

Frank Clark Meet hosted by Triad Masters Swimming

Saturday, March 20, 2010

Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 130-004

Meet Directors:

Don Gilchrist, tomatoz@bellsouth.net

Mark Medendorp, dorp11@yahoo.com, 336-575-6122

Facility: Grimsley High School Pool. 801 Westover Terrace, Greensboro, NC. 25 yard, 8 lane racing course with attached diving well. 6 lanes will be used for competition, with one buffer lane and one warm-up/down lane attached to the diving well.

Eligibility: Swimmers *must* register with USMS as of the 1st day of the meet as determined by the Registrar of NCMS. NO EXCEPTIONS. USMS rules govern the meet.

Deadline: Entries must be received by mail (to meet director), email (dorp11@yahoo.com) or fax (336-335-2966) by Midnight on March 15, 2010. Entries received after this time and date will be handled as *deck entries*. Relays and deck entries for events other than the 1000 free **must** be submitted by 9:30 am on the day of the meet.

Fees: \$6.00 meet surcharge. \$3.00 per event for pre-registration. Deck entries accepted at \$5.00 per event. There are *no* relay charges. *There will be no refunds, unless the meet date is changed.* Those registering via email or fax **must** have payment ready at the time of the meet.

Awards: Ribbons given to the top 8 finishers in each event. Yes, we still have ribbons!

Drawing: All swimmers competing in 4 or more events will be entered into a drawing to be held just before the 500 free for a \$25.00 gift certificate for swim gear. Winner must be present at drawing to win.

Seeding: All events will be seeded by sex and time, with the exception of the following events: 500 freestyle and 1000 freestyle. These events will be seeded by time only with sexes combined. All events will be seeded slow to fast, except the 500 freestyle and 1000 freestyle which will be fast to slow. **The 1000 free will be limited to the first 16 entries.** "No Time" will be placed in slow heats. Meet Director reserves the right to combine sexes in any events. There will be positive check-in for the 500 and 1000 freestyle events. Event limit is five events.

Schedule: Warmups will begin at 8:00 am with the first event (1000 free) starting at 8:45 am. The second warmup session will begin at the conclusion of the 1000 free, with the meet continuing at approximately 10:00 am. The diving well and one outer lane will be open during the events after the 1000 free. Dependent on entries and timeline, 5-10 minute breaks may be included in the event order per Meet Director.

****You must always enter the pool feet first (during warm-ups) except in sprint lanes.**

Frank Clark Meet Entry Form

March 20, 2010

Please print legibly

Name: _____ Team Initials: _____

Address: _____

City/State/Zip: _____

Sex: M F Age: _____ DOB: _____ USMS Number: _____

Phone: _____ Email: _____

Women	Time	Event	Time	Men
1	_____	1000 Freestyle Break	_____	1
		200 Medley Relay		
7	_____	50 Freestyle	_____	8
9	_____	200 IM	_____	10
11	_____	50 Backstroke	_____	12
13	_____	100 Butterfly	_____	14
15	_____	100 Breaststroke	_____	16
17	_____	200 Freestyle	_____	18
19	_____	100 IM	_____	20
21	_____	50 Butterfly	_____	22
23	_____	100 Backstroke	_____	24
25	_____	50 Breaststroke	_____	26
27	_____	100 Freestyle	_____	28
		200 Free Relay		
32	_____	500 Free	_____	33

Number of events: _____ x \$3.00 each = \$ _____

Meet Surcharges: x \$6.00 = \$ 6.00

Total: = \$ _____

Make Checks payable to **Triad Masters Swimming (TMS)** and mail to: **Mark Medendorp**
213 Leftwich St.
Greensboro, NC 27401

Read and Sign this 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS.

Signature: _____ Date: _____