



**Lake Central Masters Pumpkin Plunge**  
**Saturday, October 18, 2014**  
**Hosted by Lake Central Barracudas**  
**Sanctioned by GRIN for USMS Sanction Number: 164-S009**

- Location:** Lake Central Aquatic Center  
8410 Wicker Avenue  
St. John, IN 46373
- Facility:** 10 Lane, 25 yards. Separate area for warm up and cool down. Deck seating for competitors; Elevated spectator seating.
- Meet Conduct:** Current USMS rules will govern the conduct of the meet.
- Eligibility:** The meet is open to anyone 18 and older and must be a member of USMS or a member of a FINA recognized National governing body. One day USMS event registration will be available for a \$15.00 fee plus the race fee. One event forms must be completed by anyone not currently registered with U.S. Masters Swimming and waiver release signed.
- International swimmers:** All International swimmers will need to send proof, with a letter or some certification that you are registered with your Country as a **MASTER'S** swimmer. If you are not registered as a **MASTER'S** swimmer with your Country, then you are allowed to enter as a one-event swimmer which means that you will need to sign a form and pay a fee of \$15.00, however your times will not count for submission to FINA or USMS top ten.
- Pool:** 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.
- Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, . . .
- Entry Fee:** Online Registration is available until October 16th 11:59PM CDT at [https://www.clubassistant.com/club/meet\\_information.cfm?c=2235&smid=5890](https://www.clubassistant.com/club/meet_information.cfm?c=2235&smid=5890)  
\$15.00 fee for all mail entries received by October 10, 2014  
\$20.00 fee for all deck entries  
Entry fee covers entries (NO MORE THAN 5 INDIVIDUAL EVENTS) and 2 relays
- Mail Entries forms and \$15.00 check to:  
Abby Homans, LCMA Head coach  
542 South St.  
Munster, IN 46321

**Event Seeding:** All events shall be seeded according to the pre-entered seed time of each swimmer, regardless of age or gender. In the event of multiple heats, slower heats shall be swum first. All no-time (NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the competition.

**Hospitality:** There will be athlete hospitality at this meet.

**Order of Events:** Deck Entry: 8:45-9:15 am (Central Daylight Time)  
Meet Warm up: 8:45-9:45 am (CDT)  
Meet Start: 10:00 am (CDT)

**Events:**

1	200 Medley Relay (mixed)	10	25 Breaststroke
2	200 Freestyle	11	200 Individual Medley
3	50 Breaststroke	12	50 Backstroke
4	100 Freestyle	13	25 Butterfly
5	25 Backstroke	14	100 Backstroke
6	100 Butterfly	15	50 Butterfly
7	25 Freestyle	16	50 Freestyle
8	100 Individual Medley	17	100 Breaststroke
9	500 Freestyle	18	200 Free Relay (mixed)

**Warm ups:** Entry into the pool must be feet-first in a cautious manner. Diving shall be permitted only in the designated sprint lanes during the meet warm-up. Instructions given by the meet official must be obeyed at all times.



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Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

USMS # \_\_\_\_\_ Team: \_\_\_\_\_

**Circle the events you wish to swim and provide a seed time (write "NT" for no seed time).  
 You may compete in 5 individuals and 2 relays. All relays shall be deck entered/seeded.**

- |         |                          |          |                        |
|---------|--------------------------|----------|------------------------|
| 1 _____ | 200 Medley Relay (mixed) | 10 _____ | 25 Breaststroke        |
| 2 _____ | 200 Freestyle            | 11 _____ | 200 Individual Medley  |
| 3 _____ | 50 Breaststroke          | 12 _____ | 50 Backstroke          |
| 4 _____ | 100 Freestyle            | 13 _____ | 25 Butterfly           |
| 5 _____ | 25 Backstroke            | 14 _____ | 100 Backstroke         |
| 6 _____ | 100 Butterfly            | 15 _____ | 50 Butterfly           |
| 7 _____ | 25 Freestyle             | 16 _____ | 50 Freestyle           |
| 8 _____ | 100 Individual Medley    | 17 _____ | 100 Breaststroke       |
| 9 _____ | 500 Freestyle            | 18 _____ | 200 Free Relay (mixed) |

**Mail entry form and \$15.00 check by October 10, 2014 to:**

Abby Homans  
 LCMA Head Coach  
 542 South St.  
 Munster, IN 46321

\$20.00 entry fee for all deck entries on the day of the meet

Make all checks payable to: Lake Central Masters Association

For more information, contact Abby Homans – ahomans@lcsemail.com; 219-616-6716

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 HERBY 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 204.1)

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