



**The 2015 Deer Lakes Masters  
Sweetheart Meet  
March 21, 2015**



**RECOGNIZED BY:** Allegheny Mountain LMSC # Pending

**HOSTED BY:** Deer Lakes Aquatic Masters Swim Team, All proceeds to benefit the Deer Lakes High School Swim Team.

**TYPE OF MEET:** 25 yard timed finals.

**DATE, TIMES & WARM-UP:**

Saturday, March 21, 2015

Warm-up: 8:30am

Meet Start: 10:00am

**LOCATION:** Deer Lakes High School Pool, 163 East Union Road, Cheswick, PA 15024

**POOL SPECS:** Six lane 25 yard pool. 3-1/2' – 9' deep

**TIMING EQUIPMENT:** Daktronics timing system with scoreboard and one stop watch per lane as backup.

**ELIGIBILITY:** Open to all USMS registered swimmers and swimmers over 18 years of age.

**SEEDING:** Times will be seeded Short Course Yards. No conversions by meet management. Please enter times for SCY.

**SCRATCHES:** No penalty for scratching on the block.

**ENTRY LIMIT:** Four (4) individual events, plus relays. No limit to the number of relays entered - indicate as "A", "B", "C", etc. Swimmers over entered will be removed from their last event.

**ENTRY FEES:** (4) Individual Events: \$20.00 Relays: FREE

**RELAY ENTRIES:** Entries for relays will be due the morning of the session. Entry deadlines will be announced during warm up sessions. Relays will be seeded after the deck entry deadline.

**RELAY RULES:** For a relay to count towards USMS Top Ten Times, no swimmer can swim more than one leg of a relay. Mixed relays must be two men and two women. All swimmers must be registered with the same club/team.

**Couples Relay:** Mixed relay must consist of two couples.

**Family Relay:** Must be from the same family.

**ENTRY DEADLINE:** All individual entries sent via USPS must be received by March 19, 2015, 5:00 pm. Yes! Deck entries will be accepted. Check made payable to "Deer Lakes Varsity Swimming". The LIABILITY RELEASE must be signed without alterations. ALL PROCEEDS BENEFIT THE DEER LAKES HIGH SCHOOL SWIM TEAM.

**CHECK IN:** Swimmers are considered checked in for all individual events.

**AWARDS:** Ribbons 1<sup>st</sup> through 3<sup>rd</sup> places. Special prizes for Couples and Family Relays

**SCORING:** Individual: 9-7-6-5-4-3-2-1. Relays are double points.

**RULES:** Current USMS Swimming Rules and Regulations will govern the meet.

**INFORMATION:** Official Website: [www.deerlakesswimming.us](http://www.deerlakesswimming.us)

**Entries:** Loni Marzolf @ Deer Lakes Varsity Swimming, 2183 Saxonburg Blvd, Cheswick PA 15024

**Meet Director:** Katherine Longwell [coachlongwell@gmail.com](mailto:coachlongwell@gmail.com)

**EVENT SCHEDULE: ENTER YOUR SEED TIME FOR YOUR EVENTS**

Name: \_\_\_\_\_ M / F

#1 – 2 **400 IM** \_\_\_\_\_

#3 – 4 **50 Freestyle** \_\_\_\_\_

#5 – 6 **100 Breaststroke** \_\_\_\_\_

#7 – 8 **25 Backstroke** \_\_\_\_\_

*10 min Break*

#9 – 10 **200 IM** \_\_\_\_\_

#11 – 12 **50 Butterfly** \_\_\_\_\_

#13 – 14 **500 Freestyle** \_\_\_\_\_

#15 – 16 **50 Backstroke** \_\_\_\_\_

*10 min Break*

#17 – 18 **25 Breaststroke** \_\_\_\_\_

#19 – 20 **100 IM** \_\_\_\_\_

#21 – 22 **100 Freestyle** \_\_\_\_\_

#23 – 24 **25 Butterfly** \_\_\_\_\_

*10 min Break*

#25 – 26 **200 Medley Relay** #25 *Sweetheart & Family Relays* #26 *Other Relays*

#27 – 28 **100 Backstroke** \_\_\_\_\_

#29 – 30 **200 Freestyle Relay** #29 *Sweetheart & Family Relays* #30 *Other Relays*

#31 – 32 **50 Breaststroke** \_\_\_\_\_

#33 – 34 **200 Freestyle** \_\_\_\_\_

#35 – 36 **100 Butterfly** \_\_\_\_\_

Recognized by: Allegheny Mountain LMSC #pending

Location: Deer Lakes High School Pool, 163 East Union Road, Cheswick, PA 15024

Name: \_\_\_\_\_ 2015 USMS Member # \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birth Date \_\_\_\_\_ Age on 3/21/2015 \_\_\_\_\_

Email \_\_\_\_\_ Team Affiliation \_\_\_\_\_

Meet Fee \$ 20.00 Individual Event Fee Check made payable to "Deer Lakes Varsity Swimming"

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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. (Rule book article 204.1)

Date \_\_\_\_\_

Signature \_\_\_\_\_

**Mail your entry, copy of 2015 USMS card, and check to: Deer Lakes Varsity Swimming, 2183 Saxonburg Blvd, Cheswick PA 15024. Remember to make checks out to "Deer Lakes Varsity Swimming"**