

The Columbus Sharks Masters Swim Team
and
The Central Ohio Chapter
of the
Huntington's Disease Society of America (HDSA)

Announces The 1st Annual

Arnold Swimming Championships

a

2014 Arnold Sports Festival Event

This is a Masters SCY Swim Meet
All proceeds from the meet go to funding
a cure for Huntington's Disease

location:

Delaware Community Center YMCA
1121 South Houk Road
Delaware, Ohio 43015
740-203-3051

SATURDAY, March 1, 2014

WARM UPS BEGIN AT 10:00AM
COMPETITION BEGINS AROUND 11:00AM

SEE ATTACHED INFORMATION
OR CALL 740-605-4785

Swim Meet Sponsors



**ARNOLD SWIMMING CHAMPIONSHIPS
SWIM AGAINST HUNTINGTON'S DISEASE
MASTERS SHORT COURSE YARDS SWIM MEET**

Saturday, March 1, 2014

Sanctioned by Ohio LMSC and USMS, Inc. Sanction #174-S002

HOST TEAM: Columbus Sharks Masters Swim Team

CONTACT: Norm Baldwin, Meet Director
740-605-4785
meetdirector@cmst.org

LOCATION: Delaware Community Center YMCA (Contact at the YMCA: Kevin Timmons)
1121 South Houk Road
Delaware, Ohio 43015

FACILITY: The Delaware Community Center YMCA opened in 2011, it is modern swimming facility. The meet races will be held in the 8 lane x 25 yd pool. This pool has a wireless electronic timing system and an electronic scoreboard. The pool is 3.5 to 7 ft deep. The starting blocks are at the 7ft end of the pool. The pool has low levels of chlorine, since it uses UV in it's filtration system. Under the same roof as the competition pool is a leisure pool, this pool will have 4 lanes setup for warm-up/down during the meet. The competition pool will be 79F. The leisure pool will be 85F. There are lockers available, but you need to bring your own lock. There is bleacher seating for 250 on the pool deck. There is a significant amount of deck space around the pool, you can bring along your own folding chair.

There will a food concession stand operated by the local age group swimmers.

ELIGIBILITY: Open to all swimmers who are registered with USMS. Each swimmer is responsible for providing his/her USMS card and may be required to show it upon request by officials. A computer will be available to perform on-line USMS registration, this can also be used to look-up a swimmers USMS number. A full year membership is \$40. Single event membership fee, \$15.

To enter the meet, a copy of the swimmer's current USMS registration card MUST accompany the entry form if entering by mail. If a swimmer enters on-line, then he/she must present their USMS registration card at check-in.

The mail-in entry form should display the swimmer's registered name, number, and team name, according to their USMS card. Unattached swimmers note "UNAT." **Please print all information legibly.**

AGE: The age reported on your entry form must reflect your age as of 3/1/14.

ENTRY FEES: A flat fee of \$45 will be charged per participant. This entitles the swimmer to participate in a maximum of 5 individual events plus 2 relays. (This also covers the swimmer's one day pass to the Arnold Expo at the \$10 pre-registration price.) Parking for the meet is free.

The purpose of this meet is to raise money to fund research for Huntington's Disease, a devastating, hereditary, degenerative brain disorder for which there is, at present, no cure. (See pages 6 & 7 of this packet for more information on HD.) We ask that you please donate generously on top of your entry fee.

NOTE All individuals entering by mail must sign the waiver at the bottom of the entry form. Individuals entering on-line must check the waiver box before they can enter their information. Checking the box means you accept the wavier conditions just as if you signed the mail-in form.

Refunds will only be issued for documented medical reasons or if the meet is canceled.

PAYMENT: Checks will be accepted by mail. Credit cards (Visa and Master Card only) will be accepted on-line. All checks should be made out to HDSA. See page 8 for help with the on-line entry and generating your our meet web-page with which to generate additional donations.

Mail Payment to: Norm Baldwin
7455 Boundaries Road
Thornville, OH 43076

Mail-in entry must be postmarked by 2/18/14.
Deck entry deadline: 10:00 am Eastern Time 3/1/14.
Relay entry deadline: 10:15 am Eastern Time 3/1/14.

