



CRAWFISH AQUATICS
Short Course Yards Championship



Date: Saturday March 22, 2014
Sunday March 23, 2014

Times: Saturday March 22, 2014
Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.
Sunday March 23, 2014
Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.

Sanction: Sanctioned by Southern Masters Swimming for USMS Inc.

Facility: Ketcham Fitness Center Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge. Indoor, 8-lane 25 yard course, depth 13 feet at starting end, 4 feet at turning end; 30 yard pool available for warm-up during the meet. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Rules 2014 USMS Rules shall govern.

Eligibility: All participants must be registered with United States Masters Swimming. A copy of your 2014 USMS card is required with the completed entry.

Entries: Swimmers may enter a maximum of five individual events per day, plus relays.

Online Entries: Online entry is available for this meet, and can be found at the following link. Online entries will open on January 15 and close on March 15.
https://www.clubassistant.com/club/meet_information.cfm?c=1821&smid=5233

Deadline All entries must be received by March 15, 2014. Additional \$5.00 for late entries. Late entries accepted where room is available.

Fees: \$35.00 per swimmer for the full meet
\$20.00 per swimmer for one day

Entries: Prior to March 15, 2014, please mail completed entry form, copy of USMS card, and check (payable to Crawfish Aquatics) to:

Jeff Maynor
Crawfish Aquatics SCY Championships
PO Box 85080
Baton Rouge, LA 70884

Seeding: All events (except the 1650 yard Free) will be seeded slow to fast without regard to age. The 1650 yard Free will be seeded fast to slow without regard to age. There will be a short break between relays and distance swims on Saturday and Sunday.

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc.
Relays 18+, 25+, 35+, 45+, etc.

Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays are double points.

Results: Will be available on the Internet at www.crawfishaquatics.com

Director: Nan Fontenot (225) 769-4323 Email – masters@crawfishaquatics.com

Awards: Ribbons 1st – 8th will be provided for all events.

Hotel: Renaissance Hotel – located next to the swimming pool.
Will have special rates - \$109 per night.
Check Crawfish or SMS site for discount prices and registration.

<http://www.marriott.com/hotels/travel/btrbb-renaissance-baton-rouge-hotel/>

Order of Events

Saturday March 22, 2014	Sunday March 23, 2014
Warm-up 9:00 a.m.	Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.	Meet Starts 10:00 a.m.
400 IM	500 Free
100 Free	100 Back
200 Breast	200 IM
50 Back	50 Free
100 Fly	200 Fly
100 IM	100 Breast
200 Back	50 Fly
50 BR	200 Free
200 Free Relay	200 Medley Relay
200 Mixed Medley Relay	200 Mixed Free Relay
1650 Free	

****ENTRY FORM****
CRAWFISH AQUATICS
SHORT COURSE YARD CHAMPIONSHIP

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: _____ Age (as of 3/22/2014): _____ Sex: _____
 Address: _____ City/State: _____
 E-Mail Address: _____ Zip Code: _____ Phone: _____
 USMS #: _____ Team Name: _____ Team Abbreviation: _____

Circle desired event numbers and list seedtime in yards (NT for no time). Limit of five individual events per day.
 Relays deck entered.

Saturday, March 22, 2014				Sunday, March 23, 2014			
Warm-up 9:00 a.m. Meet 10:00 a.m.				Warm-up 9:00 a.m. Meet 10:00 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
1	2	400 IM		23	24	500 Free	
3	4	100 Free		25	26	100 Back	
5	6	200 Breast		27	28	200 IM	
7	8	50 Back		29	30	50 Free	
9	10	100 Fly		31	32	200 Fly	
11	12	100 IM		33	34	100 Breast	
13	14	200 Back		35	36	50 Fly	
15	16	50 BR		37	38	200 Free	
17	18	200 Free Relay	xxxxxxxx	39	40	200 Medley Relay	xxxxxxxx
19	20	200 Mixed Medley Relay	xxxxxxxx	41	42	200 Mixed Free Relay	xxxxxxxx
21	22	1650 Free					

* There will be a short break between relays and distance swims on Sunday.

LIABILITY RELEASE:

"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: _____

Entries must be received by
Saturday March 15, 2014

Mail entries to:
 Jeff Maynor
 Crawfish Aquatics SCY Championships
 PO Box 85080
 Baton Rouge, LA 70884

Fees: Payable to Crawfish Aquatics

\$35.00 per swimmer for the full meet \$20.00 per swimmer for one day Send copy of 2014 USMS registration card
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