

**2013 Ozark LMSC SC Yards Championship**  
**Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM)**  
**April 6-7, 2013**  
**Lafayette High School**

Sanctioned by Ozark LMSC for USMS, Inc., Sanction #

Welcome to the 2013 Ozark LMSC Short Course Yards Championship. St. Louis Area Masters Swimming, Inc. (SLAM) is hosting this competition.

**Location:** Lafayette High School, 17050 Clayton Rd, Wildwood, MO 63011-1794

The pool is 25 yards with 8 lanes equipped with non-turbulent lane lines and electronic timing equipment. Six lanes will be used for competition; one lane will be available for warm-up and cool-down.

**Time:** Saturday afternoon, April 6th, warm-up **1 pm**, meet starts **2 pm**, and Sunday morning, April 7th, warm-up begins at **8 am**, meet begins at **9 am**. **Deck entries for Saturday close at 1:30 pm, for Sunday at 8:30 am.** To expedite deck entry check-in, please have your completed, signed paper entry form and completed check ready. **No deck entries are permitted for the 500 and the 1000 (Events 1 and 15).** These events will be pre-seeded. Deck entries for the 1650 will be accepted only if no new heats are required.

**Ozark LMSC Membership Meeting:** A brief meeting of the Ozark LMSC general membership will be held during the second break on Saturday. All Ozark LMSC members are urged to be attentive at this time and vote on the important issues, such as 2014 LMSC membership fees, to be decided at this meeting. The agenda will be posted at [www.ozarkLMSC.org](http://www.ozarkLMSC.org).

**Eligibility:** Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on April 7, 2013. Participants must be 2013 USMS members. You may apply for USMS membership at the meet if you so desire, but we prefer you apply for USMS membership online <http://www.usms.org/reg/> prior to the meet. We are in the Ozark LMSC. One Event USMS registration (OEVT) of \$17 is also available at the meet, but OEVT membership is good only for this meet and does not qualify you to swim relays or represent a club. OEVT members' times are not recognized for records or Top Ten.

**Conduct:** The 2013 USMS rules will govern the conduct of the meet. All events will be timed finals. Participants will be limited to ten (10) individual events for the meet, no more than five (5) on any one day, in addition to relays. Events will be seeded slowest to fastest; genders may be seeded together at the discretion of the meet referee.

**Relays:** Fully completed relay entry cards will be accepted at the timing console table **BEFORE 1:30 pm** on Saturday for events 2 & 3; **BEFORE 2:30 pm** for events 8, 13, 14; **BEFORE 9:30 am** on Sunday for events 17-18; and **BEFORE 10:30 am** for events 23, 27, and 28. All relays will be deck seeded. Blank relay cards will be available at the check-in table and/or can be downloaded from the Ozark LMSC website. Unattached swimmers cannot swim on relays.

**Fees:** On-line entry will be available and is the preferred method. No email entries will be accepted. **The online meet entry fee is \$25 for one day participants or \$40 for two days.** Deadline for Online entries is midnight CST April 3rd. **Mailed entries are \$30 for one day or \$50 for two days** and must be received by April 3<sup>rd</sup> or postmarked by April 1st. **Deck entries are \$35 for one day or \$55 for two days.** Swimmers participating only on relays must submit a signed entry form and pay the appropriate entry fee as above. Please make checks payable to **St Louis Area Masters Swimming, Inc.** Deck entries should bring signed checks and completed signed entry forms with name also printed. *No cash please.* Bring proof of 2013 USMS membership or be prepared to pay for USMS registration at the meet.

**Entry Deadline:** To be seeded in proper heats, entries must be received by **April 3rd, 2013**.  
Call **Mary Pohlmann at 618-549-5077** if you do not receive email confirmation of your entry by April 5<sup>th</sup>. Questions: [maryp@siu.edu](mailto:maryp@siu.edu)

You may send your signed entry with check by USPS postmarked no later than **April 1st** to **Mary Pohlmann, Meet Director, 405 S Deer Lake Dr. East, Carbondale, IL 62901**.  
Do not mail entry if you have registered online.

