



United States Masters Swimming, Inc.

**San Diego-Imperial Masters Swimming
2013 Long Course Championships
to be held at the
UCSD Canyonview West Pool, La Jolla, CA
Sunday, July 14, 2013**



Meet Information		Schedule of Events	Entered Time
		No.	(mm : ss . hh)
Sanction:	Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS Inc. Sanction # 443-S002	1	1500 Freestyle * Check-in by 8:45 am
To Be Held At:	UCSD Canyonview West Pool UCSD Aquatic Center, Voigt Drive La Jolla, CA, 92093	2	50 Backstroke
Date:	Sunday, July 14, 2013	3	100 Breaststroke
Time:	8:00 am warm-up, 9:00 am start	4	200 Freestyle
Entry Fee:	\$25 Entry Fee – Entry due 07/13/13 \$10 “Relay Only” Entry	5	50 Butterfly
Web Entry:	www.ClubAssistant.com	6	400 Individual Medley
Contact:	Kenton Jones, Meet Director (858) 243-3960, kerujo@aol.com	7	50 Freestyle
		8	200 Breaststroke
		9	100 Backstroke
		10	200 Butterfly
		11	100 Freestyle
		12	200 Individual Medley
		13	50 Breaststroke
		14	400 Freestyle
		15	100 Butterfly
		16	200 Backstroke
		17-19	200 Freestyle Relay (M / W / Mixed)
		20-22	400 Medley Relay (M / W / Mixed)
		23-25	800 Freestyle Relay (M / W / Mixed)
		26-28	200 Medley Relay (M / W / Mixed)
		29-31	400 Freestyle Relay (M / W / Mixed)
		32	800 Freestyle * Check-in by end of Event 16
		Post-meet San Diego-Imperial LMSC Meeting	
		Swimmers may enter up to 5 individual events	
		Enter accurate times or estimates	
		(do NOT omit an entry time or enter “no time”)	

Liability This liability release must be signed before a swimmer can be entered into the meet:

“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** _____

~ FOLD AND MAIL ENTIRE ABOVE ENTRY FORM WITH PAYMENT AND LEGIBLE COPY OF 2013 USMS CARD ~

San Diego - Imperial Masters Swimming 2013 Long Course Championships
Sunday, July 14, 2013, Sanction # 443-S002

Sanction:	Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS Inc., Sanction #: 443-S002
Date/Time:	Sunday, July 14, 2013, 8:00 am warm-up, 9:00 am start
To Be Held At:	UCSD Aquatic Center Canyonview West Pool, La Jolla, CA Outdoor 50-meter pool with eight lanes, 8' wide & 7' deep, warm-up/warm-down lane.
Directions:	From Interstate 5: Exit at Genesee Ave, go east, turn right at Campus Point Dr, turn right at Voigt Dr, cross over I-5 bridge, the pool is on your right. Parking is free in student lots on weekends; Campus Map: http://maps.ucsd.edu/Acrobat/CampusMap.pdf Parking: Use Lot #510 or 403 (Map J-6). Pool Info: http://sportsfac.ucsd.edu/facilities/canyonview/index.html
Eligibility:	All persons holding a 2013 United States Masters Swimming (USMS) membership card or a foreign equivalent may participate provided that a legible masters card copy and completed entry form are submitted and the liability release is signed. USMS on-line membership is available at https://www.clubassistant.com/club/USMS.cfm?L=44 . A membership form can be downloaded from the membership section of the SI LMSC web site at http://www.SIMasterSwim.org .
Entry Fee:	\$25 individual entry fee; \$10 flat fee for "Relay Only" swimmers. Late or Day-of-Meet individual entries WILL NOT be accepted. There will be NO refunds.
To Enter:	Online: https://www.clubassistant.com/club/meet_information.cfm?c=1322&smid=4849 By Mail: mail entry form above w/ signed liability release, a legible copy of your 2013 USMS/foreign card, & check to: Kenton Jones, 8611 Neva Ave, San Diego, CA 92123
Entry Deadline/Key Dates:	Online entries close at 6:00 pm on Saturday, July 13, 2013. Form entries must be received complete by 6:00 pm on Saturday, July 13, 2013. Pre-Meet Psych Sheets will be e-mailed to the meet roster on the evening of Saturday, July 13, 2013.
Rules:	USMS Rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A USMS Rule Book will be available on deck. Pool length measurement is certified and on file w/USMS.
Warm-Up\ Warm-Down:	NO DIVING and no forward or backstroke starts are permitted in the regular warm-up lanes except in a designated pre-meet "one-way" dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into warm-up/warm-down lanes.
Events:	Swimmers may enter up to 5 individual events. Enter accurate long course meters times or estimates; do not omit an entry time or enter "no time."
Check-In:	Check-in is required for the 1500 & 800 m Freestyle. Check-in closes at 8:45 am for the 1500 and at the end of Event 16 for the 800. All other events are pre-seeded.
Age Groups:	Individual Events: 18-24, 25-29, 30-34, 35-39, ... in five-year increments as needed.
Seeding:	All events are seeded slow to fast by entry time regardless of age or gender.
Timing:	Electronic Timing - Colorado Timing System 5 and two timers per lane. All clubs and participants are required to assist with backup stopwatch timing during the meet.
Relays:	Relays are \$4 each, deck entered, and due by the end of event #12. Relay-only swimmers must submit a completed entry form with signed liability release, a USMS card copy, & \$10 relay-only entry fee. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women, 4 men, or 2 women & 2 men (mixed). A swimmer may swim only once per relay event (gender OR mixed). Cumulative age of relay members determines relay age group: 72-99, 100-119, 120-159, 160-199, ... in forty-year increments as needed.
Information:	Visit http://www.SIMasterSwim.org for Entry Form and post-meet results. Questions? Contact Kenton Jones, Meet Director, (858) 243-3960, kerujo@aol.com
SI Meeting:	A San Diego-Imperial LMSC meeting will take place following the meet.