OKLAHOMA MASTERS

and HARRAH HIGH SCHOOL SWIM MEET

Hosted by Oklahoma Masters Swim Club

Sanctioned by OMS for USMS, INC. Sanction No.

DATE: Saturday, March 9, 2019

**Warm-up 9:00 pm, Meet 10:00 pm**

**NOTE THIS NEW START TIME and POOL LOCATION !!!**

**LOCATION:**  **Harrah High School pool is located at 20370 Elm St. Harrah, OK.**

**FACILITY:** **The pool is a 25-yard, six-lane indoor facility** with anti-turbulent lane lines. All six lanes may be used in the 800 freestyle and 1600 freestyle events.

ELIGIBILITY: The meet will be conducted in strict compliance with the current rules of United States Masters Swimming. All participants must currently be registered with United States Masters Swimming. Ages will be determined according to the 2019 USMS rule, which states that your age at this meet is determined by your age on March 9, 2019.

**FORMAT: The meet will be conducted under 2019 USMS rules**, including the no-false-start rule. Deck entries will be accepted until 8:30 am on the day of the meet. The meet will be deck seeded slow to fast by time only. Entrants without seed times will be placed in the slowest heat. All events will be timed finals.

**ENTRY LIMIT**: An individual may enter a maximum of five (5) individual events plus relays. For scoring purposes **Women’s events are listed with** **odd numbers** and **all Men’s events are listed as** **even numbers**. However the same events may be swam together with men and women together in each heat.

**ENTREE FEE:** **Pre-entry fee is $30.00 for one to five events**, if entered by **Monday,** **March 4**. Entries after that date or entries submitted the day of the meet will be accepted at a flat rate of $40.00 for one to five events. There is no entry fee for relays.

**ENTREE FORM: Processed by Club Assisstant access through the portal on our website www.okswim.org page under calendar.**

**RESULTS:** **Will be mailed upon request and posted online at**

 **www.okswim.org**

 **Meet Director Janet Latham**

Questions call 405-640-3759 and leave a message.

Or email swimjanet@gmail.com

**2019 OKLAHOMA MASTERS and**

**HARRAH HIGH SCHOOL SWIM MEET**

**Saturday March 9, 2019 WARM-UP 9:00, MEET 10:00 am**

## Sanction # 275

 **ON LINE REGISTRATION STRONGLY ENCOURAGED!**

**Women's events are odd numbers. Men are even numbers. You may enter up to 5 events BUT remember events go quickly so judge your swims wisely.**

|  |  |  |  |
| --- | --- | --- | --- |
| EVENT | TIME | EVENT | TIME |
| 1. Women’s 50 Breaststroke
2. Men’s 50 Breaststroke
 |  | 21 Women’s 100 Indiv. Medley22 Men’s 100 Ind. Medley |  |
| 1. Women’s 800 Freestyle (only 800 OR 1500)
2. Men’s 800 Freestyle (only enter the 800 OR 1500)
 |  | 23 Women’s 200 Freestyle24 Men’s 200 Freestyle |  |
| 1. Women’s 1500 Freestyle
2. Men 1500 Freestyle(only enter one)
 |  | 25 Women’s 200 Backstroke26 Men’s 200 Backstroke |  |
| 7 Women’s 200 Indiv.Medley8 Men’s 200 Individual Medley |  | 27 Women’s 100 Breaststroke28 Men’s 100 Breaststroke |  |
| 9 Women’s 100 Butterfly10 Men’s 100 Butterfly |  | 29 Women’s 50 Backstroke30 Men’s 50 Back |  |
| 11 Women’s 50 Freestyle12 Men’s 50 Freestyle |  | 31Women’s 200 Med. Relay32 Men’s 200 Med. Relay |  |
| 13 Women’s 100 Backstroke14 Men’s 100 Backstroke |  | 33 Women’s 400 Freestyle34 Men’s 400 Freestyle |  |
| 15 Women’s 200 Butterfly16 Men’s 200 Butterfly |  | 35 Women’s 100 Freestyle36 Men’s 100 Freestyle |  |
| 17 Women’s 200 Free Relay18 Men’s 200 Free Relay |  | 37 Women’s 400 Individual Medley38 Men’s 400 Ind. Medley |  |
| 19 Women’s 50 Butterfly20 Men’s 50 Butterfly |  |  39 Women’s 200 Breaststroke40 Men’s 200 Breaststroke |  |

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 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 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 203.1)

**SIGNED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Additional Important Information:**

This is a new location for our swim meet. I hope you will come and try out this pool. Renovations were completed last year at this pool. Many of you have swam in this pool before but it's been awhile since Masters has hosted a meet in this pool. Please come out and support our efforts to host this meet.

As always volunteers are WELCOME! And we NEED timers. So if you're willing come out and support your swimmer and engage in volunteering with us. Your support is greatly APPRECIATED!!!