

EVERGREEN SUMMER LAUNCH OPEN WATER POOL SWIM

Saturday, June 9, 2012

Warm-up: 08:15 AM Meet starts at 9:00 AM

Sanctioned by PNA for USMS Inc. **362-S005**

LOCATION: The Evergreen State College Pool; Evergreen State College;
2700 Evergreen Parkway NW, Olympia, WA 98505

FACILITY: 25yd by 25m rectangular pool; Lap distance approximately
75 meters

MEET DIRECTOR: Haleigh Werner, werner@radiantcare.com, 360-
753-1372

CONCESSIONS: Snacks available during races.

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 Buoy: 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 6/9/2012. On-deck USMS swimming registration will not be permitted.

ENTRIES: Swimmers may enter up to 3 individual events. Entries must be postmarked by Friday June 1st or online by 11:59 PM (Pacific) Tuesday, June 5th. NO race day entries accepted. Meet director may limit # of entries in the 2.4 mile race.

ENTER ONLINE at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3950

ENTRY FEES: \$20 for initial entry and one event. \$5 for each additional event.

ENTRY TIMES: Please provide estimated 500 yard freestyle time for seeding purposes

TIME LIMITS: All 2.4 mile swimmers must finish the race in 2 hours or less. All 1.2 mile swimmers must finish the race in 1 hour or less. No time restriction on the 500 meter swim.

SEEDING: All events will be raced in heats of 20-25 swimmers (mixed gender and age) pending the number of swimmers entered. If more than one heat of an event is contested, the heats will be determined based on estimated entry time.

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

AWARDS: All participants will be entered in a raffle with many great gifts. Specialty awards for the top male and female in each race.

ORDER OF EVENTS:		2) 500 meter swim – 7 laps
1) 2.4 mile swim – 56 laps	-----10 minute warm up-----	
----- 10 minute warm up-----	3) 1.2 mile swim – 28 laps	

PAPER ENTRIES: Use the Entry Form below. Make checks payable to **EVERGREEN SWIM CLUB** and mail to: **Haleigh Werner, 5424 Heights Lane, Olympia, WA 98506**

DIRECTIONS FROM I-5: Take exit 104 (Hwy 101), travel 3.2 miles and take the exit to the Evergreen State College. Go 2.3 miles and turn left into the main campus entrance. Turn right into Parking Lot C, and park toward the north end. From the parking lot, it is a short walk north to the Recreation Building.

POST RACE PARTY: POTLUCK; Evergreen/South Sound Masters will provide drinks and barbecue main dish. Please provide a side dish and or dessert to share with family and swimming friends.

ENTRY QUESTIONS: Haleigh Werner; werner@radiantcare.com

NAME: _____ M F AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE _____

Email _____

BIRTHDATE: _____ USMS #: _____ - _____

ENTER ONLINE at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=3950

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 2.4mile, 500m, 1.2 mile
FIRST EVENT	\$20.00		
ADDITIONAL EVENTS	\$5.00		
ADDITIONAL EVENTS	\$5.00		
TOTAL ENTRY FEES			500 Free time for seeding: mm:ss

Entry fees and SIGNED WAIVER must be postmarked by June 1st, 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 _____



This is my first Masters meet