 **2016 PIETER CATH MEMORIAL INTER-SQUAD MEET**

**SHORT COURSE YARDS**

 **LAKEWOOD HIGH SCHOOL NATATORIUM**

 **LAKEWOOD, OHIO**

 USMS Sanction # 186-S00\_

**DATE** Sunday, Jan 24, 2016. Warm-ups start at 8:00 a.m. Event #1 (500 yard freestyle) will start at 9:00 a.m. Event #2 will start at 9:45 a.m. or later. Deck entries should be in no later than 9:00 a.m.

**LOCATION** The Natatorium is attached to Lakewood High School on Robinwood Ave. From I-90 (east or west) exit at Bunts Road. Proceed north on Bunts to Madison Ave. Turn left at Madison and proceed west to Robinwood (first street). Turn right on Robinwood Ave. and proceed to the end where the pool lobby entrance is imme-diately in front where swimmers can be dropped off. Parking is very limited due to school construction. Parking may be available on Franklin Blvd. in front of the school or behind the classroom trailers on the north side of Franklin Blvd. Be sure to enter the building near the flagpole.

**POOL** The pool is an 8 lane, 25 yard pool with anti-turbulent lane lines and Colorado system automatic timing. An adjacent separate diving well will be available for warm-up during the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

**MOTEL** A Days Inn Motel is near the pool. It is located at 12019 Lake Ave., Lakewood, Ohio, 216-226-4800.

**ELIGIBILITY** 2016 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance regulations, all swimmers must be registered U.S. Masters Swimmers. If not registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events. The USMS Release of Liability must be signed electronically during online meet entry or must be signed on paper for mailed entries. Please send a copy of your USMS card with your mailed entry. Only swimmers entered in the meet can participate in relays.

**AGE GROUPS** Age of competitors on Jan. 24, 2016 will determine age group. Age groups are: 19-24, 25-29, 30-34, 35-39, etc. For relays, age group is determined by the age of the youngest swimmer in the team (i.e. 19+, 25+, 35+, 45+, etc.). All relays can be swum with 4 women, 4 men, or mixed (2 women and 2 men).

**AWARDS** Individual events: First-place medal, second and third -place ribbons. Relays: first, second, and third-place ribbons. For those who have too many medals and ribbons, we offer alternative awards – coupons – for first, second and third place in individual events and first place in relays. Results will be posted on [www.ohiomasters.com](http://www.ohiomasters.com) usually within a day or two.

**DEADLINE** Online registration is offered on ClubAssistant.com. Online entries will close at noon, Saturday, January 23, 2016. Paper entries must be received by the Meet Director by Wednesday, January 20, 2016.Deck entries will be accepted until 8:50 a.m. on Sunday, except for event 1 (500 yd. Freestyle). Relays are deck entry only.

**ENTRIES ONLINE ENTRIES** **PAPER ENTRIES**

**FEES** O\*H\*I\*O Masters Members: $25.00 O\*H\*I\*O Masters Members: $30.00

Non-O\*H\*I\*O Masters Member: $35.00 Non-O\*H\*I\*O Masters Member: $40.00

All Deck Entries: $50.00 **Relay Only Swimmers $10.00**

Online entries are paid by credit card to ClubAssistant.com and your credit card will be charged by "ClubAssistant.com Event Billing" for this swim meet. For mailed entries, make checks payable to **O\*H\*I\*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Cleveland, Ohio 44143.** Online entries are cost effective and strongly recommended. **Swimmers who intend to swim only relay events must officially enter the meet using the paper entry form and pay the $10.00 Relay Only Fee.**

**SOCIAL** Details will be available at the meet. $5.00 donation appreciated at the door.

**MEET DIRECTORS:**  Kevin McCardle, Tom Gorman

**MAIL IN ENTRY FORM**

**2016 PIETER CATH MEMORIAL INTER-SQUAD MEET (SCY)**

**LAKEWOOD HIGH SCHOOL NATATORIUM, LAKEWOOD, OHIO**

**January 24, 2016**

**USMS Sanction # 186-S00\_**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SEX \_\_\_ AGE on Jan. 24, 2016\_\_\_ BIRTHDATE \_\_\_\_\_\_\_\_

ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CITY \_\_\_\_\_\_\_\_\_\_\_\_ STATE \_\_ ZIP \_\_\_\_\_\_\_\_

PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEAM \_\_\_\_\_\_\_\_\_ or UNattached \_\_\_ USMS #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (send copy of card)

Event 1 starts 9:00 a.m. Event 2 starts 9:45 or later.

1. 500 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_ 12. 50 YD. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_

(No deck entries for this event) 13. 400 YD. FREE RELAY XXXXXXXXXX

2. 200 YD. BUTTERFLY \_\_\_\_\_\_\_\_\_\_ 14. 400 YD. I.M. RELAY XXXXXXXXXX

3. 200 YD. MEDLEY RELAY XXXXXXXXXX

4. 200 YD. BACKSTROKE RELAY XXXXXXXXXX 15. 50 YD. BUTTERFLY \_\_\_\_\_\_\_\_\_\_

5. 50 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_ 16. 100 YD. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_

1. 200 YD. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_ 17. 200 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_

7. 50 YD. BACKSTROKE \_\_\_\_\_\_\_\_\_\_ 18. 100 YD. INDIV MEDLEY \_\_\_\_\_\_\_\_\_\_

8. 100 YD. BUTTERFLY \_\_\_\_\_\_\_\_\_\_ 19. 100 YD. BACKSTROKE \_\_\_\_\_\_\_\_\_\_

9. 200 YD. INDIV MEDLEY \_\_\_\_\_\_\_\_\_\_ 20. 200 YD. FREE RELAY XXXXXXXXXX

 21. 200 YD. BREAST RELAY XXXXXXXXXX

10. 100 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_ 22. 200 YD. FLY RELAY XXXXXXXXXX

11. 200 YD. BACKSTROKE \_\_\_\_\_\_\_\_\_\_

**Entry Fees:** Paper Entry - O\*H\*I\*O Masters Member $30.00 = \_\_\_\_\_\_\_\_\_

 Paper Entry - Non - O\*H\*I\*O Masters Member $40.00= \_\_\_\_\_\_\_\_\_

 All Deck Entries $50.00 = \_\_\_\_\_\_\_\_\_

 Relay Only Swimmers $10.00 = \_\_\_\_\_\_\_\_\_\_

**Deadline**: Deadline for Online Entries is noon., Saturday, January 23, 2016. Paper entries must be received by Wednesday, January 20, 2016.For paper entries make checks payable to: **O\*H\*I\*O MASTERS SWIM CLUB.** Mail to: Meet Director, P.O. Box 43824, Cleveland, Ohio 44143

Release by Participant 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sanctioned by Lake Erie LMSC for USMS, Inc. # 186-S00\_