11th Annual Gladstone Masters Meet - Meet Information

Sunday November 3rd, 2019 2:00 - 6:30pm

Sanctioned by Missouri Valley LMSC for USMS, Inc., Sanction # 289-S006

Missouri Valley/USA Swimming Official APPROVAL, Sanction Number: MV-19-112A

Short Course Yards (SCY)

**Location:** Gladstone Community Center, 6901 N. Holmes, Gladstone, Mo. 64118

**Register online:** [https://www.ClubAssistant.com/club/meet\_information.cfm?c=1603&smid=12668](https://www.clubassistant.com/club/meet_information.cfm?c=1603&smid=12668)

**Time:** Check-in begins at 1:00 pm. Deck entries close firmly at 1:30. First warm-up is 1:00 – 1:50 pm. Events 1 and 2 (1000/1650) start at 2:00 pm. If you are not swimming the distance events, you can come for 2nd warm-up.

**2nd Warm-up:** Immediately following the 1000/1650 till 3:30. Additional warm-up and cool down will be available in the diving well (20 yards) throughout the meet. The meet should conclude by approximately 6:30 pm.

**Eligibility:** This is a USMS sanctioned meet, therefore you must be a member of USMS to swim in the meet. If you are not currently registered, you may register ONLINE (preferred!) at www.usms.org. **If you are not currently registered for USMS, I recommend waiting till November 1** and you will enjoy USMS member benefits through the end of 2020. If you live between Columbia, Mo. and the western boarder of Ks., please register as MOVY for your club.

**Rules:** The current USMS rules will govern the conduct of the meet. Heats will be seeded, slowest to fastest. Please enter a goal time for accurate seeding. Entries with no times will be seeded in the slowest heats. Men and women of all ages will swim mixed. You might swim next to someone older or younger, man or woman, of approximately the same speed. Results will be broken out by age group and gender (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 etc.).

NOTE: Your age for this meet is your age on 11/03/2019.

**Awards:** Commemorative 11th Annual Participation Medals

**Entry Fees:** $10.00 meet fee, plus $5 per event. Full-time Student Discount = $10 total (Pay full meet fees as suggested in online meet entry, and then ask at the meet for your Student Refund of event fees you paid over $10.) All late and deck entries are $50.00 and **must be entered at check-in prior to 1:30.** Credit cards are charged to "ClubAssistant.com Events" for this meet.

**Limits:** Swimmers may swim up to six events, plus relays. Please be aware that this meet will run fast. If you enter back-to-back events, your rest time will be very short (or nonexistent).

\*\*\* You may swim either the 1000 or 1650, not both. These events will be limited to the first 16 swimmers to register online and might be combined (the distance events fill up fast).

**Deadline:** Register online by midnight Saturday, November 2nd, 2019 for the early entry fee. Late and deck entries will be accepted 1:00-1:30 at the $50.00 rate.

**Meet Director:** Questions, please contact Doug Hayden, 816-560-4887, dhayden141@gmail.com

Order of Events – 11th Annual Gladstone Masters Meet

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Online meet registrations are paid by credit card. Your credit card statement will show a charge from ClubAssistant.com Event Billing.

Order of events: (please enter a goal time for proper seeding)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Event | | Goal Time |  | Event | | Goal Time |
| 1 | \*\*\*1650 Free |  |  | 11 | 500 Free |  |
| 2 | \*\*\*1000 Free |  |  | 12 | 100 Fly |  |
| 2nd Warmup | | |  | 13 | 50 Back |  |
| 3 | 50 Breast |  |  | 14 | 200 IM |  |
| 4 | 100 IM |  |  | 10-minute break | | |
| 5 | 200 Back |  |  | 15 | 50 Fly |  |
| 6 | 400 IM |  |  | 16 | 100 Back |  |
| 7 | 200 Free |  |  | 17 | 200 Breast |  |
| 10-minute break | | |  | 18 | 100 Free |  |
| 8 | 100 Breast |  |  | 10-minute break | | |
| 9 | 200 Fly |  |  | 19 | 200 Medley Relay | Enter at meet |
| 10 | 50 Free |  |  | 20 | 200 Free Relay | Enter at meet |

Release from Liability: 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.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Doug Hayden

6379 N Myrtle Ave.

Gladstone, Mo. 64119

**USA Swimming Dual Sanction Requirements**:

a) Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number MV-YR-XXA.

b) A copy of this certification is on file with USA Swimming.

c) Pool depth at the start end is \_6\_ feet; pool depth at the turn end is \_4\_ feet.

d) Deck changes are prohibited.

e) Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

f) In granting this approval it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

g) Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

h) A statement of the nature of prizes to be awarded - Participation Medal