



NITRO SWIMMING

Nitro Masters Open



- MEET DATE:** Saturday, April 14, 2012
- START TIME:** Warm-Up 2:15pm, Meet Start 3:15pm
- ENTRY DEADLINE:** Wednesday, April 11, 2012
- SANCTION:** USMS Sanction number: 432-S001
- FACILITY:** Nitro Swimming Cedar Park
1310 Toro Grande Blvd.
Cedar Park, TX 78613
512-259-7999
- POOL SPEC:** Indoor 25 yard x 50 meter heated pool. Eight 25 yard lanes will be used for competition. Water depth is 8 feet. Dolphin Timing System. Warm-up and warm-down space will be available throughout the meet.
- SANCTION/RULES:** Sanctioned by South Texas Masters Swimming for USMS, Inc., Sanction # 432-S001. Current United States Masters Swimming rules, safety guidelines, and warm-up procedures will apply.
- ELIGIBILITY:** Open to all current and registered United States Masters Swimming swimmers, ages 18 and older as of April 14, 2012.
- GENERAL ENTRY PROCEDURES:** Send entries to: Jessica Evans, Meet Director/Entries Chair
507 Tartan St
Lakeway TX 78734
- Please include the Swimmer Information and Release Form, the Swimmer Entry Form, entry fee, and a copy of your 2012 USMS registration card. Make checks made payable to Nitro Swimming.
- If you do not receive confirmation of your entry within three days, please call 512-771-0439 to confirm.
- ENTRIES:** Swimmers may enter a maximum of five (5) individual events. Submit best times, in short course yards, estimates, or NT.
- ENTRY FEES:** The entry fee is \$10 per swimmer. Late and deck entries will be \$20 per swimmer and accepted until 2:45pm on the day of the meet, April 14, 2012. Late/deck entries will only be accepted only to fill empty lanes and no new heats will be created. Make checks payable to Nitro Swimming.

ENTRY DEADLINE: Entries must be received by Wednesday, April 11, 2012. Fees, liability release, and proof of USMS registration must accompany entries or be completed prior to the start of the meet.

DECK ENTRIES: Deck entries will be accepted up to 2:45pm on the day of the meet, April 14, 2012. All athletes wishing to deck enter must present their 2012 USMS card, sign a liability release, and pay all fees. The deck entry fee is \$20 per swimmer. Please make checks payable to Nitro Swimming.

MEET FORMAT: This is a single-session meet. All events are timed finals. All events will be seeded by entry time and swum slowest to fastest. The 500 and 1650 yard freestyle events and the 400 yard IM will require a positive check-in prior to the end of warm-up. Events 200 yards and longer will be gender combined and seeded by entry time. All other events will be seeded by gender and by entry time.

SCORING/AWARDS: This meet will not be scored and no awards will be given.

HEAT SHEETS: Heat sheets will be posted at the Nitro Swim Center on the day of the meet.

LIABILITY: In granting a sanction for this meet, it is understood and agreed that United States Masters Swimming, Inc., South Texas Masters Swimming, Inc., Nitro Swimming, and all meet staff, volunteers, and officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet, and shall accept no responsibility for liability or injuries sustained by any individual, athlete, coach, official, meet volunteer, or spectator while traveling to and from or while participating in the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

WARM-UPS: Warm-ups will be conducted in accordance with the current USMS guidelines.

**MEET
ADMINISTRATION:**

Head Coach
Jordan McDaniel

512-674-1125
mcDanieljordan@gmail.com

Meet Referee
Roland Smits

512-415-7314
Roland@patriotdetection.com

Meet Director/Entries Chair
Jessica Evans
507 Tartan St
Lakeway TX 78734
512-771-0439
jessicaevans@utexas.edu

CELL PHONES: The presence or use of cell phones, smart phones, or any other devices capable of producing audio recordings, photographic, or video images in locker rooms, restrooms, or changing areas is strictly and specifically prohibited at all times. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.

TIMERS: Volunteer timers will be needed.

