**The MTSU Blue Wave Raiders SCY Invitational**

**Saturday, March 16, 2013 at Middle Tennessee State University**

Sanctioned by Southeastern Dixie Zone LMSC for United States Masters Swimming, Inc. (“USMS”), Sanction #

**Location: The Middle Tennessee State University Campus Recreation Center Pool address is 1848 Blue Raider Drive**. The **Campus Recreation Building** is located near the intersection of Rutherford Blvd. and MTSU Blvd. The Campus Recreation Center’s phone number is 615-898-5569. On weekends, university parking restrictions are not enforced. Visitors may park in any available space, except handicapped. There is a large lot adjacent to the MTSU Campus Recreation Center accessible from Rutherford Blvd. and MTSU Blvd., next to the softball fields.

**Pool:** 10 lanes, 25 yards, non-turbulent dividers. Pool depth is 5-13 ft. Daktronics timing system. 8 lanes, (3-10) will be used for competition. Lanes 1 & 2 shall be reserved throughout the meet for continuous warm-up and cool-down. No smoking is permitted in the pool or elsewhere in the MTSU Campus Recreation Center. Some starting blocks are located in lanes with the depth of 5 ft. Swimmers not trained to enter shallow water will be required to sign a waiver.

**Schedule**

**& Seeding:** Event 1, the 500 freestyle will begin Saturday, March 16, at 9:30 a.m., C.S.T. Warm-up begins at 8:00 a.m. Event 2 will begin no earlier than 10:30 a.m. C.S.T. The meet will probably conclude around 3:00 p.m. Each event will be seeded, men and women together, in timed finals with the slowest heats first. Swimmers’ entries with no seed time indicated, or stating “NO Time” (or “NT”), will be seeded in slower heats. The five heats of the 500 free will be pre-seeded as soon as the heats are filled.

**Eligibility &**

**USMS cards:** Each entrant may swim in a maximum of five (5) individual events and two relays.

YOU MUST ACCOMPANY THE MEET ENTRY FORM WITH A COPY OF YOUR **2013** U.S.M.S CARD, IF AVAILABLE, OR ELSE PRODUCE IT FOR THE CLERK OF COURSE PRIOR TO THE MEET. You can register and/or obtain a copy of your card instantly on-line at the USMS website, [www.usms.org/reg/](http://www.usms.org/reg/). **If we cannot, prior to the meet, verify your membership, the clerk of course will require you to submit a duplicate USMS form and fee.** This form and fee will be returned to you after the meet if it proves to be unneeded. USMS registration forms will be available at the meet. All participants must be registered with United States Masters Swimming, Inc., before the meet starts at 9:30 a.m. Each swimmer is responsible for his/her USMS card and will be required to display it upon request by officials. The name and membership number on your meet entry form and relay cards should match the name and number listed on your USMS card.

**Age** The age reported on your entry form must reflect your actual age as registered with

USMS. A swimmer’s age on March 16, 2013, determines his/her age for the meet.

 **NOTE:** Swimmers 18-24 years old competing in U.S.M.S meet may jeopardize their

 N.C.A.A. eligibility.

**500**

**Freestyle** The 500 freestyle will be limited to five heats. Lanes in the 500 free will be assigned to the first 30 entries received. After the first 30, entrants in the 500 will be assigned to a waiting list in the order in which their entries are received. The waiting list will be used on the morning of the meet to fill empty lanes due to scratches and no-shows. If you are entering the 500 free, we encourage you to indicate an optional sixth event on the entry form in case you are shut out of the 500 free. If you do, please flag which event is your optional one.

**Relays:** Relay teams may be Men, Women, or Mixed, but teams of all types will be seeded

 together in the same heats and then scored separately. Therefore, no swimmer may

 swim both a mixed-and a same-sex team in the same event. All relays will be deck

 entered. Official relay cards may be obtained at the meet from the Clerk of Course.

 For seeding, cards for the 200 Medley relay should be turned into the computer desk

 by 9:30 a.m. Cards for the 200 Free relay should be turned in before the conclusion

 of event #13.

**Entry fee:** $25.00 for up to five events. Checks (payable to “MTSU Masters Swim Club) are

 preferred. Late entries are $30.00. **There are NO deck entries for this meet**.

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**Where to**

**Mail/**

**Contact us:** Mail entries to Pam Footit, 2918 Runnymeade Dr., Murfreesboro, TN 37127,

 Telephone (615) 898-2255, pfootit@mtsu.edu. Entries must be received (**NOT** postmarked) by

 March 12, 2013. Additional copies of this entry form and information sheet are also available from our website:

 http://bluewaveraiders.blogspot.com

**Warm-up &**

**Warm-**

**Down:** SWIMMERS MUST ENTER THE POOL FEET FIRST IN A CAUTIOUS MANNER.

 Forward or backstroke starts will be permitted only from the blocks in designated

 one-way sprint lanes. A swimmer may be removed from the meet by the referee if this

 rule (103.7) is broken. Swimmers in non-sprint lanes will swim in a continuous circle

 swim, going up the right-hand side of the lane and back down the left-hand side. No

 hand paddles will be permitted in the warm-up or warm-down lanes.

