

## 2016 ALASKA SHORT COURSE YARDS STATE CHAMPIONSHIPS

Saturday and Sunday, February 27 and 28, 2016

Bartlett Pool, Anchorage, AK

Sanctioned by ALASKA LMSC for USMS, Inc. Sanction # 566-S001

**SCHEDULE:** Saturday, Feb. 27 - Warm-up: 9 a.m. - Meet starts at 10:00 a.m.

Sunday, Feb. 28 - Warm-up 9 a.m. - Meet starts at 10:00 a.m.

### ENTRIES:

- You may enter up to six individual events (not including relays). No more than five individual events can be swum in one day.
- Online meet registration is preferred for speed and accuracy. Begin online meet registration at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1816&smid=7034](https://www.ClubAssistant.com/club/meet_information.cfm?c=1816&smid=7034)
- Online meet registration closes at midnight on Monday, February 22, 2016
- Paper entries must be **received** by Saturday, February 20, 2016. Entries must be mailed to the meet coordinator. Hand-delivered entries will not be accepted.
- Late entries may be accepted on a case by case basis. Late entrants **will not** count for team or individual points. Once the meet is seeded, no new heats will be added to accommodate a late entry.
- Online meet registration accepts credit cards. The charge on your credit card will be to “ClubAssistant.com Events”
- All Alaska LMSC and USMS rules govern this meet. It is your responsibility to know the rules. Check out: <http://usms.org/rules/> for current rules.
- Meet coordinator:

Ken Winterberger 3000

Capstan Drive

Anchorage, AK 99516

e-mail: [kwinterberger@gmail.com](mailto:kwinterberger@gmail.com)

**USMS REGISTRATION:** This meet is open to all currently registered USMS swimmers. USMS registration must be done separately. There IS NOT a USMS registration option on the entry form. USMS registration forms will not be accepted at the meet. USMS registration must be for the entire year in order to compete in the State Championships. Send a copy of your USMS membership card (available here: <https://www.usms.org/reg/getcard.php>) with your completely filled and signed entry form. **Your USMS membership will be verified during on-line registration.**

You may register with USMS at: <http://www.usms.org/reg/> or you can download a registration form at: <http://www.akmswim.org/pdfs/usmsapp.pdf> You **must** be registered with the workout group for which you intend to compete by the meet entry deadline in order for your points to count for that workout group.

**SEEDING:** Events (except the 1650 free, 500 free, and relays) will be pre-seeded slowest to fastest regardless of gender or age group.

**500/1650 Freestyle:** Check-in will be required by 11 a.m. for both the 1000 and the 500. Seeding is fastest to slowest regardless of age or gender, except that the two slowest seeds in the 1650 will swim in heat 1 (these swimmers will swim through into heat two until finished and will have manual times recorded. All 1650 swimmers must provide one timer and their own lap counter should they choose to use one.

**POOL MEASUREMENT:** 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.

**CHECK-IN:** Please check in upon arrival and sign the waiver. Also, indicate if you **do not** want your 1st-8th place ribbons at check-in. You will need to sign the USMS waiver before entering the pool for warm-up or competition. If you are going to scratch an event, please do so at check-in.

Also, remember that positive check in for the 500 and 1650 free is separate from checking in for the meet.

**RELAYS:** Relays will be deck seeded at the meet. **DO NOT SIGN UP FOR RELAYS ON THE ENTRY FORM.** Relay teams are the responsibility of those interested in swimming relays. All relays **MUST** be declared by 9:30 a.m. each day so they can be seeded.

**AWARDS:** Top three overall teams, gender/age-group highpoint, and ribbons for 1st - 8th place in each age-group by gender. Please indicate at check-in if you **do not** want your ribbons.

**EVENT SPONSORSHIP:** Sponsor your favorite event(s) and have your name printed on the heat sheet. \$10 per event See fee page for more information.

**ANNUAL MEETING AND ELECTIONS:** The annual meeting will immediately follow the meet on Sunday. Food will be provided.

Order of business:

1. Reading and adoption of previous meeting minutes
2. Reports of Officers
3. Reports of Committees
4. Unfinished business
5. Nominations & Elections
6. New business
7. Resolution and Orders
8. Adjournment.

**2016 ALASKA SHORT COURSE YARDS STATE CHAMPIONSHIP ENTRY FORM**

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**Name:** \_\_\_\_\_ **Phone#:** \_\_\_\_\_

(PRINTED exactly as shown on your USMS member card)

**Address:** \_\_\_\_\_ **Email:** \_\_\_\_\_**Male / Female** (circle) **Age:** \_\_\_\_\_ **Birthday:** \_\_\_\_\_**Emergency Contact Name and Number** \_\_\_\_\_**Workout Group:** \_\_\_\_\_ Note: you must be registered with the workout group for which you intend to compete by the meet entry deadline in order to compete for that workout group.**USMS#:** \_\_\_\_\_ (INCLUDE A COPY OF YOUR MEMBER CARD WITH YOUR ENTRY)You must include a **Short Course Yards** seed time next to the event you would like to swim. Please go to: <http://www.swimmingworldmagazine.com/results/conversions.asp> for a time conversion chart.

Seed Time	Event #	Event	Seed Time	Event #	Event
		<b>Saturday</b>			<b>Sunday</b>
	1-3*	400 Medley Relays		18-20*	400 Free Relay
	4	100 IM		21	200 Freestyle
	5	200 Backstroke		22	50 Breaststroke
	6	50 Butterfly		23	200 Butterfly
	7-9*	800 Free Relays		24	100 Backstroke
	10	100 Freestyle		25	200 IM
	11	400 IM		26	100 Butterfly
	12	100 Breaststroke		27	50 Freestyle
	13	50 Backstroke		28-30*	200 Breaststroke
	14-16*	200 Free Relay		31	200 Medley Relay
	17	500 Freestyle		32	1650 Freestyle

\*Women's, Men's, Mixed Relays swum simultaneously with breaks around relays as requested by participants.

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ENTRY FORM, continued

**FEES**

**Meet Entry**

**\$45**

**Event Sponsorship (\$10 donation per event)**

Event # & Description - 1 Event: \$10

# \_\_\_\_\_

\_\_\_\_\_

# \_\_\_\_\_

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# \_\_\_\_\_

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**TOTAL FEES ENCLOSED:**

\_\_\_\_\_

“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 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 by and be governed by the rules of USMS.”

Printed Name \_\_\_\_\_

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

This form must be signed or you will not be allowed to swim. Thanks.