**JCC Fall Season Opener**

**September 29, 2013**

**Sanction #**

**Meet Director:** Shannon Hollinger, Jewish Community Center Pool, 2 North Medical Drive, SLC, UT 84113 (801) 581-0098

**Facility:** JCC Swimming Pool, IJ & Jeanné Wagner Jewish Community Center, 6 Lane 25 Meter Pool

**Location:** 2 North Medical Drive, SLC, UT 84113 (801) 581-0098

**Directions:** Going North on I-15 N via the ramp to Salt Lake, Take exit 304 to merge onto I-80 E toward Cheyenne, Take exit 126 for 1300 E toward Sugar House, Turn left onto S 1300 E, Turn right onto E 100 S, Turn left onto N Campus Dr, Continue onto N Medical Dr. Going South on I-15S, Take exit 312 to merge onto US-89 S toward Beck St, Turn left onto W North Temple, Continue onto E 2nd Ave, Turn right onto N Virginia St, Continue onto University St, Turn left onto E 100 S, Turn left onto N Campus Dr, Continue onto N Medical Dr –

**Meet Conduct:** 2013 USMS Rules will govern conduct of this meet.

**Warm-up/cool down**: Warm-up in the outdoor competition pool will be held from 8:00 – 8:50 am. The indoor yard pool will be available to all swimmers for warm-up and cool down throughout the course of the meet.

**Eligibility:** All swimmers must be registered with USMS (proof is required). USMS/Utah registration for 2013 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, 2013.

**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).

**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 September 25, 2013 Please mail them to: Dennis Tesch, 912 South 2200 East, Salt Lake City, UT 84108

**Entry Fees:** $20.00 JCC Member $25.00 Non-member

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

**Pool opens at 8:00 AM Competition begins: 9:00 AM MST.**

**ENTRY FORM: UTAH MASTERS JCC Fall Opener (SCM) MEET (Sanc. )**

**Sunday September 29, 2013: Pool opens 8 a.m.; meet starts at 9 a.m. (MST).**

Event # Event (Short Course Meters) Seed Time

1 800m Free Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

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

2 400m IM Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

3 100m Backstroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

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

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

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

7. 200m Backstroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

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

9. 200m Medley Relay Deck enter only

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

10. 400m Freestyle Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

11. 100m Freestyle Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

12. 50m Breaststroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_

13. 200m Butterfly Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ Meet Fee: (rec.d by Sept 25, 2013) $\_\_\_\_\_\_\_\_

14. 50m Backstroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ JCC Member $20.00/Non-Member $25.00

15. 200m IM Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ Late Deck entry fee $10.00 $\_\_\_\_\_\_\_\_

16. 100m Butterfly Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ Total = $\_\_\_\_\_\_\_\_

17. 200m Freestyle Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ (Checks payable to Jewish Community Center)

18. 100m Breaststroke Min. \_\_\_\_\_\_ sec \_\_\_\_\_\_.\_\_\_\_\_\_ € Please check box if you are attending social event

19. 200m Freestyle Relay Deck enter only How many people? \_\_\_\_\_\_

LName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ FName \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2013-USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(attach copy). Gender **M** or **F**

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

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEAM NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on December 31, 2013 \_\_\_\_\_\_\_

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 Jewish Community Center? \_\_\_\_\_Include copy of USMS card?**

Copy Entry Form and mail to: Dennis Tesch 912 South 2200 East, Salt Lake City, UT 84108

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