 Two lanes will be reserved throughout the meet for continuous warm-up and warm-down.

 In these lanes, there will be no standing on the bottom of the pool or leaning on the lane

 rope, while the meet is in progress.

**Computer Online meet registration URL address:**

 **Entries: https://www.clubassistant.com/club/**

**Awards:** A trophy will be awarded for the highest combined (men plus women) score. The Team trophy will be awarded to the highest-scoring club. Event ribbons will be awarded for individual swimmers and relays in first through fifth places. Points are awarded 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relays.

**Whistle**

**Starts:** This meet will employ whistle starts, as required by USMS rules. The referee will

blow whistle signals that you will be expected to know. They are as follows:

|  |  |  |
| --- | --- | --- |
| **Signal** | **Backstrokers** | **All Others** |
| Several short whistles | Stand ready at edge of pool | Stand ready behind the blocks |
| One long whistle | Enter water, feet first | Step up on the starting block |
| Second long whistle | Return to starting blocks and be ready for start. |  |

After the whistle signals, the starter will take over with vocal commands.

**Lodging:** There are numerous hotels, motels, and restaurants along Interstate I-24 at exit 78.

 Nearly all familiar chains are represented there. For additional information or

 Recommendations, contact the meet director(s).

**Inclement If Middle Tennessee State University is closed due to inclement weather, the meet will be rescheduled.**

**Order of**

**Events:** We suggest that you use this area to copy, for your own reference, the seed times from

 your entry form.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Event in Yards | Seed Time |  |  | Seed Time |
|   | 1. 500 Freestyle
 |  |  | 9. 200 I.M |  |
|  | 1. 200 Medley Relay
 |  |  | 10. 100 Freestyle |  |
|  | 1. 50 Butterfly
 |  |  | 11. 200 Breaststroke |  |
|  | 1. 200 Backstroke
 |  |  | 12. 50 Backstroke |  |
|  | 1. 100 Breaststroke
 |  |  | 13. 200 Butterfly |  |
|  | 1. 50 Freestyle
 |  |  | 14. 50 Breaststroke |  |
|  | 1. 100 Backstroke
 |  |  | 15. 200 Freestyle |  |
|  | 1. 100 Butterfly
 |  |  | 16. 100 I.M. |  |
|  | FIVE-MINUTE BREAK |  |  | 17. 200 Freestyle Relay |  |

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**Saturday, March 16, 2012**

Sanctioned by Southeastern LMSC for United States Masters Swimming, Inc., Sanction #

**Entry Form -- Please print:**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex\_\_\_\_\_\_ Club/Team\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

As shown on your USMS card

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City/ST/ZIP\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth Date \_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle best time to call: day evening any time

**NOTE:** Entries including a correct, **legible** e-mail address will be acknowledged by e-mail. Last-minute information and free meet resultswill also be posted by e-mail.

**\*\*500 free entrants: Please flag your optional sixth event in some fashion\*\***

|  |  |  |  |
| --- | --- | --- | --- |
| **Event no.** | **Event** | **(Select a maximum of 5)** | **Seed Time** |
| 1. | 500 yd. | Freestyle (see meet info) |  |
|  |  | BREAK/WARMUP |  |
| 2. | 200 yd | Medley Relay | Deck Entered |
| 3. | 50 yd. | Butterfly |  |
| 4. | 200 yd. | Backstroke |  |
| 5. | 100 yd. | Breaststroke |  |
| 6. | 50 yd. | Freestyle |  |
| 7. | 100 yd. | Backstroke |  |
| 8. | 100 yd. | Freestyle |  |
| 30 minutes |  | BREAK |  |
| 9. | 200 yd. | Individual Medley |  |
| 10. | 100 yd. | Freestyle |  |
| 11. | 200 yd. | Breaststroke |  |
| 12. | 50 yd. | Backstroke |  |
| 13. | 200 yd. | Butterfly |  |
| 14. | 50 yd. | Breaststroke |  |
| 15. | 200 yd. | Freestyle |  |
| 16. | 100 yd. | Individual Medley |  |
| 17. | 200 yd. | Freestyle Relay | Deck Entered |

**1. Liability Waiver**

**(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 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.

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. Water Depth Request**

**I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ am requesting an entry depth for my start of over (5) feet.**

**\*\*IMPORTANT**: PLEASE ATTACH A COPY OF YOUR 2013 USMS MEMBERSHIP CARD