

The Western Kentucky Green Gators (WKGG) Swim Meet Barbara Stevens Memorial

Saturday, January 9, 2010, at Western Kentucky University

Sanctioned by Kentucky LMSC for United States Masters Swimming, Inc. ("USMS"), Sanction # 410-0001

Location: Powell Pool in the Preston Center at Western Kentucky University, near the intersection of Normal Dr. and Regents Ave. in Bowling Green KY. The Preston Center's phone number is 270-745-5217. On weekends, university parking restrictions are not enforced, so visitors may park in any available space except handicapped. There is a large lot directly behind the Preston Center which is accessible from Regents Ave., Normal St., or Big Red Way.

Pool: Ten lanes, 25 yards, non-turbulent dividers, Colorado timing system. Six lanes (1-6) will be used for competition. Lane 7 shall be reserved throughout the meet for continuous warm-up and cool-down. Lanes 8-10 are reserved for WKU users not participating in the meet. No smoking is permitted in the pool or elsewhere in Preston Center.

Schedule & Seeding: Event 1, the 500 freestyle, will begin Saturday, January 9, at 10:00 a.m., C.S.T. Warm-up begins at 9:30 a.m. Event 2 will begin no earlier than 11:00 a.m., C.S.T. The meet will probably conclude around 3:00 p.m. Each event will be seeded, men and women together, in timed finals with the slowest heats first. Swimmers' entries with no seed time indicated, or stating "No Time" (or "NT"), will be seeded in slower heats. The five heats of the 500 free will be pre-seeded as soon as the heats are filled. All other events will be seeded after the close of deck entries at 10:00 a.m., CST.

Eligibility & USMS cards Each entrant may swim in a maximum of five (5) individual events and two relays.

YOU MUST ACCOMPANY THE MEET ENTRY FORM WITH A COPY OF YOUR 2010 U.S.M.S. CARD, IF AVAILABLE, OR ELSE PRODUCE IT FOR THE CLERK OF COURSE PRIOR TO THE MEET. You can register and/or obtain a copy of your card instantly on-line at the USMS website, www.usms.org/reg/. **If we cannot, prior to the meet, verify your membership, the clerk of course will require you to submit a duplicate USMS form and fee.** This form and fee will be returned to you after the meet if it proves to be unneeded. USMS registration forms will be available at the meet. All participants must be registered with United States Masters Swimming, Inc., before deck entries close at 10:00 a.m. CST. Each swimmer is responsible for his/her USMS card and will be required to display it upon request by officials. The name and membership number on your meet entry form and relay cards should match the name and number listed on your USMS card.

Age The age reported on your entry form must reflect your actual age as registered with USMS. A swimmer's age on January 9, 2010, determines his/her age for the meet.

NOTE: Swimmers 18-24 years old competing in U.S.M.S. meets may jeopardize their N.C.A.A. eligibility.

500 Freestyle The 500 freestyle will be limited to five heats. Lanes in the 500 free will be assigned to the first 30 entries received. After the first 30, entrants in the 500 will be assigned to a waiting list in the order in which their entries are received. The waiting list will be used on the morning of the meet to fill empty lanes due to scratches and no-shows. If you are entering the 500 free, we encourage you to indicate an optional sixth event on the entry form in case you are shut out of the 500 free. But please flag which of your events is the optional one.

Relays: Relay teams may be Men, Women, or Mixed, but teams of all types will be seeded together in the same heats and then scored separately. Therefore no swimmer may swim on both a mixed- and a same-sex team in the same event. All relays will be deck entered. Official relay cards may be obtained at the meet from the Clerk of Course. For seeding, cards for the 200 Medley relay should be turned in to the computer desk by 10:30 A.M. Cards for the 200 Free relay should be turned in before the conclusion of event #13.

Entry fee: \$20.00 for up to five events. Checks (payable to "Western Ky. Green Gators") are preferred. Late and deck entries are \$25.00. Deck entries will close at 10:00 a.m., C.S.T.

**Where to mail/
Contact us:** Mail entries to Mark Rogers, P.O. Box 10029, Bowling Green KY 42102-4829, telephone (270) 782-7330, email rocketrog@aol.com. Entries must be postmarked by Monday, January 4, 2010, or received by **Wednesday, January 6, 2010**, or else the late/deck entry surcharge will apply. Other inquiries should be addressed to the meet director Randy Hansbrough at 270-782-2084 (email jrhans@insightbb.com). Additional copies of this entry form and information sheet are also available from the Kentucky LMSC web site at <http://www.kylmsc.org>.

Warm-up & Warm-down:

SWIMMERS MUST ENTER THE POOL FEET FIRST IN A CAUTIOUS MANNER. Forward (i.e., diving) or backstroke starts will be permitted only from the blocks in designated one-way sprint lanes. A swimmer may be removed from the meet by the referee if this rule (103.7) is broken. Swimmers in non-sprint lanes will swim in a continuous circle swim, going up the right-hand side of the lane and back down the left-hand side. No hand paddles will be permitted in the warm-up or warm-down lanes.

One lane will be reserved throughout the meet for continuous warm-up and warm-down. In this lane there will be no standing on the bottom of the pool or leaning on the lane rope while the meet is in progress.

