



SwimMAC Masters Holiday Hoot December 5, 2009

Sponsor: SwimMAC Masters (MAC)

Sanctioned: By LMSC for NC for USMS,

Sanction #: 139-08

Meet Director: Patty Waldron (704)846-5335, ext: 2109

Meet Referee: Kent Easty

Facility: Mecklenburg Aquatic Club
9850 Providence Road
Charlotte, NC 28277
(704) 846-5335

The MAC Swim Center is a 30,000 square-foot facility featuring a 50-meter by 25-yard Paddock Pool racing tank. In the 10-lane 25 yard competition course, pool depth ranges from 6 to 12 feet with lanes that are 8-foot wide. Up to 10 lanes will be available for continuous warm-up and warm-down. The facility also features a Colorado 5000 system and 10-lane scoreboard. There is bleacher seating for 600 competitors and spectator. The meet will be conducted in a 25 yard course.

Rules: USMS rules govern the meet. You must attach a copy of your 2009 or 2010 USMS registration card to the entry form. No day of event USMS registrations. Swimmers are limited to 5 individual events. You must sign a waiver. Your age as of 12/05/2009 determines your age group in 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 midnight Monday November 23, 2009. Entries may be emailed to pwaldron@swimmaccarolina.org or faxed to (704)846-5835. Send email address with fax to receive confirmation entry has been received. Entries, entry form, copy of USMS card and check should be sent to: **Meet Director, c/o Patty Waldron Holiday Hoot Swim Meet, 9850 Providence Road, Charlotte, NC 28277.**

Deck entries will be accepted on a first come, first served basis, based upon lane availability. No additional heats will be created. Athletes already in the meet will not be charged for deck entries not to exceed the entry limit of 5 individual events. SWIMMERS ARE ENCOURAGED TO SIGN UP IN ADVANCE. **All entries must be accompanied by a copy of the athlete's current 2009 or 2010 USMS registration. Entries may be emailed, but the check and USMS registration must be received by the deadline, midnight Monday November 23, 2009.**

Fees: \$20.00 participation fee. No fees for relays.

Mail entry form and fee to:
c/o Patty Waldron
Meet Director Holiday Hoot Swim Meet,
9850 Providence Road, Charlotte, NC 28277

Checks need to be made out to SwimMAC Carolina.

Awards: Custom Holiday Hoot Awards

Scoring: Individual events will be scored by place, 1st through 8th as follows: 1st= 10 pts, 2nd=8 pts., 3rd=7 pts, 4th=5 pts., 5th=4 pts., 6th=3 pts., 7th=2 pts., and 8th=1 pt. The athlete in the age group with the highest point total will win high point for the age group. Athletes must swim 4 individual events to be eligible for a High Point Award. If an athlete swims 5 events, the lowest point value will be dropped to determine High Point Award winner based off 4 events. Meet results will be posted on NCMASTERS.ORG and to the NCMS records chairperson.

Warm-up: General warm-up will begin at 12:45pm. There will be sprint lanes designated with diving allowed from 1:30pm-1:45pm. Continuous warm-up/cool down lanes will be available throughout the meet.

Events & Athletes may select only one distance per stroke and select an IM to make up their 5 individual events.

Seeding: All events will be pre-seeded. Sexes may be combined if needed in any and all events. All events will be swum slow to fast.

Directions to the Pool: North from the intersection of Interstate 485 and NC rte 16 (Providence Rd) . Take a left onto Providence Road (16). Go to your second light, and look for the entrance to Charlotte Latin School on your left. Once entering the main drive, take the first left, then another first left. Go to the top of the little incline and you will see a 30,000 square foot building. There is ample parking at the pool.

Meet Results: Official Meet results will be available at <http://www.ncmasters.org/results.html> in pdf form.

Other: There are snack & drink machines and a snack bar. Please eat food or drinks in the viewing room. Several excellent restaurants are nearby within a few miles north and south of the pool.

ORDER OF EVENTS FOR YOUR RECORDS

Ladies' Events	Event in Yards	Men's Events
Saturday, December 5: Warm-up starts at 12:45pm. Events start at 1:45pm		
1	200 Free Relay	2
	5 minute Break	
3	50 Fly	4
5	100 Fly	6
7	200 Fly	8
9	50 Bk	10
11	100 Bk	12
13	200 BK	14
	5 minute Break	
15	800 Free Relay	16
	5 minute Break	
17	50 Brst	18
19	100 Brst	20
21	200 Brst	22
23	50 Free	24
25	100 Free	26
27	200 Free	28
	5 minute break	
29	100 IM	30
31	200IM	32
33	400IM	34
35	5 minute break	36
37	200 Mixed Medley Relay	38



Hoooooot!!!!!!

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Name: _____ Street: _____

City/State: _____ Zip: _____ Phone: (____) _____

Age (as of 12/05/09): _____ Birth date: _____ Sex: MF

USMS Reg. Number: _____ (Copy of 2009 or 2010 USMS card attached to entry)

Team Name: _____ Email Address: _____

ENTRY TIMES

Ladies' Events	Event in Yards	Men's Events
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23	50 Free	24
25	100 Free	26
27	200 Free	28
	5 minute break	
29	100 IM	30
31	200IM	32
33	400IM	34
35	5 minute break	36
37	200 Mixed Medley Relay	38

Number of events entered _____ (\$20.00 Participation Fee;5 event maximum individual entry).

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 _____