

2013 Masters South Central Zones LCM Championships  
July 19-21, 2013

- Venue:** Jenks Trojan Aquatic Center, 495 N. Birch Street, Jenks, OK 74037. The pool is located on the campus of the Jenks High School north of the intersection of "B" street and Birch in Jenks, OK
- Directions to Pool:** From **US Highway 75** take the Main Street/Jenks Exit. Turn left on Elm Street, right on "B" street, left on Birch. The Aquatic Center is on the right.
- From the **Creek Turnpike**, Elm Street exit, right on "B" street, left on Birch. The Aquatic Center is on the right.
- From **Riverside Drive**, 96<sup>th</sup> street west across the Arkansas River bridge. Right at the first light, immediate left at the stop sign, "B" street. Go about half mile until Birch Street on right. Aquatics Center on right.
- Facility:** Two year old, eight lane, 50 meter indoor competition course with water depth seven feet at each end and eight feet in the center of the pool. Daktronics starting and timing system with electronic scoreboard at each end of the pool. Separate warm-up/cool down 25 meter pool in same building. Parking in front of pool and in lot 1 block from pool.
- Sanction/Rules:** Sanctioned by Tulsa Masters Swim committee for USMS, Sanction number 273-5001. Current United States Masters swimming rules will apply.
- Meet Director:** Denise Freisberg, denisefreisberg@mac.com, 608-354-3622  
Meet Referee: Lloyd Landreth
- Eligibility:** Open to all current and registered United States Masters swimmers, ages 18 and older as of Dec 31, 2013. All competitors must provide a current USMS registration card or otherwise show proof of USMS registration. Swimmers age is determined as of the December 31, 2013.
- Warm Up and Start Times:** Friday, July 19, 2013 Warm up 5:00 pm; meet begins 6:00 pm  
Saturday, July 20, 2013 Warm up 9:00 am; meet begins 10:00 am  
Sunday, July 21, 2013 Warm up 8:00 am; meet begins 9:00 am

**Warm up Procedures:** General warm-up (First 35-45 minutes): No diving allowed from the blocks or the edge of the pool. No sprinting or pace work during general warm-up. All lanes will be used during general warm-up

Specific Warm-up: (last 20 - 25 minutes) Lanes 2 and 7 will be designated sprint lanes for diving from the blocks or backstroke start lanes at designated times. One way only. All other lanes will be general warm up lanes -- no diving and circle swimming only.

**Entry Procedures:** We will be using club assistant to process online entries. We strongly encourage all participants to enter online if possible.

Link: [www.okswim.org](http://www.okswim.org)

**Early Entries:** Individual entry fee is \$50.00 if you enter on-line by June 28, 2013 11:59 pm CDT.

**Late Entries:** Individual late entry fee is \$60.00 if you enter on-line after June 28, 2013 but before July 12, 2013 11:59 pm CDT

**No additional on-line entries will be accepted after July 12, 2013 11:59 CDT**

If you are paying by credit card, your credit card statement will reflect a charge from "Club Assistant.com Events."

**Paper Entry Form and fees:**

Individual paper entry fee is \$60.00 if your paper entry form is received by Friday, July 12, 2013. No additional paper entry forms will be accepted after July 12, 2013.

**Paper Entry**

**Address:**

Denise Freisberg  
2829 E 34<sup>th</sup> street  
Tulsa, OK 74105

Make all checks payable to **Jenks Community Education**

**Individual deck entries will not be accepted**

**Relay Entries:** Relay events will be deck entered and seeded by time. Relay events may be combined. Relay entries will be accepted up to one hour after the beginning of the competition each day. Swimmers participating only in relays must present a copy of their USMS card and pay a \$20.00 surcharge and sign the liability release at the time of entry. All swimmers entering a relay must be on the same team. Age groups be in accordance with USMS long course rules.

Relay entry fee is \$10.00/relay/swimmer and is due upon submitting the relay entry to the clerk of the course.

**Entry Confirmation:** All participants who enter on-line through Club Assistant will receive a confirmation e-mail after they check out. If you do not receive an e-mail confirmation, your entry was not received. No confirmation will be sent for paper entries.

