Dog Days of Summer - SCM Masters Meet - Meet Information

Sunday, August 24th 2014, 8:00 - 11:00pm

Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction #284-S006

Location: Old Pike Country Club - 5101 Old Pike Road, Gladstone, Mo. 64118 (816)-453-2550

Directions: Old Pike Country Club is located on Old Pike Road between N. Englewood and N. Vivion. Old Pike Road is approximately ½ mile East of 169 Hwy. Take either N. Englewood Rd and turn Right (just past QT) or N. Vivion Rd and turn Left (toward Home Depot) onto Old Pike Road. Follow Old Pike Rd to Old Pike Country Club on the East side of the road.

Register online: <https://www.clubassistant.com/club/meet_information.cfm?c=1603&smid=5854>

Time: Check-in begins at 7:00 am. Deck entry will end at 7:45 am to allow time for deck seeding. Warm-up 7:00 am. Meet starts 8:00 am. The meet will conclude by 11:00 am.

Eligibility: You must be a member of USMS to swim in the meet. If you are not a currently registered member, you may register ONLINE (preferred!) at [www.MOVYmasters.org](http://www.movymasters.org/) or at [www.usms.org/reg](http://www.usms.org/reg). Applications for USMS membership will also be available at meet check-in. Benefits include a year's subscription to Swimmer magazine, access to meets and other fitness events throughout the year.

Rules: The current USMS rules will govern the conduct of the meet. Heats will be seeded, slowest to fastest. Please enter a goal time for accurate seeding. Men and women of all ages will swim mixed. You might swim next to someone older or younger, man or woman, of approximately the same speed. Results will be broken out by age group and gender (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 and so on).

NOTE: Your age for this meet is your age on 12/31/2014.

Entry Fees: $25.00 early entry fee; late and deck entries are $40.00. Register Online or make checks payable to MOVY Masters. Full-time students 25 years or younger may enter the meet for a $5.00 early entry fee or a $10.00 late/deck entry fee.

Full-time students: ages 18-25 may enter for $10 early entry fee or $20 late/deck entry fee. Please email the meet director.

Limits: Swimmers are limited to five events, not including relays. Please be aware that this is a fast-running meet. If you enter back-to-back events, your rest time will be short (or nonexistent).

Deadline: Online Registration will be open for early entry fee of $25 until midnight on Thursday, August 22nd. Mail in entries must be postmarked on or before Monday, August 19th, 2014 for the $25.00 entry fee. Deck entries will be accepted at the $40.00 rate.

Meet Director: Questions, please contact Doug Hayden, 816-560-4887, dhayden141@gmail.com

Order of Events – Dog Days of Summer - SCM Masters Meet

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Online meet registrations are paid by credit card. Your credit card statement will show a charge from ClubAssistant.com Event Billing.

Order of events: (please enter a goal time for proper seeding)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   | Event | Goal Time |   |   | Event | Goal Time |
| 1 | 50 Free |   |   | \*\*10 Min Break |
| 2 | 200 Back |   |   | 12 | 200 Free Relay  | Enter on Deck |
| 3 | 100 Breast |   |   | 13 | 200 Fly |   |
| 4 | 100 Fly |   |   | 14 | 100 Free |   |
| 5 | 400 Free |   |   | 15 | 200 IM |   |
| 6 | 400 Free Relay | Enter on Deck |   | \*\*10 Min Break |
| \*\*10 Min Break |   | 16 | 100 IM |   |
| 7 | 50 Breast |   |   | 17 | 50 Back |   |
| 8 | 200 Free |   |   | 18 | 200 Breast |   |
| 9 | 100 Back |   |   | 19 | 200 Medley Relay | Enter on Deck |
| 10 | 400 IM |   |   | 20 | 800 Free |   |
| 11 | 50 Fly |   |  |  |  |  |

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

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

Mail-in entries need to be received by Thursday, August 22nd.

Doug Hayden

6379 N Myrtle Ave.

Gladstone, Mo. 64119