



2010 OHIO STATE MASTERS SHORT COURSE YARDS (SCY) SWIM MEET
ELLEN SHAPIRO NATATORIUM
515 OLDMAN ROAD, WOOSTER, OH 44691
MARCH 6-7, 2010

USMS SANCTION: # 18-030060710-SCY

- DATES** Sat., March 6, 2010. Warm-ups: 3:00 p.m. Deck entries until 3:50 p.m. Meet: 4:00 p.m.
Sun., March 7, 2010. Warm-ups: 8:00 a.m. Deck entries until 8:50 a.m. Meet: 9:00 a.m.
- POOL** The Ellen Shapiro Natatorium, 515 Oldman Road, Wooster, OH, is recognized as a premier facility in North-Central Ohio. We are fortunate to be able to use this pool through the cooperation of the Wooster YMCA, Wooster Dept. of Recreation, and Wooster High School. We will use the 8-lane, 25-yard course. There will be ample space for warm-up during the meet. The pool is equipped with antiturbulent lane lines and automatic timing with an eight-lane readout board.
- LOCATION** The Natatorium is attached to the Wooster High School and Community Recreation facility which is in the northern area of Wooster. Park in the west parking lot of the high school and enter the doors immediately from the parking lot.
- Directions from Cleveland: take I-71 south to Ohio 83 south (exit 204), travel several miles past the shopping complex with Wal-Mart and several restaurants. Proceed to Burbank Road which bears right when Ohio 83 goes straight. Proceed to the first stop light at Oldman Road, turn right on Oldman Road and go past the high school to the west parking lot.
- Directions from other destinations: take Route 585 or Route 30 into Wooster and proceed to Ohio 3 Bypass North on Route 3 to Friendsville Rd. Turn left on Friendsville Rd. (south) which becomes Burbank Road to Oldman Road. Turn right on Oldman Road and proceed to the west parking lot.
- ELIGIBILITY** 2010 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, all swimmers must be registered U.S. Masters Swimmers. Applications for 2010 registration will be available at the meet (\$40.00). For another \$5.00 you can become a member of O*H*I*O Masters Swim Club. Please send a copy of your USMS card with your entry form. Limit 5 individual events per day. Only swimmers entered in the meet can participate in relays.
- AGE GROUPS** Age of competitors on March 7, 2010 will determine age group. Age groups are: 18-24, 25-29, 30-34, . . . , 80-84, 85-89, etc. For relays: age group is determined by the youngest swimmer: 18+, 25+, 35+, 45+, etc. Only registered clubs can enter relays. Relay only swimmers need only complete the entry form and pay the surcharge fee.
- AWARDS** Individual events: first-place medal, second, third, fourth, fifth, and sixth-place ribbons. Relays: first place ribbons. For those who have too many medals and ribbons, we offer alternate awards – coupons – for first, second and third place in individual events and first place in relays.
- SEEDING** Heats will be formed by submitted times, regardless of age or sex, and progress from fast to slow to "No Time" and deck entries. Relays are entered and seeded on deck only.
- DEADLINE** Entries must be received March 3, 2010. Deck entries will be accepted until 8:50 a.m. on Sunday, except for Event 19 (500 yd. freestyle). Relays are deck entry only.
- FEES** Fees must accompany entry forms. Individual events: \$5.00. Timing Surcharge: \$5.00. Deck entries: \$6.00 per event. Relays can only be deck entered. There is no charge for relay entries. Make checks payable to **O*H*I*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Richmond Heights, Ohio 44143**.
- OPEN EVENTS** - We offer "Open" events on late Saturday afternoon to allow people to swim events that would otherwise be too close together on Sunday. A stroke swum in an open event may not be repeated the next day. Results of the open events are combined with the results on Sunday.

MOTELS The following motels are available in or near Wooster:

Days Inn, North 5 minutes from pool.	789 Milltown Rd. & Route 3	330-345-1500
Hampton Inn, Wooster 5 minutes from pool.	4253 Burbank Road	330-345-4424
Hilton Garden Inn, Wooster 10-15 minutes from pool via Route 3 bypass.	959 Dover Road	330-202-7701

SOCIAL On Saturday night at approximately 8 p.m., a full course dinner reservation at South Market Bistro, where O*H*I*O Masters member, Michael Olier, is the chef, will be made by Gerry Meyer. Please contact Gerry at 216-651-7928 or via E-mail at gerbetmeyer@adelphia.net to be included in the reservation.

