

# DUKE Spring Splash

## March 28, 2009

Sponsored by: Duke Aquatics (DUKE)  
Sanctioned by: LMSC for NC for USMS, Sanction # 139-03  
Co-Meet Directors: Gretchen Stuart / Filippo Porco  
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 2009 USMS registration card to the entry form. No one-event USMS registrations. You must sign a waiver. Your age as of March 28, 2009 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 21, 2009. 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 Gretchen Stuart at [gretchss@earthlink.net](mailto:gretchss@earthlink.net).

**FEES:** Single fee of \$30.00 covers entry fee, facilities charge. Late entries are \$35.00. No charge for relays. Make checks payable to Duke Aquatics. Meet fees are non-refundable.

**ENTRIES:** Swimmers may swim up to 5 individual events. Mail entry form and fee to Gretchen Stuart, at 100 Cross Creek Drive, Chapel Hill, NC 27514. Checks need to be made out to Duke Aquatics.

**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 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. 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.

**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.

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Warm-ups permitted from 10:00 – 10:50 a.m. Events begin at 11:00 a.m.

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

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

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

Age as of 3/28/09: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

USMS Registration #: \_\_\_\_\_ 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	_____	500 Y Free	2	_____
3	_____	200 Y IM	4	_____
5	_____	50 Y Fly	6	_____
7	_____	400 Y Free Relay (W, M, Mixed)	7	_____
		10 minute break		
9	_____	100 Y Breast	10	_____
11	_____	50 Y Back	12	_____
13	_____	100 Y Free	14	_____
		10 minute break		
15	_____	100 Y Fly	16	_____
17	_____	50 Y Breast	18	_____
19	_____	100 Y IM	20	_____
21	_____	200 Y Free Relay (W, M, Mixed)	21	_____
		10 minute break		
23	_____	100 Y Back	24	_____
25	_____	50 Y Free	26	_____
27	_____	200 Y Open -- Circle which stroke: Fly    Back    Breast	28	_____
		10 minute break		
29	_____	200 Y Free	30	_____
31	_____	400 Y IM	32	_____
33	_____	200 Y Medley Relay (W, M, Mixed)	33	_____

**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 Duke Aquatics): **\$30** (\$35 after March 21, 2009)

Mail Entry form and fee to: Gretchen Stuart, 100 Cross Creek Drive, Chapel Hill, NC 27514