**2013 Denver Masters**

**Mile High Long Course Meters Invitational Swimming Meet**

Hosted by Denver Masters in Arvada, Colorado on Saturday, July 13, 2013

USMS Sanction: 323-S007

COMSA and the Denver Masters Swim Team invite you to the 2013 Denver Masters LCM Invitational swimming meet, to be held at George Meyers Pool in Arvada, Colorado, which is located at 7900 Carr Avenue, Arvada, Colorado 80005 (303) 467-7111.  The pool is 25 yards by 50 meters, and will be set up with 6, 50 meter long course competition lanes and two lanes for warm up and cool down.  A Colorado Electronic Timing System with backup timing and scoreboard readout will be used.  On-deck seating space will be available. We recommend bringing your own chairs if you plan to make use of on-deck seating areas.

**SANCTION:** Sanctioned by COMSA (Colorado Masters Swimming Association) for USMS, Inc. (United States Masters Swimming, Inc) Sanction Number: 323-S007

**TIMING:** Electronic timing will be used for all events, with back-up pickles and hand-timing.

**ELIGIBILITY:** Only Masters Swimmers with 2013 USMS Registration or foreign equivalent may participate. Verification of your current (2013) USMS card or card from foreign master's equivalent must accompany your registration. A one-day USMS registration will be available for $12 on the day of the meet. Online USMS registration is available at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar at marcia.anziano@gmail.com with questions.

**RULES:** Current USMS Rules govern the competition, including a *NO FALSE START RULE*, and whistle alerts announcing the start of each race. Age on 12/31/2013 determines competition age.  Seeding will be done from slow to fast by time. Men and women will be seeded separately, and event results will be separated. Be sure to enter long-course 50-meter times on your registration.  All events are timed finals. No paddles, kick boards, or pull buoys are allowed during warm-ups.

**NUMBER OF ENTRIES:** Entries are limited to 5 events plus 2 relays.  All entries are to be submitted via the Swim Meet Registration system (no individual time cards are required). A heat sheet and meet program will be available on the day of the meet.  To register, go to  ***clubassistant.com*** and follow the prompts.

**SCORING:** Individual events will be scored (by gender and age group) from 1st to 6th place as follows: 7-5-4-3-2-1 points. Relay events will be scored (by category and age group) from 1st to 6th place as follows: 14-10-8-6-4-2 points.

**TEAM RELAYS:** Relay entries are due by 8:30am on July 13. Relays may be composed of 4 men (all men), 4 women (all women), or 2 men and 2 women (mixed), and will be scored in those categories. To be officially scored and recorded, all 4 swimmers on a relay must belong to the same team and/or club. Swimmers may only swim one medley relay and one freestyle relay. Four swimmers from separate COMSA teams may swim on the same relay as an officially-scored competitive team; that relay will be listed as swimming for "Colorado Masters Swimming.”  Four swimmers from separate USMS teams may swim on the same relay as an officially-scored competitive team and that relay will be listed as swimming for "United States Masters Swimming”.  Relay forms will be available on deck, and need to be turned in by 8:30am on July 13th at the pool.

**RELAY AGE GROUPS:** Relays will be run together according to seed time, but will be scored according to the cumulative age of the four relay members (72-99, 100-119, 120-159, 160-199, etc.).  Any swimmer who is only participating in a relay must still register for the meet, pay the $15.00 surcharge and sign the Liability Release, and have a current USMS registration or foreign equivalent.

**EXHIBITION RELAYS:** For foreign, unattached swimmers, or swimmers with insufficient teammates to form a relay, separate exhibition relays may be arranged. These swimmers will participate in relays, but those relays will not be officially scored or reported.  Participants in exhibition relays will need to register for the meet, sign-up and turn in their relay cards in by 8:30 a.m. on July 13th at the pool.

**LONG DISTANCE EVENTS:** The 1500, 800, 400 Free/400 IM events require advance check-in. Swimmers need to check in on July 13th at the pool according to the following schedule: 1,500 Free (8:30am), 400 Free (9:30am), 400IM (10:30am) and the 800 free (11:30am)  There will be clearly marked, separate areas for meet check-in and positive check-in.  Distance swimmers must provide their own counters.  Lap cards will be available.

**RESULTS:** Results will be posted by the Meet Director at the swim meet as soon as possible after each event. Final results will be posted on the COMSA.org websites.

**AWARDS:** No awards will be presented

**PARTICIPATION BAG:** All entered swimmers will receive a participation bag with valuable coupons and gifts for you!

**DEADLINES:**

Recommended: Early registration closes on 7/8/2013

Final online registration closes on 7/11/2013

**REGISTRATION:** Preferred method for receiving entries is online at clubassistant.com.  Click on the registration button and follow the prompts.

**ENTRY CONFIRMATIONS:** Your on-line entries will provide you with email verification of your entries.

MEET SCHEDULE:

|  |  |
| --- | --- |
| Warm Up: | 8:00-9:00 a.m. |
| Estimated end of competition: | 1:30 p.m. |

ORDER OF EVENTS:

(first numbers are female, second numbers are male, mixed relays have only one number) (Distance events have limited entries two heats, 6 women, 6 men)

F/M

1/2 1,500 Free (two heats, 6 women, 6 men)

3/4      200 Medley Relay

5/6    50 Free

7/8    100 Breast

9/10    200 Back

11/12   100 Fly

13/14   50 Back

15/16 400 IM (two heats, 6 women, 6 men)

17       200 Mixed Medley Relay

18/19 200 Free

20/21 50 Breast

22/23 200 Fly

24/25 100 Back

26/27 400 Free (two heats, 6 women, 6 men)

28      200 Mixed Free Relay

29/30 200 IM

31/32 100 Free

33/34 200 Breast

35/36 50 Fly

37/38 800 Free (two heats, 6 women, 6 men)

39/40 200 Free Relay

**ENTRIES AND FEES WORKSHEET:**  (enter online at clubassistant.com)

**Swim Meet:**

$15 surcharge per swimmer

$5 per individual event (max 5 events)

Enter event numbers 1)\_\_\_\_\_  2)\_\_\_\_\_ 3)\_\_\_\_\_4)\_\_\_\_\_5)\_\_\_\_\_

*Swim Meet Sub Total: $\_\_\_\_\_\_\_\_\_\_*

*Grand Total $\_\_\_\_\_\_\_\_\_\_\_\_\_*

**LIABILITY WAIVER:**

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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For more information regarding the

2013 Denver Masters Mile High LCM Invitational Swimming Meet

Please contact:

Andrew LeVasseur, Denver Masters Head Coach/Meet Organizer

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(303) 968-6464