**Number of Events**

**Allowed:** Swimmers may enter a maximum of five individual and two relay events/day.

**Seeding:** Seeding will be slow-to-fast. Women's and men's heats may be combined for distance events at the meet director's discretion. Only distance and relays may be deck seeded.

**Conduct of Meet:** All events will be seeded by gender and entry time and swum slowest to fastest, unless the meet director specifies otherwise. The 400, 800 and 1500 meter freestyle and the 400 meter individual medley will require a positive check-in according to the following schedule:

1500 Freestyle and 400 Freestyle: check in by 5:30 pm Friday  
800 Freestyle. check in by 9:30 am Saturday  
400 IM check in 8:30 am Sunday

Swimmers participating in distance events must provide their own lap counters

**Scoring:**

Place	1	2	3	4	5	6	7	8
Individuals	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

**Awards:** Medals will be given for places 1-3 in each individual event in each age group. Plaques awarded to the top three teams for the meet.

**T-Shirts:** A meet T-shirt will be available for purchase for \$15. Swimmers may pre-order shirts with their entries through Club Assistant. There may be a small number available for sale at the meet.

**Psych Sheet:** The psych sheet will be available July 16, 2013 at <http://www.okswim.org>.

- Split Times Requests:** A form must be in place with the head official to have split times included in the results for those requesting them.
- Event Results:** Event Results should be posted as soon as possible after each event and on the USMS database following the meet.
- Clerk of the Course:** A clerk of the course table will be located on the pool deck for deck seeded check-in and relay entries.
- Hospitality:** A hospitality room for officials and volunteers will be located in a room off the pool deck.
- Concessions:** A concession area is located behind the spectators level at the pool.
- First Aid:** A first aid room is located off the pool deck with a medical attendant available.
- Lodging:** See last page for Hotels



Print Name: \_\_\_\_\_ Age as of 12/31/2013 \_\_\_\_\_ Gender \_\_\_\_\_

Please circle the number of the event you wish to enter and write your seed time in the space provided.  
Enter NT for no time.

Friday, July 19, 2013

Female	Male	Event	Seed Time
1	2	1500 Freestyle	
3	4	400 Freestyle	

Saturday, July 20, 2013

Female	Male	Event	Seed Time
5	6	800 Freestyle	
7	8	200 Backstroke	
9	10	50 Breaststroke	
11	12	100 Freestyle	
13	14	50 Backstroke	
15	16	200 Breaststroke	
17	18	100 Butterfly	
19	20	200 Free Relay	
21	21	200 Mixed Free Relay	
22	23	400 Medley Relay	
24	24	400 Mixed Relay	

Print Name: \_\_\_\_\_

Sunday, July 21, 2013

Female	Male	Event	Seed Time
25	26	400 IM	
27	28	50 Freestyle	
29	30	100 Backstroke	
31	32	200 Butterfly	
33	34	100 Breaststroke	
35	36	200 IM	
37	38	50 Butterfly	
38	40	200 Freestyle	
41	42	200 Medley Relay	
43	43	200 Medley Mixed Relay	
44	45	400 Freestyle Relay	
46	46	400 Freestyle Mixed Relay	

List of Hotels

Hotel	Phone	Address	Daily Rate (does not include tax)	Approx Distance to Pool
Hampton Inn	918-340-5000	7004 S. Olympia Ave. West Tulsa	109	5 miles
Holiday Inn Express Aquarium Inn & Suites	918-296-7300	150 Aquarium Drive Jenks, OK	119	0.5 miles
Comfort Inn & Suites	918-995-2225	12119 N.Casper Street, Glennpool, OK	100 2 Queen Bed 90 King Bed	6 miles
Southern Hills Marriott	918-493-7000	71st. & Lewis, Tulsa	99	4 miles
Embassy Suites	918-622-4000	I-44 & Memorial Tulsa	99 Mention Tulsa masters swim club and book by July 4 to get rate	11 miles
Hawthorne Suites	918-663-3900	I-44 & Memorial Tulsa	60 Double Occup. 50 Single Occup.	11 miles
Country Inn & Suites	918-663-1000	I-44 & Memorial Tulsa	89	11 miles
Holiday Inn Express	918-459-5321	9010 E. 71st Street, Tulsa	95	8 miles