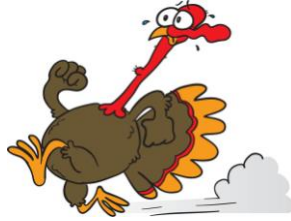


3rd Annual
2013 NAC Masters Sprinting Turkey Classic
Short Course Meters
November 23-24, 2013



RULES: 2013 USMS Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups, except for designated sprint lanes. All events will be timed finals.

USMS SANCTION NUMBER:

HOST CLUB: Nashville Aquatic Club Masters

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 (615) 321-3510
Directions to the Sportsplex can be found on www.swimnac.com.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming, Inc. Swimmers need to attach a copy of their USMS card to their entry forms or will be asked to show a 2013 USMS registration card upon check-in. If not yet registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events at the meet.

MEET DATE/START TIME:

Saturday, November 23, 2013	OPEN Warm-ups:	6:00pm
	Meet Start:	6:45pm
Sunday, November 24, 2013	OPEN Warm-ups:	8:00am
	Meet Start:	9:00am

SEEDING: All events will be seeded slowest to fastest without regard to age or gender. Swimmers with no seed time may indicate "No Time" or "NT" in the time slot and will be seeded as slowest times. Results will be tabulated by gender and age group, as defined by USMS.

DISABLED SWIMMERS: An information sheet for disabled swimmers is available to prepare the facility and meet officials. Please contact the Meet Director.

ENTRIES & FEES: A swimmer may enter up to five (5) individual events electronically for a \$45 flat fee, which also includes as many 25's as desired. All paper entries will require a \$50 flat fee. Late entries, as well as deck entries, will be accepted with an additional \$15 fee. Age for entries is determined by the swimmer's age on December 31, 2013. Please submit entries on the attached form. Swimmers can scan and e-mail the entry form or mail a hard copy to the address below. Checks should be made payable to **Nashville Aquatic Club**.

Please submit entries to:

ENTRY CHAIR: Doug Wharam
Nashville Aquatic Club
P.O. Box 128318
Nashville, TN 37212
dwharam@swimnac.com
(615) 321-3510

Please direct questions to:

MEET DIRECTOR: Chris McPherson
cmcpherson@swimnac.com
615-554-3354

MEET REFEREE: Charlotte Gabel
cosmogabel@gmail.com

DEADLINE: All entries and fees must be received by Tuesday, November 12, 2013. Any entries arriving after that date will be considered late and require an additional \$15 fee.

AWARDS: Awards will be given to the overall male and female Sprinting Turkey Champions (will be given based on each swimmer's aggregate time in the 25's). A swimmer must compete in all four 25's to be eligible for this award. Other event winners will receive a congratulatory handshake.

POOL DESCRIPTION: The competitive pool at the Sportsplex is 50 meters, divided by two bulkheads, with each course 25 meters with 8 nine-foot wide lanes. The meet will employ one 25 meter course with 8 lanes. Pool depth is a minimum of 7 feet. It is equipped with Colorado Timing, Swimming systems and is certified by USMS. Warm-up/warm-down lanes will be available throughout the meet.

FACILITY RULES: The Centennial Sportsplex respectfully asks that no outside coolers, food, or drinks be brought into the building. Additionally, no food or drinks (with the exception of water bottles) should be brought into the pool area. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time.

SPECIAL NOTES:

All men's, women's, and mixed events will be swum separately, however, the Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.

The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated.

The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events.

The Meet Director reserves the right to cancel Saturday, 11/23 events if registration numbers are not sufficient.

The HYTEK event file, psych sheet, results, and other meet information will be posted on the NAC website (www.swimnac.com) as they become available.