SEEDING & LANE ASSIGNMENTS:

Events will be seeded using the pre-entered seed-time of each swimmer, with the slower heats first. The meet will be seeded according to times submitted, regardless of age and gender. No time (NT) will be seeded in the slower heats. Swimmers are responsible for reporting to the blocks on time for their appropriate heat and lane for each event. Heat and lane assignments for all events will be posted around 11:00am on the day of the event.

STARTING PROCEDURE:

103.8.5—Start Commands

A At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the pool or on the wall and remain there. In backstroke and medley relay events, at the referee's first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position (article 101.1.2).

B When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control.

C On the starter's command "Take your mark," the swimmers shall immediately assume their starting position with at least one foot at the front of the starting platform. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

D For backstroke event starts, the starter may give the command "Place your feet" after the referee's whistle.

RELAYS: All relays are deck entered. Any combination of: all male, all female, 2 males/2 females may compete in relay events. Age brackets for relays are: 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+,95+. The age of the youngest relay team member shall determine the age group.

Official relay cards are to be picked up from the Clerk of Course by a team representative who is responsible for the relay. The relay representative should **print legibly** all information required. Each card should include the swimmers names as they appear on their USMS registration cards, in order of relay swim: first name, last name, age, and gender. **Cards shall be returned to the Computer table by 10:15am on 3/1/14.**

AWARDS: Trophies will be given to the highest scoring team and the highest scoring quality team. Individual ribbons will be given for first through third place by gender and age group for 19+, 25+... through 100+. Ribbons will be given for relays first through third, by age group and gender. Medals will be given to the male and female grand champions by Arnold Schwarzenegger at an Expo luncheon for sponsors on Sunday. Grand champion will be the person who scores the most points at the meet. The first tie breaker is the number of national qualifying times swam at the meet. The second tie breaker is the number of swimmers you defeated at the meet.

BANNERS: Team Banners are encouraged, you are responsible for hanging your own banner in a manner that is not damaging to the facility. You can use duct tape on the tile surfaces.

T-SHIRTS: You could buy your T-Shirt in advance with your paper entry. You could also order additional T-Shirts from the on-line meet entry website. Your ordered T-shirts will be available at the registration tables. Pre-ordered T-shirts are \$11. T-Shirts sold the day of the event will be \$15. The Shirts are vibrant blue, high quality cotton, unisex with the Swim Against Huntington's logo in white.



ORDER OF EVENTS: The meet will be seeded according to times submitted, regardless of age and gender. Heats will run slowest to fastest. Heat and lane assignments for all events will be posted around 11:00am. The 500 Freestyle will be deck seeded and heats will be swum from fastest to slowest.

Deck Entries: 9:00-10:00am *Deck entry deadline: 10:00am Eastern Standard Time 3/1/14*
Relay Cards: *Due by 10:15am Eastern Standard Time 3/1/14*

Warm –Ups: 10:00-11:00am

Heat Sheet Posted: around 11:00am *(participants should double- check for accuracy at this time)*

Events: 11:10am - 5:30pm

1	100 Breaststroke	10	200 Butterfly
2	200 Individual Medley	11	200 Freestyle
3	50 Backstroke	12	100 Individual Medley
4	50 Freestyle	13	200 Backstroke
5	100 Butterfly	14	100 Freestyle
6	200 Medley Relay	15	200 Breaststroke
7	400 Individual Medley	16	50 Butterfly
8	50 Breaststroke	17	200 Freestyle Relay
9	100 Backstroke	18	500 Freestyle

WARM-UP & COOL-DOWN:

Entry into the pool must be feet first in a cautious manner with one hand in contact with the deck. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Warm-up and cool-down lanes will be provided. No diving will be permitted in these lanes. Instructions given by an official must be obeyed at all times. A swimmer may be disqualified at the discretion of the Meet Director or Meet Official for failure to comply with these rules.

DIRECTIONS: From the North: use 23 South. Turn right onto US-42S. Turn right onto London Rd. Take the 1st left onto Pittsburgh Dr. Turn right onto S. Houk Rd.

