

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, January 13, 2013

Sponsored by: The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No.

**Location: YMCA AT PABST FARMS
1750 Valley Road, Oconomowoc, WI 53066**

Facilities: 8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.

Time: Sunday, Jan. 13, 2013. Warm-up 8:00 A.M. – 8:45 A.M.; meet starts at 9:00 A.M.

Eligibility: Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card MUST be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be time finals.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined.

Timing: Automatic timing system backed up by one watch/lane.

Warm-ups: Lane 8 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-7 will be for circle swimming only – NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.

Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress.

Facility User Fee: \$9.00 per person

Entry Fee: \$3.00 per individual event, plus a \$9.00 facility user fee for entries received up to one week prior to the event. No charge for relays. Fees must accompany the entry form. Please make checks payable to WMAC.

Deck entries for individual events will not be accepted.

The meet director will accept late entries, via email, until 6:00PM, Friday, January 11. The fee for these email entries will be \$5.00/individual event plus the surcharge. Bring paperwork and fee to the meet.

Entry Limit: Five individual events plus relays. 500 yd Freestyle limited to first 28 entrants.

Entry Form: The official Universal Meet Entry Form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations.

Awards: Ribbons for 1st through 3rd places.

Entry Deadline: Entries must be in the meet directors hands by Saturday, January 5, 2013.

Mail Entry to Meet Director: John Bauman
11917 W Rainbow Ave
West Allis, WI 53214-2166
414-453-7336
wmacswim@sbcglobal.net

SCHEDULE OF EVENTS

- | | |
|----------------------------|-----------------------------|
| 1. 50 yd Backstroke | 11. 200 yd Breaststroke |
| 2. 400 yd IM | 12. 500 yd Freestyle |
| 3. 100 yd Freestyle | 13. 200 yd Butterfly |
| 4. 50 yd Breaststroke | 14. 200 yd Medley Relay* |
| 5. 200 yd Backstroke | 15. 100 yd Backstroke |
| 6. 100 yd Butterfly | 16. 100 yd Breaststroke |
| 7. 200 yd Freestyle | 17. 50 yd Freestyle |
| 8. 100 yd IM | 18. 200 yd IM |
| 9. 200 yd Freestyle Relay* | 19. 400 yd Freestyle Relay* |
| 10. 50 yd Butterfly | |

* Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men and two women).

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road, the Y will be about one mile down Valley Road.

When entering the Y early on the morning of the meet, please use the entrance on the West Side of the building, as the main entrance does not open until 10:00 A.M. on Sunday.

Post Meet: Following the meet, plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). To get there, turn left when leaving the Y, then go east about 1/2 mile to HY P (Sawyer Rd.), turn south (right) to I-94, and take I-94 east 3 miles to the Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive; meander one mile past the Home Depot, the Brewhaus is on the right. Good eating and excellent Masters socializing!

There will be a short LMSC board meeting following lunch. All are invited to attend.