

The 4th Annual Steve Barden Memorial Masters Swim Meet
September 26, 2009

- Sponsored by:** Asheville Masters Swimming, Inc.
- Sanctioned by:** LMSC for NC, for USMS, Inc. **Sanction # 139-05**
- Date & Location:** Saturday September 26th; Asheville School, Asheville North Carolina
- Directions:** Take I-40 West of Asheville to exit 44. Turn left onto Smokey Park Hwy, also 19/23. Precede 1 mile straight ahead past hotels and shopping centers. Follow Asheville School signs to drive on right.
- Meet Director:** Rodney Marrett
- Meet Referee:** James Keogh (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). **Please attach photocopy of current 2009 registration card to entry.** The 2009 USMS rules shall prevail. Relay swimmers must swim one individual event.
- Fees:** Ind. Events \$3, Relays \$4. Facility fee \$10. Fees must accompany entries and are non-refundable. Late and deck entries may be accepted, \$5 per event at the discretion of the Meet Director. A "No Time" (NT) will not be accepted; each entry must have a previous time. **Make checks payable to Asheville Masters Swimming, Inc. Send entries to Rodney Marett; 319 Old US 70 East, Black Mountain 28711**
- Deadline:** Entry deadline to be seeded is September 22nd, 2009.
- Awards:** Awards will be given for 1st-3rd 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.
- Lodging:** **Ramada-Asheville @ River Ridge**
800 Fairview Rd., Asheville, N.C. 28803
828-298-9141
www.ramadariverridge.com (9 miles, 15 min. from swim sites)
- Warm up:** Saturday Morning Session Warm-Up: 8:00-8:45 AM
Morning Competition Begins: 9:00 AM
Saturday Afternoon Warm-Up: 12:30-1:00 PM
Afternoon Competition Begins: 1:15PM

Order of Events

Saturday, September 26 Morning Session

<u>Women</u>	<u>Event</u>	<u>Men</u>
1	200 Mixed Medley Relay	
2	100 Freestyle	3
4	200 Backstroke	5
6	50 Butterfly	7
8	200 Individual Medley	9
		10 min. break before and after 400 Free
10	400 Freestyle Relay	11 Relay
12	100 Breaststroke	13
14	200 Butterfly	15
16	50 Backstroke	17
18	200 Freestyle Relay	19

Saturday, September 26 Afternoon Session

20	200 Mixed Freestyle Relay	
21	500 Freestyle	22
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
		10 min. break before and after 800 Free
39	800 Freestyle Relay	40 Relay
41	200 Medley Relay	42

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Please Print Legibly

Name: _____ Club Affiliation: _____

Address: _____

City/State: _____ Zip: _____

Age (on Sept 26th): _____ DOB: _____ Sex: M F

2009 USMS Registration Number: _____

Saturday Morning, September 26

<u>W</u>	<u>M</u>	<u>Event</u>	<u>Time</u>
1		200 Mixed Medley Relay	
2	3	100 Freestyle	
4	5	200 Backstroke	
6	7	50 Butterfly	
8	9	200 Individual Medley	
10	11	400 Freestyle Relay	
12	13	100 Breaststroke	
14	15	200 Butterfly	
16	17	50 Backstroke	
18	19	200 Freestyle Relay	

Saturday Afternoon, September 26

<u>W</u>	<u>M</u>	<u>Event</u>	<u>Time</u>
20		200 Mixed Freestyle Relay	
21	22	500 Freestyle	
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	800 Freestyle Relay	
41	42	200 Medley Relay	

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

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

Number of pool relays: _____ @ \$4 ea. = \$ _____

Total: \$ _____

Entries payable to: **Asheville Masters Swimming, Inc.**
 Mail to: **Rodney Marett; 319 Old US 70 East, Black Mountain 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:** _____