From the South: use 23 North. Turn left on S. Sandusky St. Take the 1st right toward US-42S. Turn right onto US-42S. Turn right onto London Rd. Take the 1st left onto Pittsburgh Dr. Turn right onto S. Houk Rd.

From Dayton: use US-42N. Turn left onto County Rd 5(S Section Line Rd). Turn right onto Pittsburgh Dr. Take the 1st left onto S Houk Rd.

From Akron: use 71 South. Take exit 131 for US-36/OH-37 toward Sunbury/Delaware. Turn right onto OH-37W/State Route 37/US-36 W Continue to follow US-36 W. Turn left onto S. Houk Rd.

Parking is available at the Delaware Community Center YMCA.

HOTEL & ACCOMODATIONS:

Go to <http://www.arnoldsportsfestival.com/find-a-hotel/> for information on area hotels.

Go to <http://www.visitdelohio.com/> information on restaurants.

Hyatt Place Columbus/Worthington (Block of 5 rooms)

7490 Vantage Drive , Columbus, Ohio 43235

1-888-HyattHP (888-492-8847) for reservations.

Have them ask for **AC-SWIMM CHAMPIONSHIPS** and Reference group code **G-SWIM**

Or http://www.columbusworthington.place.hyatt.com/en/hotel/home.html?corp_id=G-SWIM

Comfort Inn Delaware – (Block of 25 rooms)

1251 Columbus Pike, Delaware, OH 43015

<http://www.comfortinn.com/hotel-delaware-ohio-OH365?sid=xaspH.TLK81grZag.52>

Rate: \$80.00 a night plus taxes Swim participants should be directed to call (740) 363-8869 and mention the Arnold Sports Festival group to receive the negotiated Festival rate.

AFTER MEET SOCIAL: You are encouraged to visit other events at the Arnold Sports Festival and the Expo, in the Columbus Convention Center area.

**THE 1st ANNUAL
ARNOLD SWIMMING CHAMPIONSHIPS
SHORT COURSE YARDS SWIM MEET
Saturday, March 1, 2014**
Sanctioned by Ohio LMSC for USMS, Inc. Sanction #174-S002

PRINT LEGIBLY OR TYPE

NAME _____ GENDER _____ BIRTHDATE _____

AGE ON 3/1/14 _____ USMS Number _____ TEAM _____

ADDRESS _____

CITY, STATE _____ ZIP _____

HOME PHONE (_____) _____ BUSINESS PHONE (_____) _____

E-MAIL _____

Please mark your selections, and **Thank You** for your generous donation.

__ \$45 Entry fee __ \$11 T-Shirt (Size: __ S __ M __ L __ XL)

Donation to HD: __ \$5, __ \$10, __ \$20 , __ \$50, __ \$100, __ \$ _____ (other)

Make Checks to: HDSA

ATTACH A COPY OF CURRENT USMS CARD

Circle the event numbers in which you would like to be entered and show your seed-time to the hundredth of a second. If you do not enter a time you will be entered "NT."

EVENT #	SEED TIME	EVENT	EVENT #	SEED TIME	EVENT
1	_____	100 Breaststroke	10	_____	200 Butterfly
2	_____	200 Individual Medley	11	_____	200 Freestyle
3	_____	50 Backstroke	12	_____	100 Individual Medley
4	_____	50 Freestyle	13	_____	200 Backstroke
5	_____	100 Butterfly	14	_____	100 Freestyle
6	*****	200 Medley Relay	15	_____	200 Breaststroke
7	_____	400 Individual Medley	16	_____	50 Butterfly
8	_____	50 Breaststroke	17	*****	200 Freestyle Relay
9	_____	100 Backstroke	18	_____	500 Freestyle

ADVANCE ENTRIES (postmarked by 2/18/14): \$45 per swimmer for meet up to 5 individual events plus 2 relays _____
DECK ENTRIES (due by 10:30 am EST 3/1/14) \$65 per swimmer for meet up to 5 individual events plus 2 relays _____

RELEASE TO BE SIGNED: 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 LEGAL 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.

ATHLETE'S SIGNATURE: _____ DATE: _____

What is Huntington's Disease (HD)?

