

# THAT Devil Spring Splash

## March 29, 2008

Sponsored by: Tar Heel Aquatic Team (THAT)  
Sanctioned by: LMSC for NC for USMS, Sanction # 138-03  
Meet Director: Griff Helfrich  
Meet Referees: Pending

**LOCATION:** 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 a depth of 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. You must attach a copy of your 2008 USMS registration card to the entry form. No one-event USMS registrations. You must sign a waiver. Your age as of March 29, 2008 determines your age group for the meet. **Except for sprint lanes in warm-up and when competing, ANY ENTRIES IN WATER MUST BE FEET FIRST.**

**DEADLINE:** Entries must be **received** before 5:00 p.m. Saturday, March 22, 2008. No faxes accepted. Deck entries will be accepted as space allows but you are strongly encouraged to sign up in advance. If you have any questions, e-mail Griff Helfrich at [helfgr@email.unc.edu](mailto:helfgr@email.unc.edu).

**FEES:** Single fee of \$40.00 covers entry fee, facilities charge, and cost of the clinic. Late entries are \$45.00. No charge for relays. Make checks payable to Tar Heel Aquatic Team. Meet fees are non-refundable.

**ENTRIES:** Swimmers may swim up to 5 individual events. Mail entry form and fee to Griff Helfrich, THAT, 3020 Pickett Road, Suite 424, Durham, NC 27705. Checks need to be made out to Tar Heel Aquatic Team.

**AWARDS:** Custom awards.

**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](http://www.ncmasters.org) and will be sent to team representatives and the NC LMSC records chairperson.

**WARM-UP:** The clinic instruction will begin at 10:00 a.m. and run to 11:30 a.m. followed by a 45 minute warm-up until 12:15 pm. Sprint lanes will be designated with diving allowed from 12:00 – 12:15 p.m. (25 yard, one-way). The meet will start at 12:30 pm. Continuous warm-up/cool down lanes will be available throughout the meet in the diving well.

**SEEDING:** All events will be pre-seeded with the exception of the relays, which will be deck seeded by time. Deck entries will be added as space allows. In some cases, men and women may be combined if needed. All events will be swum slow to fast. Relays will follow USMS age groupings 25+, 35+, 45+, 55+, etc. Relay teams may be women, men or mixed.

**NOVICE EVENTS:** New this year for participants who have never swum in a masters swim meet and would like to give it a try without having to worry about turns. Four 25 yard swims (one for each stroke) have been added to the event list. The times/results for these events will not be eligible nor submitted to USMS for top 10 nor local/state/national/world records.

**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.

**OTHER:** No food or drinks may be brought into the facility.

## **THAT Swim Clinic**

This year's rendition of the THAT Devil Spring Splash features a swimmers clinic and a meet combination in a one day format. The clinic will be a short-axis tips/drills and long-axis tips/drills covering all four strokes with instruction given by THAT Master's Coaches including Jeff Dugdale, Griff Helfrich, and Brent Watkins. This group of coaches brings many years of expert instruction for swimmers and coaches at all levels. Come and be a part of this unique format and get instruction that will help you be a better competitor throughout the year. The clinic will be held prior to the meet from 10:00 a.m. to 11:30 a.m. Come and join the fun and make a big "Spring Splash"!!!

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## March 29, 2008

Warm-ups permitted from 11:30 a.m. – 12:15 p.m. Events begin at 12:30 p.m.

Name: \_\_\_\_\_ Street: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_.

E-mail Address: \_\_\_\_\_

Age as of 3/29/08: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

USMS Registration #: \_\_\_\_\_ (attach copy of USMS card) Team Initials: \_\_\_\_\_

Please circle event numbers, and specify stroke for 200 Open event:

Women's Event #	Entry Time	Event In Yards	Men's Event #	Entry Time
1	_____	200 Y IM	2	_____
3	_____	50 Y Fly	4	_____
5	_____	400 Y Free Relay (W, M, Mixed)	6	_____
		10 minute break		
7	_____	25 Y Free (Novices ONLY)	8	_____
9	_____	100 Y Breast	10	_____
11	_____	50 Y Back	12	_____
13	_____	100 Y Free	14	_____
		10 minute break		
15	_____	25 Y Fly (Novices ONLY)	16	_____
17	_____	100 Y Fly	18	_____
19	_____	50 Y Breast	20	_____
21	_____	100 Y IM	22	_____
23	_____	200 Y Free Relay (W, M, Mixed)	24	_____
		10 minute break		
25	_____	25 Y Breast (Novices ONLY)	26	_____
27	_____	100 Y Back	28	_____
29	_____	50 Y Free	30	_____
31	_____	200 Y Open -- Circle which stroke: Fly    Back    Breast	32	_____
		10 minute break		
33	_____	25 Y Back (Novices ONLY)	34	_____
35	_____	200 Y Free	36	_____
37	_____	200 Y Medley Relay (W, M, Mixed)	38	_____

**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 (print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Entry Fee (make check payable to Tar Heel Aquatic Team): **\$40** (\$45 after March 22, 2008)

Mail Entry form and fee to Griff Helfrich, THAT, 3020 Pickett Road, Suite 424, Durham, NC 27705