**Lifetime Fitness Summer Splash**

**August 18, 2012**

**Sanction #**

**Meet Director:** Clark Etherington, Lifetime Fitness Aquatics Director, 10996 So. River Front Parkway, South Jordan, UT 84095 (801)302-0909

**Facility:** Lifetime Fitness Pool, 6 Lane 25 Meter Pool

**Location:** 10996 So. River Front Parkway, South Jordan, UT 84095

**Directions:** exit I-15 at 10600 South, head west along South Jordan Pkwy to River Front Pkwy. Turn left on River Front Pkwy, follow to 10996 South River Front Pkwy.

**Meet Conduct:** 2012 USMS Rules will govern conduct of this meet.

**Warm-up/cool down**: Warm-up will be in the competition pool for 1-hour prior to meet. Each heat will be given a minute or two to cool down. There will be an additional 20 minute warm after the 1500 freestyle

**Eligibility:** All swimmers must be registered with USMS (proof is required). USMS/Utah registration for 2012 will be offered on deck for $45. Important Eligibility Rule: RULE 102.2 2: For short course meters the eligibility of a participant for a particular age group shall be determined as of December 31, 2012.

**Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, etc. in 5 year increments.

**Relay Age Groups:** Short course (25) meters and long course (50) meters—72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 … (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group.

**Seeding:** All events will be timed finals with heats seeded by time, slowest to fastest. Genders will swim together (mixed).

**Timing/Meet Management:** Two watch times will be used to determine official times at this meet since there will be no automatic timing system. (103.2.2)

**Records**: Swimmers attempting to set records during the meet should notify the Starter to assure that three official timers will be present.

**Heats:** Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to Meet Director and Referee. Swimmers without seed times may be placed in the slowest (earlier) heats.

**Entries:** Entries are due by August 14 or post marked by August 10, 2012. Please mail them to: Julie Tate, 1123 Koradine Dr., South Jordan, UT 84095.

**Entry Fees:** $20.00 Lifetime Fitness Member, $25.00 Non-member

**Same Day Deck Entries and fee:** Deck entries will be accepted until 8:00 a.m. There is an additional $10.00 meet fee for deck entries.

**Pool opens at 7:30 AM Competition begins: 8:30 AM MST.**

**Awards:** Different awards for different events

**Hotel:**

**Coaches Meeting**

**Social Event:**

**ENTRY FORM: UTAH MASTERS Lifetime Fitness Summer Splash(SCM) MEET(Sanc. )**

**Saturday, August 18: Pool opens 7:30 a.m.; meet starts at 8:30 a.m. (MST).**

Mixed Event (Short Course Meters) Seed Time

1 1500m Free Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

+++++++++++++++15 minute break++++++++++++++++++++++++++++++++++++++++++

2 200m IM Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

3 200m Butterfly Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

4. 200m Breaststroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

5 50m Freestyle Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

6. 100m IM Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

7. 100 Backstroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

8. 50m Butterfly Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

9. 200m Medley Relay Deck enter only

----------------------------10 minute break -----------------------------------------------------------------

10. 200m Freestyle Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

11. 50m Breaststroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

12. 100m Butterfly Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

13. 400m IM Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ Meet Fee: (rec.d by August 14, 2012) $20.00/$25.00

 $\_\_\_\_\_\_\_\_

14. 50m Backstroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ Late Deck entry fee $10.00 $\_\_\_\_\_\_\_\_

 USMS Membership Fee $45.00 $\_\_\_\_\_\_\_\_

15. 100m Freestyle Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ Total = $\_\_\_\_\_\_\_\_

16. 100m Breaststroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_ (Checks payable to Lifetime Fitness)

 (Checks payable to Utah Masters for USMS reg)

17. 200 Backstroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

18. 200m Freestyle Relay Deck enter only

LName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2012-USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(attach copy). Gender **M** or **F**

Street \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEAM NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on December 31, 2012 \_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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 SWIMMMING 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 FACITLITIES, 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. Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Printed Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please Check -- Did you:

 \_\_\_\_\_**Sign the waiver? \_\_\_\_\_ Include check payable to Lifetime Fitness? \_\_\_\_\_Include copy of USMS card?**

Copy Entry Form and mail to: Julie Tate 1123 Koradine Dr., South Jordan, UT 84095, email *lifetimeswimcoach@gmail.com*

Official Use Only. Rec.d date \_\_\_\_\_\_\_Waiver \_\_\_\_\_\_\_\_\_\_USMS Card \_\_\_\_\_\_Check 1 #\_\_\_\_\_\_\_\_\_\_Check #2 \_\_\_\_\_