Huntington's Disease: a devastating, hereditary, degenerative brain disorder for which there is, at present, no cure and only one FDA-approved treatment (Xenazine) for a symptom of HD. HD slowly diminishes the affected individual's ability to walk, talk and reason. Eventually, the person with HD becomes totally dependent upon others for his or her care. Huntington's Disease profoundly affects the lives of entire families -- emotionally, socially and economically.

Named for Dr. George Huntington, who first described this hereditary disorder in 1872, HD is now recognized as one of the more common genetic disorders. More than a quarter of a million Americans have HD or are "at risk" of inheriting the disease from an affected parent. HD affects as many people as does Hemophilia, Cystic Fibrosis or Muscular Dystrophy.

Early symptoms of Huntington's Disease may affect cognitive ability or mobility and include depression, mood swings, forgetfulness, clumsiness, involuntary twitching and lack of coordination. As the disease progresses, concentration and short-term memory diminish and involuntary movements of the head, trunk and limbs increase. Walking, speaking and swallowing abilities deteriorate. Eventually the person is unable to care for him or herself. Death follows from complications such as choking, infection or heart failure.

HD typically begins in mid-life, between the ages of 30 and 50, though onset may occur as early as the age of 2. Children who develop the juvenile form of the disease rarely live to adulthood.

HD affects males and females equally and crosses all ethnic and racial boundaries. Each child of a person with HD has a 50/50 chance of inheriting the fatal gene. Everyone who carries the gene will develop the disease. In 1993, the HD gene was isolated and a direct genetic test developed which can accurately determine whether a person carries the HD gene. The test cannot predict when symptoms will begin. However, in the absence of a cure, some individuals "at risk" elect not to take the test.

Since the discovery of the gene that causes HD, scientific research has accelerated and much has been added to our understanding of Huntington's Disease and its effects upon different individuals. By continuing to increase investment in both clinical and basic HD research each year, breakthroughs in treatment - and a cure - can be forthcoming.

What are HD symptoms? Symptoms usually evolve slowly and vary from person to person, even within the same family. Some individuals may be affected first cognitively (depression, forgetfulness, impaired judgment). Others suffer with motor skill impairment (dystonia or involuntary movements, unsteady gait). Eventually, every person afflicted by HD requires full-time care. Domains affected include cognitive, motor and behavioral. Members of the same family may exhibit different symptoms. Some can show mild involuntary movements (chorea) and have more emotional/behavioral symptoms of HD or can have less emotional/behavioral symptoms with more difficulty with involuntary movements.

Some HD Symptoms:

Behavioral/emotional

Irritability, Depression, Anxiety, Aggressive outbursts, Mood swings, Social withdrawal
Motor
Fidgety behavior, Uncoordination, Involuntary movements (chorea, dystonia),
Difficulties with speech, swallowing, balance, walking
Cognitive
Problems with short-term memory, organizing, coping, concentrating

Can you predict when you will get the disease? You must have inherited the gene to get the disease. Though there may be some correlation between the number of times the gene sequence CAG (see the Glossary of Terms) is repeated and the age of onset, it is impossible to know exactly when the disease will begin to manifest itself. The higher the CAG repeat, the more likely HD will strike at a younger age. Most individuals affected by HD exhibit symptoms between the ages of 30 to 50 years of age. In rare cases, children as young as two and individuals as old as 80 have exhibited symptoms of HD.

How many are affected by HD? One out of every 10,000 Americans has HD. Yet the devastating effects of HD touch many more. HD does not skip generations. Each child of a parent with HD has a 50/50 chance of inheriting the gene that causes HD. If a child does not inherit the gene, he or she cannot pass it on. If the child does inherit the gene, he or she can pass it on and will develop the disease if that child lives long enough. There are approximately 200,000 Americans "at-risk" of developing the disease.

How long do you live after HD symptoms begin? The average lifespan after onset of HD is 10-20 years. The younger the age of onset, the more rapid the progression of the disease.

What is the prognosis for those with Huntington's Disease? At this time, there is no way to stop or reverse the course of HD. There is no treatment to halt the progression, which leads to death after ten to twenty-five years. However, now that the HD gene has been located, investigators are continuing to study the HD gene with an eye toward understanding how it causes disease in the human body.