HOTELS:

Hampton Inn Elliston Place/West End

J.C. Timberlake, Director of Sales

P: 615-620-4854

E: jctimberlake@chartwellhospitality.com

Hampton Inn & Suites Vanderbilt Elliston Place: 615-320-6060

Hampton Inn Vanderbilt West End: 615-329-1144

Nashville Marriott at Vanderbilt

Austin Lott, Sales Manager

P: 615-340-5162

E: Austin.lott@marriottvanderbilt.com

Holiday Inn Vanderbilt

Charlotte Siegel, Sales Manager

P: 615-321-8250

E: charlotte.siegel@ihg.com

Marriott Courtyard/Residence Inn (Maryland Farms)

Becky Price, Account Executive

P: 615-493-5306

E: becky.price@marriott.com

Courtyard by Marriott Vanderbilt/West End

Jennifer Clark, Sales Manager

P: 615-327-9900 ext. 111

E: jclark@courtyardvanderbilt.com

3rd Annual 2013 NAC Masters Sprinting Turkeys Classic
Short Course Meters
Order of Events

Saturday, November 23, 2013

Event # (W/M)

Event 1/2 800 Freestyle
Event 3/4 1500 Freestyle

Sunday, November 24, 2013

Event # (W/M)

5/6/7 200 W/M/Mixed Medley Relay
9/10 100 Free
11/12 50 Back
13/14 100 IM
15/16 100 Breast
17/18 200 Free
19/20 400 IM

5 MINUTE BREAK

21/22 50 Fly
23/24 100 Back
25/26 50 Breast
27/28 200 IM
29/30 100 Fly
31/32 50 Free

5 MINUTE BREAK

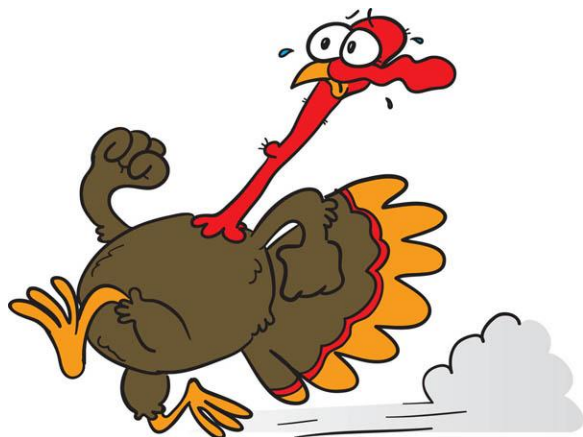
THE BATTLE OF THE SPRINTING TURKEYS!

[Events 33 through 40 are **unofficial races**, USMS does not record Top 10 times for 25's]

33/34 25 Back
35/36 25 Breast
37/38 25 Fly
39/40 25 Free

5 MINUTE BREAK

41/42/43 200 W/M/Mixed Free Relay



2013 NAC Masters Sprinting Turkeys Classic Entry Form

Name: _____ Address: _____
City/State: _____ Zip: _____ Phone: _____
E-mail Address: _____
Age on December 31, 2013: _____ Date of Birth: _____ Sex: _____
USMS Registration #: _____ Team Name: _____ Team Initials: _____

Please circle event numbers and enter a time!

Women's Entry Time

1 _____
3 _____

Event in Meters

800 Free
1500 Free

200 Medley Relay
100 Free
50 Back
100 IM
100 Breast
200 Free
400 IM

Men's Entry Time

2 _____
4 _____

Mixed Entry Time

5 _____
9 _____
11 _____
13 _____
15 _____
17 _____
19 _____

6 _____
10 _____
12 _____
14 _____
16 _____
18 _____
20 _____

7 _____

5 Minute Break

21 _____
23 _____
25 _____
27 _____
29 _____
31 _____

50 Fly
100 Back
50 Breast
200 IM
100 Fly
50 Free

22 _____
24 _____
26 _____
28 _____
30 _____
32 _____

5 Minute Break

33 _____
35 _____
37 _____
39 _____

25 Back
25 Breast
25 Fly
25 Free

34 _____
36 _____
38 _____
40 _____

5 Minute Break

41 _____

200 Free Relay

42 _____

43 _____

Please read and sign:

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 off all of 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 VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.

Name (print): _____ Signature: _____ Date: _____

ENTRY FEE – PAPER ENTRIES (\$50) \$ _____

LATE FEE, if applicable (\$15) \$ _____

TOTAL \$ _____

(Check payable to **NAC**)

Mail to:

Doug Wharam
Nashville Aquatic Club
P.O. Box 128318
Nashville, TN 37212

Attach a copy of 2013 USMS registration card here.