**ENC Long Course Splash**

**hosted by GOLD Masters Swimming**

**Saturday, June 7, 2014**

Sanction:Sanction by LMSC for NC for USMS, Inc. Sanction #

Meet Director:Tammy Yates, tammy.yates@goldsboroymca.org

Facility:Raymond A. Bryan Pool, Family YMCA, Goldsboro, NC. An 8-lane 50 Meter indoor pool with non-turbulent lane lines, Colorado Timing System and scoreboard, and custom paragon starting blocks. The lanes are 7 feet wide and the depth at the starting end is 12ft deep. The depth at the turn end is 4ft. A separate 5-lane 25YD pool is available for continuous warm-up. Ample spectator and swimmer seating is available. The pool has been measured and meets USMS certification standards. Copies of the certification are on hand at the pool.

Eligibility:Swimmers *must be* registered with USMS as of the day of the meet as determined by the Registrar of NCMS. NO EXCEPTIONS. USMS rules govern the meet. Online meet entry will verify current USMS membership. No one-day USMS registration.

Deadline:Online meet entry must be completed by midnight Thursday, June 5, 2013. Relays entries **must** be submitted by 9:30 am on the day of the meet. Online meet entry is followed immediately by email confirmation.

Online Meet Entry Link: https://www.clubassistant.com/club/meet\_information.cfm?c=1910&smid=4787

Fees:$25.00 flat fee. Swimmers may swim up to five (5) individual events plus unlimited relays. We will accept deck entries for events with open lanes for a $5.00 late fee per events. There are *no* relay charges. *There will be no* *refunds, unless the meet date is changed or canceled.* Online meet entries are charged to your credit card by “ClubAssistant.com Events.”

Seeding:All events will be seeded by sex and time, with the exception of the following events: 400 freestyle and 1500 freestyle. These events will be seeded by time only with sexes combined. All events will be seeded slow to fast, except the 400 freestyle and 1500 freestyle which will be fast to slow. “No Time” entries will be placed in slow heats. Meet Director reserves the right to combine sexes in any events. There will be positive check-in for the 400 and 1500 freestyle events.

Relays:We will be allowing relay teams to be made across workout groups. Relay cards must be submitted to the meet director by beginning of the meet.

Awards: Ribbons will be available for 1st-3rd places in all age groups for all events. Swimmers must pick up their ribbons from the clerk of course table before the end of the meet. Ribbons will not be mailed to participants after the meet.

Schedule:Warm-ups will begin at 8:00 am with the first event (400 free) starting at 8:45 am. The competition pool will open for warm-ups for 15 minutes after the conclusion of the 400 Free. The warm water pool will be open for continuous warm-ups throughout the session. 5-10 minute breaks may be included in the event order per Meet Director.

\*\*You must always enter the pool feet first (during warm-ups) except in sprint lanes.\*\*

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Save time. Avoid errors. Register for this meet online at the above link.

Order of Events:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Women | Time | Event | Time | Men |
| 1 |  | 400 Freestyle |  | 2 |
| Break |
| 3 |  | 400 Mixed Free Relay |  |  |
| 4 |  | 50 Freestyle |  | 5 |
| 6 |  | 200 IM |  | 7 |
| 8 |  | 50 Backstroke |  | 9 |
| 10 |  | 100 Butterfly |  | 11 |
| 12 |  | 100 Breaststroke |  | 13 |
| 14 |  | 200 Freestyle |  | 15 |
| 16 |  | 50 Butterfly |  | 17 |
| 18 |  | 800 Freestyle Relay |  |  |
| 19 |  | 100 Backstroke |  | 20 |
| 21 |  | 50 Breaststroke |  | 22 |
| 23 |  | 100 Freestyle |  | 24 |
| 25 |  | 400 Medley Relay |  |  |
| Break |
| 26 |  | 1500 Free |  | 27 |

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**Online meet entry must be completed by midnight June 5th.**

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 **Meet Waiver**

**June 7, 2014**

Read and Sign this Release from Liability:

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

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

Print Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_