**2013 Pirates Spring Swim**

 **Long Course**

**May 11, 2013**

**Pensacola, FL**

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No. –

**HOSTED BY:** Gulf Coast Pirate Swimmers and Greater Pensacola Aquatic Club. **Meet Director: Bill Knisley.** Phone:850-336-5729. Email: kmiller@pensacolastate.edu

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**MAIL ENTRIES TO:** Kay Miller, 861 Chadwick Street, Pensacola, FL 32503. 850-206-9885. Fax entries to 850-484-1876.

**ENTRY DEADLINE:** Entry deadline is Wed, May 8, 2013. Entries must be received, not postmarked, by the deadline. Late entries arriving by email and by fax after that date will be accepted at the discretion of the meet director, and only if such entries do not require additional heats.

**DECK ENTRIES:** Deck entries will be allowed at the discretion of the Meet Director. We will try to accommodate deck entries but only if such entries do not require additional heats.

**FACILITY:** University of West Florida Aquatic Center, 10000 University Parkway., Pensacola, FL 32514. 50 Meter indoor, 8 lane competition pool. 6 lanes will be used for competition and 2 lanes will be designated for warm-up/warm-down.

**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.

**ELIGIBILITY:** All swimmers must be registered with United States Masters Swimming, Inc. Please enclose a photocopy of your year 2013 USMS registration with your entry materials. If not provided in advance, you will be asked to show a 2013 USMS registration card when you check in. Swimmers will be able to register with USMS at the meet.

**ENTRIES:** A swimmer may enter up to 5 individual events, exclusive of relays. Please submit entries on the attached form. Entry times will be assumed to be in yards unless otherwise indicated. NT entries will be seeded as slowest times. Please avoid using NT times whenever possible, and please use realistic entry times. Send in short course times only. For the 400 meters use your 500 yard short course time. For long course meets, enter your age as of Dec. 31, 2013.

**SEEDING:** All events will be seeded slow to fast and without regard to age or gender. Results will be tabulated by gender and age group as defined by USMS.

**SCHEDULE:** Warm-up will begin at 4:00pm. Competition will begin at 4:30pm.

**HEAT SHEETS:** Will be available at the meet.

**SCORING:** First 8 finishes in each event, by age and gender, will be scored as follows: Individual events 9-7-6-5-4-3-2-1; Relay events 18, 14, 12, 10, 8, 6, 4, 2. Age groups for individual events are 18 – 24, 25 – 29- 30- 34, 35- 39, 40 – 44, 45 – 49, 50 - 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74, 75 – 79, 80 – 84, 85 – 89, 90 – 94, etc.(Age as of 12/31/13)

**RELAYS:** Relays will be deck-entered using forms provided at the meet. Relay team members must be registered with the same club. The aggregate age of four relay team members shall determine the age group – 72-99, 100 – 119, 120 – 159, 200 – 239, 240 – 279, 280 – 319…(40 year increments as high as necessary).

**AWARDS:** High point awards will be given to top male and female swimmers in each age group based on points scored in individual events. There will also be a high point team award.

**EMERGENCY PHONE CONTACT:** The phone number at the pool office is 850-474-2497. This number is for emergency purposes only during competition.

**CONCESSIONS AND SEATING:** There is no concession stand at the swimming pool. You are welcomed to bring in coolers. There are bleachers at the pool.

**Dinner after swim meet:** We will go to dinner together at Cheddar’s on Davis Highway.

***2013 PIRATES SPRING SWIM***

***LONG COURSE***

***PENSACOLA, FLORIDA***

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SEX \_\_\_\_\_\_\_AGE \_\_\_\_\_\_\_

Last First (As of 12/31/2013)

POSTAL ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ USMS REGISTRATION NO. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*(Legibility is a virtue) (Please attach copy of 2012 USMS registration card)*

DAYTIME PHONE (\_\_\_\_\_\_) \_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_ **Entry Fees: Please make checks to:**

EVENING PHONE (\_\_\_\_\_\_) \_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_ Gulf Coast Pirate Swimmers

BIRTHDATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Meet entry fee: $20.00 \_\_\_\_\_\_\_

CLUB NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CLUB ABBREVIATION \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MEET AND GREET RELAY 

SATURDAY, MAY 11, 2013

Warm-ups at 4:00PM competition at 4:30 p.m.

 WOMEN MEN

Event No. Entry Time Entry Time Event No.

1 \_\_\_\_\_\_\_\_\_\_ 100 Meters Free \_\_\_\_\_\_\_\_\_\_ 2

3 \_\_\_\_\_\_\_\_\_\_ 50 Meters Fly \_\_\_\_\_\_\_\_\_\_ 4

5 \_\_\_\_\_\_\_\_\_\_ 100 Meters Back \_\_\_\_\_\_\_\_\_\_ 6

7 \_\_\_\_\_\_\_\_\_\_ 50 Meters Free \_\_\_\_\_\_\_\_\_\_ 8

9 \_\_\_\_\_\_\_\_\_\_ 100 Meters Breast \_\_\_\_\_\_\_\_\_\_ 10

11 \_\_\_\_\_\_\_\_\_\_ 50 Meters Back \_\_\_\_\_\_\_\_\_\_ 12

13 \_\_\_\_\_\_\_\_\_\_ 400 Meters Free \_\_\_\_\_\_\_\_\_\_ 14

15 \_\_\_\_\_\_\_\_\_\_ 100 Meters Fly \_\_\_\_\_\_\_\_\_\_ 16

17 \_\_\_\_\_\_\_\_\_\_ 50 Meters Breast \_\_\_\_\_\_\_\_\_\_ 18

19 \_\_\_\_\_\_\_\_\_\_ 200 Meters IM \_\_\_\_\_\_\_\_\_\_ 20

21 deck enter 200 Meters Free Relay (women) -

- 200 Meters Free Relay (men) deck enter 22

***THIS RELEASE MUST BE SIGNED***

“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 203.1)*

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

- ////////////////// 200 yard Free Relay (men) ////////////////// 22

23 ////////////////// 200 yard Mixed Medley Relay ////////////////// 23