Computer Entries:

Coaches wishing to submit entries on disk should obtain the group waiver form from the meet director. Individual entries are by mail or by deck entry only. No e-mail entries please. On-line entries are not available for this meet.

Awards:

Trophies will be awarded in three divisions for the highest combined (men plus women) score. The Small Team division trophy will be awarded to the highest-scoring club or team of 6 or fewer competitors. The Medium Division trophy will be awarded to the highest scoring team having from 7 to 12 competitors. The Large Team division trophy will be awarded to the highest-scoring club or team of 13 or more competitors. A swimmer who has entered the meet but did not attend, or was scratched from all events and relays, will not count as a competitor for his or her club or team for purposes of determining its trophy division. The host team, WKGG, will compete as a large team regardless of its actual number of competitors. There will also be two awards for the highest scoring men's and women's team components. Event ribbons will be awarded for individual swimmers and relays in first through sixth places. Points are awarded 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relays.

Whistle Starts:

This meet will employ whistle starts, as required by USMS rules. The referee will blow whistle signals that you will be expected to know. They are as follows:

<u>Signal</u>	<u>Backstrokers</u>	<u>All others</u>
Several short whistles	Stand ready at edge of pool	Stand ready behind the blocks
One long whistle	Enter the water, feet first	Step up on the starting block
Second long whistle	Return to starting blocks and be ready for start.	

After the whistle signals, the starter will take over with vocal commands.

Lodging:

There are numerous hotels, motels, and restaurants along Interstate I-65 at exit 22. Nearly all the familiar chains are represented there. For additional information or recommendations, contact the meet director(s).

Social:

Shortly after the meet, a complimentary gathering is planned for all swimmers and their guests. Look for information at the Clerk of Course table on the day of the meet.

Inclement Weather:

In the event bad weather or other unforeseen circumstances force a postponement of the meet, we have tentatively scheduled an alternate date of Sunday, January 17, 2010, weather permitting. If postponement becomes necessary, the meet director will send e-mail notice to all pre-registered swimmers who have supplied us with a valid e-mail address. As time permits we will also attempt to notify teams and other swimmers as well as we can. If severe weather threatens, please check with the meet director or your coach before leaving home. We regret that, whether or not the meet is postponed, we will not be able to issue refunds to swimmers unable to attend due to weather or road conditions, nor can we be responsible for hotel foul-ups caused by postponement.

Dedication:

This meet is dedicated to the memory of our lane pal, Barbara Stevens (1955-1992). Apart from her hours of toil in the pool, she also was our club treasurer, an enthusiastic canoeist, an old-house renovator and aficionado, a special ed. teacher at Warren East High School, a fantastic cook and hostess, and a lovely friend.

Order of Events:

We suggest you use this area to copy, for your own reference, the seed times from your entry form.

√	<u>Event (in Yards):</u>	<u>Seed time</u>	√	<u>Seed time</u>
	1. 500 Freestyle			9. 200 I.M.
	2. 200 Medley Relay			10. 100 Freestyle
	3. 50 Butterfly			11. 200 Breaststroke
	4. 200 Backstroke			12. 50 Backstroke
	5. 100 Breaststroke			13. 200 Butterfly
	6. 50 Freestyle			14. 50 Breaststroke
	7. 100 Backstroke			15. 200 Freestyle
	8. 100 Butterfly			16. 100 I.M.
	FIVE-MINUTE BREAK			17. 200 Freestyle Relay

--Please attach copy of your 2010 USMS card. Don't have it? See box below and meet information sheet. --

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Entry Form -- Please print:

Name _____ Sex _____ Club/Team _____
As shown on your USMS card If SKY, also specify team

Address _____ City/ST/ZIP _____

Birth Date _____ Phone _____ E-mail _____
Please circle best time to call: day evening any time

NOTE: Entries including a correct, **legible** e-mail address will be acknowledged by e-mail. Last-minute information and **free meet results** will also be posted by e-mail.

→500 free entrants: Please flag your optional sixth event in some fashion ←

Event no.	Event (Select a maximum of 5)	Seed Time
1	500 yd Freestyle (see meet info)	
	BREAK/WARMUP	
2.	200 yd Medley Relay	Deck Entered
3.	50 yd Butterfly	
4.	200 yd Backstroke	
5.	100 yd Breaststroke	
6.	50 yd Freestyle	
7.	100 yd Backstroke	
8.	100 yd Butterfly	
5 minutes	BREAK	
9.	200 yd Individual Medley	
10.	100 yd Freestyle	
11.	200 yd Breaststroke	
12.	50 yd Backstroke	
13.	200 yd Butterfly	
14.	50 yd Breaststroke	
15.	200 yd Freestyle	
16.	100 yd Individual Medley	
17.	200 yd Freestyle Relay	Deck Entered

IMPORTANT!
 Please attach a copy of your 2010 USMS Member card.
 If you don't have yours, register for it or get another copy instantly on-line at www.usms.org/reg/

Entry fee: Payable to "Western Ky. Green Gators"
In advance \$20.00 (received by 1/06/10 or postmarked by 1/04/10)
Late/day of meet - \$25.00
BE SURE to sign and date the waiver below!

Mail to:
 Mark Rogers
 P.O. Box 10029
 Bowling Green KY
 42102-4829

Liability Waiver

(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 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.

Date: _____ **Signature:** _____