

Moscow Chinooks Masters Swimming of Hydropower Masters Swim Club hosts Inland Northwest Masters Championship Swim Meet 2010

SATURDAY MARCH 27 & SUNDAY MARCH 28, 2010

DATE/TIMES: Saturday, March 27, 2010 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, March 28 warm-up starts at 8:30 am, meet starts at 9:30 am, event #16 will not begin before 10:00 am.

FACILITY: University of Idaho Swim Center (Rayburn St., Moscow, ID) is an indoor pool with eight (8) 25-yard competition lanes with 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. #035100327.

ELIGIBILITY: All currently registered Masters swimmers. Copy of membership card or proof of registration outside of Inland NW LMSC and 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) for complete swimming rules.

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

DEADLINES & FEES: \$25 early fee by postmark deadline of March 20th. Deck entry by 11:15am Saturday and 8:45am Sunday is \$35. Make payment by check or money order payable to IWMSC. Cash will not be accepted.

DECK ENTRY REGULATIONS: Deadline for deck entry is 11:15am Saturday and 8:45am Sunday so that heats may be seeded in a timely manner. You may email the meet director your events and pay at the check in.

AWARDS: First - third place ribbons will be available free of charge.

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.

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. Obey all parking signs.

SWIM GREEN: 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 Super 8 Moscow and the Best Western University Inn.

QUESTIONS: Contact meet director Steve McGeehan at (208) 301-1027 before 9pm or email mcgeehan@uidaho.edu.

Early Fee Deadline:	Friday, March 19th postmark
Check payable to :	IWMSC \$25 (\$35 deck entry)
Mail Entries to:	Paige Buehler 814 Mabelle St. Moscow, ID 83843

Saturday, March 27th

11am warm up, meet starts at Noon

1. 400 Y Individual Medley

2. 1650 Y Freestyle

Event #3 will not begin before 1:00pm

3. 100 Y Backstroke

4. 50 Y Breaststroke

5. 200 Y Freestyle

6. 200 Y Mixed Medley Relay

10 Minute Break

7. 400 Y Mixed Medley Relay

8. 100 Y Breaststroke

9. 100 Y Indiv Medley

10. 200 Y Butterfly

11. 50 Y Freestyle

10 Minute Break

12/13. 200 W/M* Freestyle Relay

14/15. 400 W/M* Mixed Freestyle Relay

16/17. 800 W/M* Mixed Freestyle Relay

Sunday, March 28th

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

18. 1000 Y Freestyle

Event #18 will not begin before 10:00am

19. 200 Y Indiv Medley

20. 50 Y Butterfly

21. 200 Y Backstroke

22. 100 Y Freestyle

23/24. 200 Women's/Men's* Medley Relay

10 Minute Break

25/26. 400 Women's/Men's* Medley Relay

27. 100 Y Butterfly

28. 200 Y Breaststroke

29. 50 Y Backstroke

10 Minute Break

30. 500 Y Freestyle

31. 200 Y Mixed Freestyle Relay

32. 400 Y Mixed Freestyle Relay

33. 800 Y Mixed Freestyle Relay

SATURDAY EVENING SOCIAL: The Inland NW Masters Swimming Committee annual meeting and awards banquet will be held at 5:30pm at Smoky Mountain Pizzeria and Grill in Moscow's Palouse Mall (1838 W. Pullman Rd/Idaho Hwy 8). Dinner will be a pizza/pasta/salad/bread buffet including soft drink for \$15 per person. Please include payment with your entry.

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@verizon.net) 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 Lauren at thetoroks@verizon.net

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Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. Sanction #035100327

Name _____ Circle if this is your FIRST Masters swim meet: Y

Phone (____) _____ E-mail address _____

Address _____

City _____ State/Prov _____ Zip _____

Male Female Birthdate ____/____/____ 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 3/28/2010):
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

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.

Your Signature _____ Date _____

Fees: Early Bird Meet Fee \$25 _____
Deck Entry Meet Fee \$35 _____
Social Event Fee \$15 x ____ ppl _____
Total enclosed (no cash) \$ _____

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Check payable to : IWMSC
Mail Entries to: Paige Buehler
814 Mabelle St.
Moscow, ID 83843