

**Cascade Swim Team
Open Water April POW Meet
April 14, 2012**

Warm-up: 9:15 AM Meet starts at 10:00 AM

Sanction: PNA for USMS Inc. # 0362-XX

Sanction: PNS for USA-S #OW12-POW04

LOCATION: Helen Madison Pool; 13401 Meridian Ave N. Seattle

FACILITY: 25yd pool, One lap approximately 75 yds, separate warm-up pool. Temp 81.5°F

MEET DIR.: Rene Folk; rjd27@comcast.net;

206-781-849

CONCESSIONS: None

RULES: Current USA-S rules and dual sanction USMS rules will govern the meet. USMS swimmers must be separated from USA-S swimmers by a lane line during warm-up and warm-down. USMS swimmers must be in a separate heat from USA-S swimmers.

OPEN WATER RULES: All competitors must have trimmed fingernails and may not wear jewelry of any kind including watches.

SWIMWEAR RULES: Only one swimsuit may be worn, which must conform to the fabric requirements of USA Swimming rules. Swimsuits may extend to the shoulder and/or ankle for both sexes (open water only). Goggles, a maximum of two (2) caps, nose clip and earplugs may be used. No armband, leg band, or taping anywhere on the body is permitted. Wetsuits are not allowed.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers 18 and above as of 04/14/2012. Age groups based on the swimmer's age as of 04/12/2012.

ENTRIES: Swimmers may enter up to 1 individual event. Entries must be emailed by Tuesday, April 3, 2012. Deck entries will be allowed on a space-available basis and only at the discretion of the Meet Referee. Deck entries will only be available from 9:15-9:45. Deck entered swimmers must show proof of USMS registration.

SEEDING: USMS Swimmers will have a separate heat in the 15&Over age group

CHECK-IN: All swimmers must report to the Clerk of Course at least 15 minutes before the start of their heat. Swimmers will undergo fingernail, jewelry, and swimwear inspection; get marked with their number; and be checked in. Once checked in, swimmers will not be allowed to leave the Clerk of Course or Bullpen areas until their races

AWARDS: Ribbons for 1st thru 6th places by age-group and gender.

ORDER OF EVENTS:

Event #	Age Group	Heat Entry Limit	Number of Laps	Nominal Distance
1	8&Under	20	4	300m
2	9-10	20	8	600m
3	11-12	15	12	900m
4	13-14	15	16	1200m
5	15 & Over	15	20	1500m

ENTRY FEES: \$10, Make checks payable to CSC. USMS swimmers may email entry info mmlayzer@q.com with entry info and mail a check for entry fees AND SIGNED WAIVER to

7263 28th Avenue NE; Seattle, WA 9811

POW™ RACING RULES ARE SIMPLE!

The Start: The start will be in the water with all swimmers behind a start rope. The rope is in the water. After the starting signal, The rope is lifted so the swimmers pass under the rope.

Race Countdown: a 1-minute and 30-second warning will be given by the Starter to indicate that the swimmers should enter the pool

and get into position behind the start rope. A final countdown will begin at 10 seconds.

Turn Buoys: The POW™ Race is conducted in the counter-clockwise direction. The swimmers must keep all four buoys off of their left shoulder around each turn.

The Bell Lap: As the first swimmer starts the last lap, an official will ring a bell indicating that one lap remains.

The Finish: The finish is in the water by the swimmers touching the wall. The order of finish is determined by the officials. Finishing swimmers must exit the pool immediately to make room for swimmers finishing behind them.

Disqualifications: Swimmers can be disqualified for making intentional contact, obstruction or interference with another swimmer. Such unsportsmanlike conduct is judged by the officials who are located at the turn buoys and by the Referee. A warning may be given by a whistle. At the first rule infraction, the official will show a yellow flag to the swimmer. For the second infraction (or the first infraction of certain rules), swimmers are shown a red flag and will be required to immediately leave the pool. Please see 701.5 in the 2012 USA Swimming rules for a complete list of red flag and yellow flag infractions.

DIRECTIONS:

From I-5 northbound, take 130th Street exit. Go west (left) on 130th to Meridian (2nd light). Go north (right) on Meridian. Pool is on left at 134th.

From I-5 southbound, take 145th Street exit. Go west (right) on 145th to Meridian (2nd light). Go south (left) on Meridian. Pool is on right at 134th.

NAME: _____ M F AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE _____

Email _____

BIRTHDATE: _____ USMS #: _____ - _____

Include a copy of your Masters Registration card if you are not a PNA member

LMSC (PNA, Oregon, Inland NW, etc.)	Club (PNA or BWAQ if registered in PNA)

ENTRY FEE:

SURCHARGE	\$10.00

Questions? Email Rene Folk rjd27@comcast.net

Entries must be emailed by thursday, April 5rd, 2012. Entry fees and SIGNED WAIVER must be postmarked by April 7th, 2012 All swimmers must have a valid 2012 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

Cascade POW, 7263 28th Avenue NE; Seattle, WA 9811

"WAIVER: 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
_____	_____