

DUKE AQUATICS Spring Splash

March 27, 2010 11:00 am

Sanction number: 130-002



Sponsored by: Duke Aquatics (DUKE)
Sanctioned by: LMSC for NC for USMS,
Meet Director: Gretchen Stuart

FACILITY: Duke University Taishoff Aquatic Center (attached to the Wilson Recreation Center), Durham, NC; <http://map.duke.edu/building.php?bid=7799>; Eight lane 25-yard competition pool with 7-foot wide lanes and a depth tapering from 4.5 feet at both ends to 7 feet in the center. Continuous warm-up/cool down lanes will be available throughout the meet in the diving well. The facility also features a Colorado Timing System 5000 and 8-lane scoreboard. There is ample bleacher seating for competitors and spectators.

RULES: USMS rules govern the meet. Out of state swimmers must attach a copy of their 2010 USMS registration card to the entry form. No one-event USMS registrations. You must sign a waiver. Your age as of March 27, 2010 determines age group for the meet. There is no check-in and there are no scratch rules. **Except for sprint lanes in warm-up and when competing, ALL ENTRIES IN WATER MUST BE FEET FIRST.**

DEADLINE: 5:00 p.m. Wednesday, March 24, 2010 to be seeded and posted on the psych sheets. No faxes or email entries accepted. Late entries will be deck entered only as space is available.

ENTRIES: Swimmers may swim up to 5 individual events. If you select more than 5 you will be entered in the first 5 selected. No changes can be made on day of race. Deck Entries: will be accepted only as space allows from 9:15 – 10:15 am the morning of race day for a late fee entry for \$7.00 per event.

FEES: Entry fees are \$5.00 for each individual event and a \$10.00 surcharge to cover electronic timing, parking and pool fees. Relay fees are \$5.00 and will be paid at the meet at the time of relay entry. Make checks payable to Duke Aquatics. Meet fees are non-refundable.

AWARDS: Certificates will be available to all competitors on the day of the meet.

SCORING: Individual events will be scored 9-7-6-5-4-3-2-1, relays 18-14-12-10-8-6-4-2. Meet results will be posted on www.ncmasters.org.

WARM-UP: The pool will be open for warm-up from 10:00 – 10:50 a.m. Sprint lanes will be designated with diving allowed from 10:35 – 10:50 a.m. (25 yard, one-way). Continuous warm-up/cool down lanes will be available throughout the meet.

SEEDING: All events will be pre-seeded with the exception of the relays, which will be deck seeded by time. Psych sheets will be posted on ncmasters.org by 5 pm Thursday March 25 for review. In some cases, men and women may be combined if needed. All events will be swum slow to fast. Relay teams may be women, men or mixed.

DIRECTIONS TO POOL: From I40, take Highway 15/501 (Exit 270) east towards Durham. Stay on Highway 15-501 Bypass to Highway 751/Cameron Blvd (Exit 107). Turn right onto Highway 751/Cameron Blvd. Proceed to second light and turn left onto Science Drive. Turn right onto Whitford Drive. Go to top of the hill, parking lot is on the right. Pool is down the hill and left of the Yoh Football Center.

**Entry Form: Complete all personal information and circle your event and enter your best time.
If no time enter "NT"**

Name:	
Address:	
Email:	
Age as of March 27, 2010:	DOB:
USMS#	Sex: M F
Team Affiliation (UN if unattached):	
NC Team Initials (UN if unattached):	
Out Of State Team Initials (UN if unattached):	

Mail form to:

Gretchen Stuart
100 Cross Creek Drive
Chapel Hill, NC 27514

Make check out to: Duke Aquatics

Make check payable to:

Duke Aquatics

Women			Men	
Event #	Entry Time	Event	Event #	Entry Time
1	:	500 Y Free	2	:
3	:	50 Y Breast	4	:
5	:	200 Y IM	6	:
7	:	50 Y Free	8	:
9	:	100 Y Back	10	:
11	:	50 Y Fly	12	:
13	:	200 Y MEDLEY RELAY *	14	:
15	:	200 Y MEDLEY RELAY * (Mixed)	15	:
10 minute break				
17	:	100 Y Breast	18	:
19	:	50 Y Back	20	:
21	:	100 Y Free	22	:
23	:	100 Y Fly	24	:
25	:	200 Y Free	26	:
27	:	100 Y IM	28	:
29	:	400 Y FREE RELAY*	30	:
31	:	400 Y FREE RELAY (Mixed)*	31	:
		No. of events: _____ x \$5.00 =		
		+ Surcharge	\$10.00	
		Total		

*Relays will be deck seeded

Please read and sign:

I, 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 VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Name: _____ Signature: _____ Date: _____