

# Moscow Chinooks Masters Swimming of Hydropower Masters Swim Club hosts Northwest Zone Masters Championship Swim Meet 2012

## SATURDAY MARCH 31 & SUNDAY APRIL 1, 2012

**DATE/TIMES:** Saturday, March 31, 2012 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, April 1 warm-up starts at 8:30 am, meet starts at 9:30 am, event #19 will not begin before 10:15 am.

**FACILITY:** University of Idaho Swim Center (Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for warm-up/-down. Locker rooms adjacent to pool. Snacks/drinks for swimmers and volunteers provided.

**SPONSOR:** Moscow Chinooks Masters Swim Team of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #03520331.

**ELIGIBILITY:** All currently registered Masters swimmers. Entry must include 2012 membership number. **Copy of membership card or proof of registration outside USMS is required.**

**RULES:** All current USMS rules will apply. Certified stroke and turn judges will be present. Consult the current USMS Rulebook ([www.usms.org/rules](http://www.usms.org/rules)) for complete swimming rules.

**NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.**

**DEADLINES & FEES:** \$30 fee by postmark deadline of March 22nd. Make payment by check or money order payable to MCM. **Cash will not be accepted.** Online registrations with credit card will be accepted until midnight PDT, Tuesday, March 27th.

**RELAYS:** Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/team they represent to have their relay points count for that club/team. Mixed relays = 2 male + 2 female swimmers.

\* The entries for Women's Relays and Men's Relays will be swum in combined heats.

**CONDUCT OF THE MEET:** Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events with no more than five events in one day, plus four relay events.

**AWARDS:** NW Zone ribbons will be awarded in each event.

**DIRECTIONS:** **1a.** From ID Hwy 95 come into Moscow and head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St. **2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Additional parking on Rayburn St. Obey all parking signs.

**SWIM GREEN:** NW Zone Champs strives to be a no waste event. Please use provided recycling/compost bins and reusable containers for food & drink swimmers and spectators may bring.

**H.O.S.T. (House our Swimmers Tonight):** Moscow Chinooks are happy to house you (and your family) for the night. Contact the meet director. Nearby hotels are the Idaho Inn, Palouse Inn, Super 8 Moscow and the Best Western University Inn.

**QUESTIONS:** Contact Meet Director Steve McGeehan at (208) 301-1027 before 9pm PT or email [slmcgeehan@gmail.com](mailto:slmcgeehan@gmail.com).

<b>Postal Fee Deadline:</b>	Saturday, March 22nd postmark
<b>Check payable to :</b>	MCM \$30 + opt social event
<b>Mail Entries to:</b>	Paige Buehler 814 Mabelle St. Moscow, ID 83843
<b>Online Entries:</b>	<a href="http://www.inlandnwmasters.org">www.inlandnwmasters.org</a>
<b>Deadline:</b>	Tuesday, March 27 11:59pm PDT
Online registrations are charged to a credit card. The charge on your card will be from "ClubAssistant.com Events" for this meet.	

### Saturday, March 31st

#### 11am warm up, meet starts at Noon

1. 1650 Y Freestyle
2. 400 Y Individual Medley

#### Event #3 will not begin before 1:00pm

3. 50 Y Freestyle
4. 200 Y Butterfly
5. 100 Y Backstroke
6. 200 Y Mixed Freestyle Relay

#### 10 Minute Break

7. 400 Y Mixed Freestyle Relay
8. 100 Y Freestyle
9. 50 Y Backstroke

10. 200 Y Breaststroke
11. 100 Y Individual Medley

#### 10 Minute Break

- 12/13. 200 W/M\* Freestyle Relay
- 14/15. 400 W/M\* Freestyle Relay
- 16/17. 800 W/M\* Freestyle Relay

### Sunday, April 1st

#### 8:30am warm up, meet starts at 9:30am

18. 500 Y Freestyle

#### Event #19 will not begin before 10:15am

19. 200 Y Backstroke
20. 50 Y Breaststroke
21. 100 Y Butterfly
- 22/23. 200 Women's/Men's\* Medley Relay

#### 10 Minute Break

- 24/25. 400 Women's/Men's\* Medley Relay
26. 200 Y Freestyle
27. 100 Y Breaststroke
28. 50 Y Butterfly

29. 200 Y Individual Medley

#### 10 Minute Break

30. 200 Y Mixed Medley Relay
31. 400 Y Mixed Medley Relay
32. 800 Y Mixed Freestyle Relay
33. 1000 Y Freestyle

**SATURDAY EVENING SOCIAL:** Will be held at 5:30pm at LaMadrid Restaurant in the Eastside Marketplace, Moscow. Dinner offering chicken, beef, pork and vegetarian choices with sides for \$15 per person (drinks separate—full bar and chocolate milk available.) Please include payment with your entry.

The IWMSMC annual meeting will follow dinner.

**LMSC AWARDS:** The Inland NW Masters Swimming Committee recognizes **Most Dedicated** and **Most Inspirational** swimmers and volunteers each year. **Send your nominations** to Margaret Hair ([margareth20@frontier.com](mailto:margareth20@frontier.com)) so we can recognize those who make a difference in and out of the pool. Thanks!!

**VOLUNTEERS TO TIME:** If someone is coming to the meet with you and would like to time *and* cheer for you, please contact the meet director.

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Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. Sanction #03520331

Name \_\_\_\_\_ Circle if this is your FIRST Masters swim meet: **Y**

Phone (\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov \_\_\_\_\_ Zip \_\_\_\_\_

Male  Female Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ USMS or MSC # \_\_\_\_\_

Team Name \_\_\_\_\_ Team Abbrev \_\_\_\_\_ LMSC \_\_\_\_\_

USMS Club Name \_\_\_\_\_ USMS Club Abbrev \_\_\_\_\_ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/31/2012):  
18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+

RELAY AGE GROUPS: 18+, 25+, 35+, 45+,  
55+, 65+, 75+, 85+,95+. The age of the youngest  
relay team member shall determine the age group.

### Maximum of 6 Individual Events (up to 5 max in one day)

EVENT #	EVENT NAME	SEED TIME (yds) or NT if no time avail

WAIVER: 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.

**X** Your Signature \_\_\_\_\_ Date \_\_\_\_\_

<b>Fees:</b>	Meet Fee \$30	\$ _____
	Social Event Fee \$15 x ____ ppl	\$ _____
	<b>Total enclosed (no cash)</b>	\$ _____

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