**The DAC Short Course Meters Championship Saturday, December 10, 2016**

**Facility:**  The Denver Athletic Club

1325 Glenarm Place

Denver, Colorado 80204

8 Lane – 25 Meter Pool

**Timing:** Automatic, Colorado Time System 5 with touch pads and back-ups.

Hy-Tek Meet Manager software.

**Times:** Distance session warm-up: **6am to 6:30am**. Regular session warm-up: **8am to 8:45am**

**Age Groups:** 19-24, 25-29, 30-34, 35-39, 40-44….100+

**Eligibility:** Only current USMS registered members with a current USMS card.

**Entries:**  **Entries online are due by Wed Dec 7 at midnight.**

Entry fee will be **$35** for up to 5 events.

**The 1500 FR and the 400IM are limited to the first 12 entries received, regardless of gender.**

Preferred method for receiving entries is online, click below:

<https://www.clubassistant.com/club/meet_information.cfm?c=2378&smid=8281>

While online entries are preferred, paper entries will be accepted, also:

These are due in hand by Wed Dec 7. Make checks payable to: **The Denver Athletic Club**

**Print out the entry form below, fill it out, and mail it, your entry fee check, a copy of your USMS card, and the filled out and signed one page liability form below to:**

Entry Chair Paul Stasiowski 1325 Glenarm Place, Denver, CO, 80204

Please contact Entry Chairman/ Meet Director Paul Stasiowski with entry questions at [pstasiowski@denverathleticclub.org](mailto:pstasiowski@denverathleticclub.org)

**Psyche sheets will be posted on the DAC website at**

[**www.denverathleticclub.org**](http://www.denverathleticclub.org) **under “DAC News”. Psyche sheets will also be emailed to all participants the night before the meet.**

**Late Entries:** Late entries are on deck only and are $10 per event (plus $35). These will only be accepted if **both** the following requirements are met:

1. Late entries are received at least **30 minutes prior to the start of the session**.
2. The late entry does not create an additional heat.

**Rules:** Rules to be enforced per the 2016 USMS Rule book

**Events**

**Women 6:30AM Distance Session (warm-up 6am to 6:30am) Men**

**1 1500M Freestyle 2**

**3** **400M Individual Medley 4**

**9AM Regular Session (warm-up 8am to 8:45am)**

**5 50M Butterfly 6**

**7 200M Backstroke 8**

**9 50M Freestyle 10**

**11 200M Breaststroke 12**

**13 100M Butterfly 14**

**15 200M Freestyle 16**

**17 100M Backstroke 18**

**19 200M Individual Medley 20**

**21 50M Breaststroke 22**

**23 100M Freestyle 24**

**25 50M Backstroke 26**

**27 400M Freestyle 28**

**29 100M Individual Medley 30**

**31 100M Breaststroke 32**

**33 200 Butterfly 34**

**First, Choose your events:**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Event Description** | **Entry Time** |
|  | **Session I (6:30 AM start)**  **Warm up: 6:00-6:30 AM** |  |
| **1 & 2** | **1500 M Freestyle** |  |
| **3 & 4** | **400 M Ind. Medley** |  |
|  | **Session II (9 AM start)**  **Warm up: 8:00-8:45 AM** |
| **5 & 6** | **50 M Butterfly** |  |
| **7 & 8** | **200 M Backstroke** |  |
| **9 & 10** | **50 M Freestyle** |  |
| **11 & 12** | **200 M Breaststroke** |  |
| **13 & 14** | **100 M Butterfly** |  |
| **15 & 16** | **200 M Freestyle** |  |
| **17 & 18** | **100 M Backstroke** |  |
| **19 & 20** | **200 Ind. Medley** |  |
| **21 & 22** | **50 M Breaststroke** |  |
| **23 & 24** | **100 M Freestyle** |  |
| **25 & 26** | **50 M Backstroke** |  |
| **27 & 28** | **400 M Freestyle** |  |
| **29 & 30** | **100 Ind. Medley** |  |
| **31 & 32** | **100 M Breaststroke** |  |
| **33 & 34** | **200 M Butterfly** |  |

**Entry Fee: ($35.00)**

**Last Name on USMS Card \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ First Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MI\_\_\_\_\_**

**2016 USMS # \_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: M F**

**Date of Birth (mm/dd/yy) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age as of 12/31/16 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Club Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club Abbreviation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Street Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_\_\_ Zip \_\_\_\_\_\_\_\_\_\_\_\_**

**Email Address (neatly) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_ - \_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_**

**\*\*\* Please attach a copy of your USMS card here:**

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**Make Check payable to: The Denver Athletic Club**

**Mail Entries to: Paul Stasiowski 1325 Glenarm Place, Denver, CO, 80204**

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.

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