**Driving Directions:**

From Interstate 64, going east or west, take Exit 19 B south onto Clarkson Rd (MO-340).  
Drive about 3.5 miles south on Clarkson Rd and turn right at Clayton Rd. Drive 3.3 miles on Clayton Road to Lafayette High School, 17050 Clayton Rd on left. Turn into first driveway. Park between east wing and playing fields. Enter doors on far east side of building. Pool is on the left.

**Closest accommodations:**

Drury Plaza Hotel Chesterfield - St. Louis .  
355 Chesterfield Center, Chesterfield, MO  
(636) 532-3300 · [druryhotels.com](http://druryhotels.com)

Hampton Inn-Chesterfield .  
16201 Swingley Ridge Road, Chesterfield, MO  
(636) 537-2500 · [hampton-inn.com](http://hampton-inn.com)

SpringHill Suites St. Louis Chesterfield .  
1065 Chesterfield Parkway East, Chesterfield, MO  
(636) 519-7500 · [marriott.com](http://marriott.com)

Residence Inn St. Louis Chesterfield .  
15431 Conway Road, Chesterfield, MO  
(636) 537-1444 · [marriott.com](http://marriott.com)

Homewood Suites St. Louis Chesterfield .  
840 North Chesterfield Pkwy West, Chesterfield, MO  
(636) 530-0305 · [homewoodsuites.com](http://homewoodsuites.com)

DoubleTree by Hilton Hotel & Conference Center St. Louis .  
16625 Swingley Ridge Road, Chesterfield, MO  
(636) 532-5000 · [doubletree.com](http://doubletree.com)

Hilton Garden Inn St. Louis/Chesterfield .  
16631 Chesterfield Grove Road, Chesterfield, MO  
(636) 532-9400 · [hiltongardeninn.com](http://hiltongardeninn.com)

# 2013 OZARK LMSC SC Yard Championship ENTRY FORM

Sanctioned by Ozark LMSC for USMS, Inc., Sanction #

Name (as listed on 2013 USMS card):	Birth Date:	Age:	Gender:
Address:	Home Phone		
City:	State:	Zip:	Club Affiliation
2013 USMS Number (attach copy of card)	Email Address:		
Emergency Contact Name:	Emergency Contact Phone:		

EV	Seed Time	Saturday, April 6
1		500 Freestyle
		15 Minute Break*
2		200 M/W Medley Relay
3		800 Mixed Free Relay
4		100 Individual Medley
5		200 Backstroke
6		50 Freestyle
7		100 Butterfly
		15 Minute Break*
8		400 Mixed Free Relay
9		100 Freestyle
10		50 Backstroke
11		100 Breaststroke
12		400 Individual Medley
13		200 M/W Free Relay
14		400 Mixed Medley Relay

EV	Seed Time	Sunday, April 7
15		1000 Freestyle**
16		1650 Freestyle**
		15 Minute Break*
17		200 Mixed Medley Relay
18		800 M/W Free Relay
19		50 Breaststroke
20		100 Backstroke
21		200 Butterfly
22		200 Individual Medley
		15 Minute Break*
23		400 M/W Free Relay
24		200 Breaststroke
25		50 Butterfly
26		200 Freestyle
27		200 Mixed Free Relay
28		400 M/W Medley Relay

\* 15 minute breaks are contingent on meet progress

\*\*One or the other; not both

**Athletes Release/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. (Rule book article 204.1)

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**Online entries, one day fee: \$25 or two days: \$40, deadline midnight April 3rd CST.**

**Mailed entries, one day fee: \$30 or two days: \$50, must be received by April 3rd or postmarked by April 1st.**

**Deck entries, one day fee: \$35 or two days: \$55, deadline 1:30 pm Saturday, 8:30 am Sunday.**

Total Enclosed \$ \_\_\_\_\_

Checks payable to **St. Louis Area Masters Swimming, Inc.. Mail to Mary Pohlmann, 405 S Deer Lake Dr East, Carbondale, IL 62901. Call 618-549-5077 if your entry is not confirmed by April 5th.** No deck entries are accepted for Evt. 1 (500 Free) and Evt. 15 (1000 Free). Deck entry for the 1650 will be permitted only if no new heats are required.