

**The Steve Barden Memorial Masters Swim Meet
& Open Water Competition
September 23-24, 2006**

- Sponsored by:** Asheville Masters Swimming
- Sanctioned by:** LMSC for NC, for USMS, Inc. **Sanction # 136-06 and 136-06OW**
- Date:** Saturday September 23rd and Sunday September 24th, 2006
- Location:** Asheville School, Asheville North Carolina
- Directions:** Take I-40 West of Asheville to exit 44. Turn left onto Smokey Park Hwy, also 19/23. Proceed 1 mile straight ahead past hotels and shopping centers. Follow Asheville School signs to drive on right.
- Meet Director:** Kemp Battle & Rodney Marett (USA Swimming Certified Meet Director)
- Meet Referee:** Joe Schmidt (USA Swimming Certified Referee)
- Facility:** Asheville School competition pool, 360 Asheville School Rd, Asheville, NC, is a 25-yard x 6 lanes with non-turbulent lane lines and electronic timing. Five lanes will be used for competition and the sixth lane will be for continuous warm-up/warm-down. Water depth ranges from 4 feet at the shallow end to 12 feet at the deep end. Women and men's locker rooms are available at Asheville School.
- Rules:** Swimmers must be registered with U.S. Masters Swimming (USMS) for pool sessions at Asheville School. One event membership will be available for this meet. Please attach photocopy of current 2006 registration card to entry. Deck entries will be available at the discretion of the Meet Director. The 2006 USMS rules shall prevail. Each swimmer limited to five events plus two relays per day. Relay swimmers must swim one individual event, which could be the open water event.
- Fees:** Ind. Events \$3, Relays \$4. Facility fee \$10. (See open water form for special fees) Fees must accompany entries and are non-refundable. Late and deck entries will be accepted, \$5 per event. A "No Time" (NT) will not be accepted; each entry must have a previous time. Please include estimated time for open water event if this is first time. **Make checks payable to Asheville Masters Swimming. Send entries to Rodney Marett, 105 Beech Tree Drive, Black Mountain, NC 28711**
- Deadline:** Entry deadline to be seeded is 5 PM EST, September 10, 2006.

Awards: Awards will be given for 1st-6th place in each age group in each event. Team awards will be given to the 1st-3rd place teams.

Scoring: Scoring will be 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relays. There will be no scoring for the Open Water event.

Lodging: **Ramada-Asheville @ River Ridge**
 800 Fairview Rd., Asheville, N.C. 28803
 828-298-9141, \$79+ (includes breakfast)
www.ramadariverridge.com (9 miles, 15 min. from swim sites)

Ramada Plaza Hotel @ Biltmore West
 435 Smokey Park Highway, Asheville, NC 28806
 828-665-2161, \$81+ (does not include breakfast)
www.ashevilleramadaplaza.com (2 miles, 5 min. from swim sites)

Room Block Released on August 22nd

Warm up: **Saturday Pool Warm-up: 11:00-11:45 AM**
 Competition Begins: 12:00 PM

Sunday Pool Warm-up: 8:00-8:45 AM
 Competition Begins: 9:00 AM

Order of Events

Saturday, Sept. 23

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	Open Water 1/2 mi.	2
3	Open Water 1 mi.	4
5	200 Mixed Medley Relay	
6	100 Freestyle	7
8	200 Backstroke	9
10	50 Butterfly	11
12	200 Individual Medley	13
14	100 Breaststroke	15
16	200 Butterfly	17
18	50 Backstroke	19
20	200 Freestyle Relay	21

Sunday, Sept 24

22	200 Mixed Freestyle Relay	
23	200 Freestyle	24
25	100 Individual Medley	26
27	200 Breaststroke	28
29	100 Butterfly	30
31	400 Individual Medley	32
33	100 Backstroke	34
35	50 Breaststroke	36
37	50 Freestyle	38
39	400 Freestyle Relay	40
41	200 Medley Relay	42
43	500 Freestyle	44

