BATTLE OF THE SPRINTING TURKEYS!

[Events 23 through 30 are **not** USMS sanctioned and are unofficial races]

27/28 25 Back
29/30 25 Breast
31/32 25 Fly
33/34 25 Free

5 MINUTE BREAK

35/36/37 200 W/M/Mixed Free Relay



2012 NAC Masters Sprinting Turkeys Classic Entry Form

Name: _____ Address: _____
 City/State: _____ Zip: _____ Phone: _____
 E-mail Address: _____
 Age on December 31, 2012: _____ Date of Birth: _____ Sex: _____
 USMS Registration #: _____ Team Name: _____ Team Initials: _____

Please circle event numbers and enter a time!

<u>Women's Entry Time</u>	<u>Event in Meters</u>	<u>Men's Entry Time</u>	<u>Mixed Entry Time</u>
1 _____	200 Medley Relay	2 _____	3 _____
5 _____	100 Free	6 _____	
7 _____	50 Back	8 _____	
9 _____	100 IM	10 _____	
11 _____	100 Breast	12 _____	
13 _____	200 Free	14 _____	
15 _____	50 Fly	16 _____	

5 Minute Break

17 _____	100 Back	18 _____
19 _____	50 Breast	20 _____
21 _____	200 IM	22 _____
23 _____	100 Fly	24 _____
25 _____	50 Free	26 _____

5 Minute Break

27 _____	25 Back	28 _____
29 _____	25 Breast	30 _____
31 _____	25 Fly	32 _____
33 _____	25 Free	34 _____

5 Minute Break

35 _____	200 Free Relay	36 _____	37 _____
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Please read and sign:

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 of 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 VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.

Name (print): _____ Signature: _____ Date: _____

ENTRY FEE (\$40 for paper) \$ _____
 LATE FEE, if applicable (\$20) \$ _____
 TOTAL \$ _____

(Check payable to **NAC**)

Mail to:

Doug Wharam
 Nashville Aquatic Club
 P.O. Box 128318
 Nashville, TN 37212

Attach a copy of 2012 USMS registration card here.