What is the cause of death for most HD patients? Most people with HD do not die as a direct result of HD, but rather from medical problems that arise (such as infections, choking and pneumonia) from the effects of HD on the body.

Is there an effective treatment or cure at this time? Research has yet to find a means of curing or even slowing the deadly progression of HD, although some medications can relieve some of the symptoms in certain individuals.

What progress has been made in HD research?

Since 1993 when the gene that causes HD was discovered, much has been added to the understanding of the disease. Research efforts are currently exploring many new avenues and approaches, including focus on ways to delay onset of HD, development of effective therapies that may slow the progression of HD, and ultimately, a cure for the disease.

What social and legal issues do people with HD face?

Those affected by HD often face discrimination both on the job and from their health insurance carrier. While genetic discrimination in the workplace and from health insurance carriers has been banned in federal government positions, few other employees enjoy these same protections. Individuals who suffer from the movement disorder associated with HD are often accused of being intoxicated because of slurred speech or an uneven gait. For those in which the first stage of the disease may show itself either mentally or emotionally, these "hidden" disabilities can be difficult for people to understand. Those with HD are often blamed for behaviors they cannot control.

What is genetic testing and what does it involve?

This is a process where blood is taken and analyzed to determine if the gene for HD is present. The result enables those who are "at risk" to learn whether they carry the gene or not. Few of those people "at risk" of HD opt to have the test performed, given the fact that there are few therapeutic options available effective in combating the effects of HD. Anyone considering genetic testing for HD is advised to work with a genetic testing center that follows HDSA's genetic testing guidelines that include both pre- and post-test counseling. Only those over the age of 18 may be tested for HD unless they are exhibiting symptoms of the disorder. Genetic testing can also be utilized to confirm a clinical diagnosis of HD. The test cannot provide an age of onset. It can confirm only that an individual has or does not have the HD gene.

Where can I go for more information about HD? Contact an HDSA chapter near you or your nearest HDSA Center of Excellence. You can also call the HDSA National Office at 800 345-HDSA (4372).

On-line registration and donation webpage(s).
<http://www.firstgiving.com/hdsa-coh/swim-for-huntingtons>
Click on 'Register'. (This is the green box with 'Register' in it.)
Select Qty '1'.
Click on 'Register'.

If this is the first time you have used the FirstGiving Website, you will set up your first FirstGiving account.
If you have used the site, entering this will open your account.

Email address:
Name: First,Last
Billing address:
Street
City, State, Zip
Select County
Create password:

Your default FirstGiving website (That you are encouraged to send to your friends inviting them to donate to the cause.)
firstgiving.com/fundraiser/firstname-lastname. You can customize 'firstname-lastname'

Click on 'Next'

Now we register for the meet.
Make sure the 'Myself' box is checked.
Enter Email Address:
Enter Name: First Last
Enter Billing address:
Middle Initial:
Enter Phone Number:
Select T-shirt size:
Select Gender:
Enter Birthdate:
Enter Age as of 3/1/2014:
Enter USMS#:
Enter Team Name:
Enter your times:
'If you enter more than 5 times, only the first five will be used.

Click on "I have read and agree to the above event waiver". The waiver is the standard USMS boiler plate.

Click on 'Next'

You can join a team of people who are pooling their donation efforts.
You can start a team of people who are pooling their donation efforts.
You can elect to not join a donation team.

If you don't join a donation team, you can create your own page with which to request for donations from friends. At the bottom of this section you are encouraged to click on 'Make first donation to your page' This lets you enter a donation against your page goal.

Click on 'Skip' if you don't want to create a page.
Click on 'Next' to generate your page.

In the Donation Section:
You enter your credit card information to pay for your meet entry fee. You are also encouraged to click on 'Make a donation to the nonprofit'. This allows you enter an additional amount to be charged to your credit card to help fund a cure for HD.

Click on 'Submit'

When I created my webpage this URL was generated and emailed to me:
<http://www.firstgiving.com/fundraiser/NormBaldwin/swim-for-huntingtons>