

Swimposium

OPEN WATER POOL SWIM & Clinic

Sunday, April 22, 2012

Checkin/Warm up: 7:30AM Meet starts at 8:00 AM

Sanctioned by PNA for USMS Inc.362-S006

LOCATION: King County Aquatic Center 650 SW Campus Dr. Federal Way WA. 98023

FACILITY: 25yd by 50m rectangular pool; Lap distance approximately 133 yards per lap w/ buoys 10ft. from sides

MEET DIRECTOR: Wendy Neely , wendymal@mac.com 206 793-9391

CONCESSIONS: none

RACING RULES:

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 races are 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. 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 card to the swimmer. For the second infraction swimmers are shown a red card and will be required to immediately leave the pool.

All swimmers will have counters and timers provided.

All competitors must have trimmed fingernails and may not wear jewelry of any kind including watches. Wetsuits are not allowed.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers 18 and above as of 4/20/2012. On-deck USMS swimming registration will not be permitted.

ENTRIES: Swimmers may enter up to 3 individual events. Entries must be postmarked by Wednesday, April 18th or online by 11:59 PM (Pacific) Friday, April 20th. NO race day entries accepted. Maximum of 20 swimmers per event

ENTER ONLINE at: www.ClubAssistant.com/club/clinics/reserve.cfm

ENTRY FEES: \$10 per entry and one event. \$5 for each additional event. Clinic is Free

ENTRY TIMES: None, 2.2 complete or swept at 1hour

1.1 complete or swept at 45 minutes

.56 complete or swept at 30 minutes

TIME LIMITS: SEEDING: All events will be swum in heats with maximum of 20 swimmers (mixed gender and age).

CHECK-IN: Positive check-in required for all events.

2.2 Mile Swim (30 x 133.3 yard course)

1.1 Mile Swim (15 x 133.3 yard course)

.6 Mile Swim (8 x 133.3 yard course)

PAPER ENTRIES: Use the Entry Form below. Make checks payable to **Blue Wave Aquatics** and mail to: Wendy Neely, **5416 Sw 326th Ct. Federal Way WA 98023**

DIRECTIONS FROM I-5: Take exit 42b Head West for 2 miles and KingCounty Aquatic Center is on Right

Free POST RACE Open Water Clinic: 10:00-11:00 a.m. Topics include: Open Water Anxiety/Safety, Sighting, Passing Skills, Rounding Buoys and much more

ENTRY

NAME: _____ M F AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE _____

Email _____

BIRTHDATE: _____ USMS #: _____ - _____

ENTER ONLINE at: www.ClubAssistant.com/club/clinics/reserve.cfm

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

LMSC: (i.e. PNA, Oregon)	Club (PNA or BWAQ if registered in PNA)
PNA TEAM/WORKOUT GROUP:	

ENTRY FEE:

		\$	Event: i.e 2.2, 1.1 or .56
FIRST EVENT	\$10.00		
ADDITIONAL EVENTS	\$5.00		
Free Clinic			
TOTAL ENTRY FEES			

Entry fees and SIGNED WAIVER must be postmarked by April 18th , 2012 All swimmers must have a valid 2012 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

"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
_____	_____
<u>This is my first Masters meet</u>	