

2012 AKMS SHORT COURSE YARDS STATE CHAMPIONSHIP MEET INFORMATION

Saturday and Sunday, February 9 and 10, 2012

Bartlett Pool, Anchorage, AK

Sanctioned by AKMS for USMS, Inc. Sanction # 561-_____

SCHEDULE: Saturday, Feb. 9 -Warm-up: 9 a.m. Meet starts at 9:45 a.m.
Sunday, Feb. 10 -Warm-up 9 a.m. -Meet starts at 9:45 a.m.
2nd Warm-up: After completion of 1000 free on Saturday and 500 free on Sunday

ENTRIES:

- You may enter up to six individual events (not including relays). No more than five individual events can be swum in one day.
- Online meet registration is preferred for speed and accuracy. Begin online meet registration at <https://www.clubassistant.com/club/meet> (incomplete address)
- Online meet registration closes at midnight on Sunday, February 3, 2013
- Paper entries must be received by Saturday, February 2, 2013. Entries must be mailed to the meet coordinator. Hand-delivered entries will not be accepted.
- Late entries may be accepted on a case by case basis. Late entries will not count for team or individual points. Once the meet is seeded, no new heats will be added to accommodate a late entry.
- Online meet registration accepts credit cards. The charge on your credit card will be to "ClubAssistant.com Events."
- All AKMS and USMS rules govern this meet. It is your responsibility to know the rules. Check out <http://www.usms.org/rules/> for current rules.
- Meet coordinator:
Ken Winterberger
3000 Capstan Drive
Anchorage, AK 99516 e-mail: kwinterberger@gmail.com

USMS REGISTRATION: This meet is open to all currently registered USMS swimmers. USMS registration must be done separately. There IS NOT a USMS registration option on the entry form. USMS registration forms will not be accepted at the meet. USMS registration must be for the entire year in order to compete in the State Championships. Send a copy of your USMS registration with your completely filled and signed entry form. **Your USMS membership will be verified during on-line registration.**

You may register with USMS at: <http://www.usms.org/reg/> or you can download a registration form at: <http://www.akmswim.org/pdfs/usmsapp.pdf> You must be registered with the workout group for which you intend to compete by the meet entry deadline in order for your points to count for that workout group.

SEEDING: Events (except the 1000 free, 500 free, and relays) will be pre-seeded slowest to fastest regardless of gender or age group.

500/1000 Freestyle: You must provide your own lap counter. Check in will be required by 9:15 a.m. for both the 1000 and 500 freestyle. Seeding is fastest to slowest regardless of age or gender. This event may be reseeded after check-in.

CHECK-IN: There will be a check in table. Please check in upon arrival and sign the waiver. If you check in on Saturday, you do not need to check in again on Sunday. If you are going to scratch an event, please do so at check-in. Also, remember that positive check in for the 500 and 1000 free is separate from checking in for the meet.

RELAYS: Relays will be deck seeded at the meet. If you want to swim on a relay, indicate your interest by marking the relays you are interested in. Relay teams will be built based on expressed interest. If you plan to put your own relay team together, DO NOT mark the relays on the entry form or you will be assigned to a relay team that may not be the one you have planned.

AWARDS: Top three overall teams, gender/age-group highpoint, and ribbons for 1st - 8th place in each age-group by gender.

ANNUAL MEETING AND ELECTIONS: The pizza party, annual meeting and elections will immediately follow the meet on Sunday.

Order of business:

1. Reading and adoption of minutes
2. Reports of Officers
3. Reports of Committees
4. Unfinished business
5. Nominations & Elections
6. New business
7. Resolution and Orders
8. Adjournment.

2012 AKMS SHORT COURSE YARDS STATE CHAMPIONSHIP ENTRY FORM

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Name: _____ **Phone#:** _____

(PRINTED as shown on your USMS Registration card)

Address: _____ **Email:** _____

Male / Female (circle) **Age:** _____ **Birthday:** _____

Emergency Contact Name and Number _____

Workout Group: _____ Note: you must be registered with the workout group for which you intend to compete by the meet entry deadline in order to compete for that workout group.

USMS#: _____ (INCLUDE A COPY OF YOUR CARD WITH YOUR ENTRY)

You must include a seed time next to the event you would like to swim. Please go to: <http://www.swimmingworldmagazine.com/results/conversions.asp> for a time conversion chart.

Seed Time	Event #	Event	Seed Time	Event #	Event
		Saturday			Sunday
	1	1000 Free		17	500 Freestyle
	2-4*	200 Medley Relay*		18-20*	400 Medley Relay*
	5	100 Backstroke		21	200 Backstroke
	6	200 Freestyle		22	100 Butterfly
	7	50 Butterfly		23-25*	800 Freestyle Relay*
	8	200 Breaststroke		26	400 Individual Medley
	9-11*	400 Freestyle Relay*		27	50 Backstroke
	12	100 Individual Medley		28	100 Breaststroke
	13	50 Freestyle		29	100 Freestyle
	14	200 Butterfly		30-32*	200 Freestyle Relay*
	15	50 Breaststroke			
	16	200 Individual Medley			

*Women's, Men's, Mixed Relays with Breaks around relays as needed.

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ENTRY FORM, continued

FEES

Meet Entry \$30

Pizza Party \$ 7 per person

TOTAL FEES ENCLOSED: _____

"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 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Printed Name_____

Signature_____ Date_____

This form must be signed or you will not be allowed to swim. Thanks.

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