The Steve Barden Memorial Masters Swim Meet
Open Water Competition
Sanctioned by LMSC for USMS, Inc., Sanction # 136-06 OW

- Events:** ½ and 1 mile open water lake swims
- Date:** Saturday September 23rd, 2006
- Location:** Biltmore Lake (formally Enka Lake) Asheville, NC
- Directions:** Take I-40 West of Asheville to exit 44. Turn right onto Smokey Park Hwy, also 19/23. 1 mile to Sandhill Rd., then left at stoplight. Go ¼ mile through 1 traffic light to Lake Rd. on right.
- Entry fees:** USMS registered swimmers (\$10 entry fee + \$10 facility fee)
Note: \$10 facility fee covers open water event and pool swims.
Facility fee still required if only swimming open water event.
- OEVT one event registration is available to non-USMS swimmers, 18 years and older. Cost is \$16 plus a \$10 event fee.
- Note: The Open Water Competition will only take place with a minimum of 25 swimmers. If event is cancelled all monies will be refunded. Entry deadline: September 10th at 5.00pm.
- Race day:** **Check In & Registration:** 6:30 AM
Warm-up: 7:30 – 8:00 AM
Race Start: 8:30 AM
- Course details:** Race start will be at small beach area in waist deep water.
Triangular counter clockwise course (1 loop = ½ mile);
(2 loops = 1 mile). There will be a 90-minute time limit for racers to complete either course.
- Finish:** Finish will be on land short distance from lake. Officials will guide swimmers into chute where they will be asked to leave numbered swim cap.
- Safety:** The safety of swimmers will be priority with sufficient kayak and rescue boats as well as EMS personnel available.
- Parking:** Parking only permitted at Colbond Inc., 5 minute walk from lake.
No vehicles will be permitted to drop off swimmers.
Shuttle service will be available.
- Facilities:** Portable rest rooms will be available but there is no proper changing facility.
- Awards:** Awards will be given to 1st – 3rd place in the men's and women's divisions. Age groups 18-24, 25-29, 30-34, 35-39.....
Times and award will be given out at Asheville School.

The Steven Barden Memorial Masters Swim Meet

September 23-24, 2006

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Please Print Legibly

Name: _____ Club Affiliation: _____

Address: _____

City/State: _____ Zip: _____

Age (on Sept. 24th): _____ DOB: _____ Sex: M F

Daytime Phone: (_____) _____ - _____ Email: _____

2006 USMS Registration Number: _____

Saturday, Sept.23

W	M	Event	Time
1	2	Open Water 1/2 mi.	
3	4	Open Water 1 mi.	
5	5	Mixed Medley Relay	
6	7	100 Freestyle	
8	9	200 Backstroke	
10	11	50 Butterfly	
12	13	200 Individual Medley	
14	15	100 Breaststroke	
16	17	200 Butterfly	
18	19	50 Backstroke	
20	21	200 Freestyle Relay	

Sunday, Sept 24

W	M	Event	Time
22	22	Mixed Freestyle Relay	
23	24	200 Freestyle	
25	26	100 Individual Medley	
27	28	200 Breaststroke	
29	30	100 Butterfly	
31	32	400 Individual Medley	
33	34	100 Backstroke	
35	36	50 Breaststroke	
37	38	50 Freestyle	
39	40	400 Freestyle Relay	
41	42	200 Medley Relay	
43	44	500 Freestyle	

Facility Charge for USMS swimmers @ \$10 = \$ _____

OR

OEVT (One event membership for non-USMS swimmers) @ \$16 = \$ _____

Must complete form at the meet or send in advance.

The facility or OEVT fee covers both pool and open water events Sept. 23rd and 24th.

Number of pool events: _____ @ \$3 ea. = \$ _____

Number of pool relays: _____ @ \$4 ea. = \$ _____ (USMS swimmers only)

Open water event: _____ @ \$10 = \$ _____

Total: \$ _____

Entries payable to: Asheville Masters Swimming.

Mail to: Rodney Marett, 105 Beech Tree Drive, Black Mountain, NC 28711

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. Finally I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Signature: _____ **Date:** _____