Order of Events
(Distances in Yards)

Women's Event #	Event	Men's Event #
1	400 IM (Mixed)	2
3	50 Back	4
5	50 Fly	6
7	100 Breast	8
9	100 Back	10
11	200 Fly (Mixed)	12
13	100 Free	14
15	200 IM (Mixed)	16
17	500 Free (Mixed)	18
19	200 Back (Mixed)	20
21	50 Breast	22
23	50 Free	24
25	100 Fly	26
27	200 Breast (Mixed)	28
29	200 Free (Mixed)	30
31	100 IM	32
33	1650 Free (Mixed)	34

**Nitro Masters Open
Saturday, April 14, 2012
Swimmer Entry Form**

Swimmer Name _____

Club Affiliation (or unattached) _____

Swimmers may enter a maximum of five events. Please include your entry time in short course yards, an estimate of your entry time, or “NT” for “no time.”

Entry Time	Women's Event #	Event	Men's Event #	Entry Time
	1	400 IM (Mixed)	2	
	3	50 Back	4	
	5	50 Fly	6	
	7	100 Breast	8	
	9	100 Back	10	
	11	200 Fly (Mixed)	12	
	13	100 Free	14	
	15	200 IM (Mixed)	16	
	17	500 Free (Mixed)	18	
	19	200 Back (Mixed)	20	
	21	50 Breast	22	
	23	50 Free	24	
	25	100 Fly	26	
	27	200 Breast (Mixed)	28	
	29	200 Free (Mixed)	30	
	31	100 IM	32	
	33	1650 Free (Mixed)	34	

Entries and fees are due by Wednesday, April 11, 2012. Please make checks payable to Nitro Swimming. Entry fee is \$10 per swimmer or \$20 per swimmer for deck entries or late entries received past the entry deadline. Swimmers who fail to provide proof of 2012 USMS registration, sign a release of liability, or pay all applicable fees prior to the start of the meet will not be allowed to participate in the meet. Mail entry form, liability release, and fee to:

Jessica Evans, Meet Director/Entries Chair
507 Tartan St
Lakeway TX 78734

Guidelines for Warm-Up/Warm-Down

To ensure the safety of all swimmers during the warm-up and warm-down period, we ask that you read and practice the following suggestions:

Competition Pool(s)

1. During the first 30 minutes of the warm-up period, all lanes will be used for general swimming. After the first 30 minutes, one or more lanes will be designated as sprint lanes. In sprint lanes, swimmers swim in one direction only down the center of the lane. A dive off the blocks or a backstroke start is permitted only in the sprint lanes. Swimmers should leave the sprint lane when they reach the end of the pool.
2. All other lanes are for continuous swimming in a circle pattern, with swimmers staying as close to the right side of the lane as is practical. Swimmers should be considerate of others, by swimming in a speed-appropriate lane and allowing other swimmers space at the walls to turn. Lanes will be designated slow, medium, and fast. No dives, backstroke starts, or jumping entry is permitted in these lanes at any time during warm-ups.
3. At no time during warm-up shall swimmers be permitted to enter any lane by jumping into the water from the sides or ends of the pool. Swimmers must enter the pool feet first in a cautious manner. Diving is permitted only from the blocks in the designated sprint lanes.
4. At the referee's discretion, swimmers may be disqualified from competition for diving into the pool during warm-up.
5. No hand paddles, kickboards, or pull buoys are allowed.
6. Swimmers are requested to leave the pool when they have finished their warm-up to provide other swimmers an opportunity for adequate warm-up.

Warm-Up/Warm-Down During Competition

1. The same safety regulations as stated above are enforced, except there will not be a sprint lane. However, if space permits, one sprint lane may be available and marked appropriately.
2. If there is no other warm-up/warm-down area available in pools of five lanes or more, one lane must be set aside for warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers may swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period must be offered at least once during each half-hour of competition (article 102.4.1).
3. Swimmers must enter the pool feet first in a cautious and controlled manner. Diving shall be permitted only in the designated lanes (article 102.4.2 of the USMS rule book).