



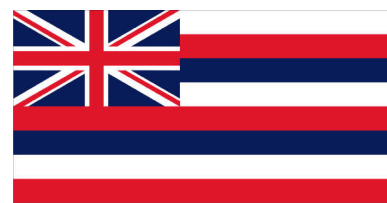
HAWAII MASTERS SWIMMING

May Day Meet (LCM)

May 1, 2010 – Duke Kahanamoku

Aquatics Center

Hosted by UH Masters Swim Club



Sanctioned by: US Masters Swimming & Hawaii Masters Swim Assn
Sanction No: S390-P003
Entry Deadline: Monday, April 26th, 8pm (Postmarked April 24)
Registration Deadline: Must be USMS registered by entry date.

Meet Director: Jennifer Jackson, 956-7772, jljackso@hawaii.edu
Meet Referee: Marcelle Arakaki or designate
Entry Contact: Jennifer Jackson, 956-7772, jljackso@hawaii.edu

VENUE: Duke Kahanamoku Aquatics Center, 1337 Lower Campus Road, Honolulu, HI 96822

COURSE: Long Course Meters. Competition Pool 8 lanes, 50m X 25yd facility. 8 LANE 25yd warm-up pool

RULES: The meet will be conducted in accordance with current US Masters Swimming and Hawaii Masters Swim Association rules. Meet Marshals, with concurrence of the Meet Referee, shall have full authority to remove or have removed from the vicinity of the competition anyone whose behavior or actions are unsafe or are disrupting the orderly conduct of the meet.

FORMAT: Timed finals for all events. Seeded and swum slowest to fastest.

TIMING: Automatic timing system with manual backup.

DIVISIONS: Male and Female, 19-24, 25-29, 30-34, 35-39, 40-44, etc. to highest age group. Genders and Divisions may be swum combined with results ranked separately.

EVENT SCHEDULE: See attached list of events.

ELIGIBILITY: All athletes MUST be currently USMS registered and their registration number must be included with their entry.

ENTRY REQUIREMENTS:

ENTRY LIMITS: Athletes may enter a maximum of 5 individual events plus 2 relay events.

ENTRY PROCEDURES: Entries must be RECEIVED NO LATER than April 24, 2010. No late entries will be accepted at the meet. Mail entry form, a copy of your 2010 USMS card and check to: University of Hawaii Swimming, c/o UH Masters Swim Club, 1337 Lower Campus Road, Honolulu HI 96822

Questions: Meet Director, Jennifer Jackson (808) 956-7772, jljackso@hawaii.edu

ENTRY FEES: \$15 Entry Fee, \$2 per event. No Fees for Relays. Please make **Checks Payable to: University of Hawaii**

SCRATCHES: Scratches are due to the Clerk of Course one (1) hour before the scheduled start of the session. Exceptions must see the Meet Referee.

WARM-UPS: General Warm Up, 7:30-8:45am. Meet Starts at 9am. Warm up and Warm down will be available during competition.

AWARDS:

RESULTS: Results will be posted on the Hawaii Masters Swimming Assn website (www.hawaiianswimming.org), and will be submitted for "Top Times" and to USMS for their database.

OFFICIALS:

HOSPITALITY: Refreshments will be available for Officials during the meet.

ADDITIONAL INFORMATION: Check In is required for all events. Check in for 1500m will close at 8:15am, all other events will close at 9:30am

In concert with this swim meet, Hawaiian Masters Swimming Association will be holding their annual meeting including elections and a vote on updating bylaws to be in compliance with national USMS requirements.



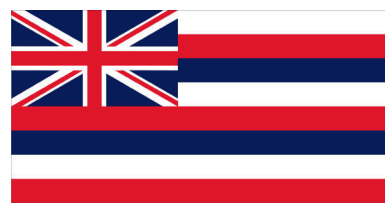
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Swimmers may swim 5 individual events plus 2 relay.

Session 1. Warm Up: 7:30-8:45 a.m. Meet Start: 9:00 a.m.						
Time Std	Entry Time	Women	EVENT	Men	Entry Time	Time Std
		1	1500M Freestyle	2		
		3	200M Free Mixed Relay -			
		5	100M Butterfly	6		
		7	200M Freestyle	8		
		9	100M Breaststroke	10		
		11	50M Freestyle	12		
		13	200M IM	14		
		15	400M Free	16		
		17	100M Backstroke	18		
		19	50M Butterfly	20		
		21	400M IM	22		
		23	100M Freestyle	24		
		25	50M Breaststroke	26		
		27	50M Backstroke	28		
		29	200M Medley Mixed Relay -			

Name				USMS#		
Address	Street			Birthdate		
	City	State	Zip	Race Age	Sex	
Phone	Home		Cell	Email(s)		
	(in case we need to contact race day)			<small>(To send entry confirmation, race instructions, updates & results)</small>		
Payment	Meet Fee		\$15	Cash Check #		
	Fees for Events		\$2	Please Make Payable to: UNIVERSITY OF HAWAII		
	Total					

WAIVER: All swimmers must sign the appropriate liability waiver below in order to participate.

USMS Waiver

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. (rule book article 203.1)

Signature _____ Date: _____