ORDER OF EVENTS

Saturday, March 6, 2010

1. 50 yd Freestyle Open
2. 50 yd Backstroke Open
3. 50 yd Breaststroke Open
4. 50 yd Butterfly Open
5. 400 yd Individual Medley
6. 100 yd Freestyle Open
7. 100 yd Backstroke Open
8. 100 yd Breaststroke Open
9. 100 yd Butterfly Open

OPEN EVENTS MAY NOT BE REPEATED ON SUNDAY

10. 100 yd Individual Medley Open
11. 200 yd Freestyle Open
12. 200 yd Backstroke Open
13. 200 yd Breaststroke Open
14. 200 yd Butterfly Open
15. 200 yd Individual Medley Open
16. 800 yd Freestyle Relay
17. 1,000 yd Freestyle
18. 1,650 yd Freestyle

Sunday, March 7, 2010

- *19. 500 yd Freestyle
20. 200 yd Butterfly
21. 400 yd Free Relay
22. 100 yd Backstroke
23. 50 yd Freestyle
24. 200 yd Breaststroke
25. 200 yd Medley Relay
26. 50 yd Butterfly
27. 100 yd Freestyle
28. 200 yd Individual Medley

29. 100 yd Breaststroke
30. 50 yd Backstroke
31. 100 yd Butterfly
32. 200 yd Free Relay
33. 200 yd Freestyle
34. 50 yd Breaststroke
35. 200 yd Backstroke
36. 100 yd Indiv. Medley
37. 400 yd Medley Relay

* No deck entries for event 19

MEET DIRECTOR Kevin McCardle/ Tom Gorman

RESULTS will be posted on www.ohiomasters.com usually within a day or two.

ENTRY FORM

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March 6-7, 2010
USMS SANCTION: # 18-03060710-SCY

NAME _____ SEX ____ AGE ON MAR. 7, 2010 ____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE _____ TEAM _____ or UNattached ____ USMS # _____ (with copy of card)

Saturday, March 6, 2010 OPEN EVENTS MAY NOT BE REPEATED ON SUNDAY

- | | | | |
|-----------------------------|-------|-------------------------------|------------|
| 1. 50 yd Freestyle Open | _____ | 10. 100 yd Indiv. Medley Open | _____ |
| 2. 50 yd Backstroke Open | _____ | 11. 200 yd Freestyle Open | _____ |
| 3. 50 yd Breaststroke Open | _____ | 12. 200 yd Backstroke Open | _____ |
| 4. 50 yd Butterfly Open | _____ | 13. 200 yd Breaststroke Open | _____ |
| 5. 400 yd Indiv. Medley | _____ | 14. 200 yd Butterfly Open | _____ |
| 6. 100 yd Freestyle Open | _____ | 15. 200 yd Indiv. Medley Open | _____ |
| 7. 100 yd Backstroke Open | _____ | 16. 800 yd Freestyle Relay | XXXXXXXXXX |
| 8. 100 yd Breaststroke Open | _____ | 17. 1,000 yd Freestyle | _____ |
| 9. 100 yd Butterfly Open | _____ | 18. 1,650 yd Freestyle | _____ |

Sunday, March 7, 2010

- | | | | |
|--------------------------|---------------|--------------------------------|------------|
| 19. 500 yd Freestyle | No Deck entry | NO DECK ENTRIES FOR EVENT # 19 | |
| 20. 200 yd Butterfly | _____ | 29. 100 yd Breaststroke | _____ |
| 21. 400 yd Free Relay | XXXXXXXXXX | 30. 50 yd Backstroke | _____ |
| 22. 100 yd Backstroke | _____ | 31. 100 yd Butterfly | _____ |
| 23. 50 yd Freestyle | _____ | 32. 200 yd Free Relay | XXXXXXXXXX |
| 24. 200 yd Breaststroke | _____ | 33. 200 yd Freestyle | _____ |
| 25. 200 yd Medley Relay | XXXXXXXXXX | 34. 50 yd Breaststroke | _____ |
| 26. 50 yd Butterfly | _____ | 35. 200 yd Backstroke | _____ |
| 27. 100 yd Freestyle | _____ | 36. 100 yd Indiv. Medley | _____ |
| 28. 200 yd Indiv. Medley | _____ | 37. 400 yd Medley Relay | XXXXXXXXXX |

ENTRY FEES: Individual events _____ x \$5.00 = \$ _____
Deck Entries _____ x \$6.00 = \$ _____
Surcharge (includes relay only swimmers) = \$ 5.00
Discount (O*H*I*O swimmers only) (\$3.00) = \$ _____ (not for deck entries)
TOTAL: _____

Deadline : March 3, 2010. Make checks payable to: **O*H*I*O MASTERS SWIM CLUB**

Mail to: Meet Director, P.O. Box 43824, Richmond Heights, Ohio 44143

Release by Participant from Liability:

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.

Signature _____ Date _____

Sanctioned by Lake Erie LMSC for USMS, Inc. # 18-03060710-SCY