



CRAWFISH AQUATICS  
Long Course Meters Championship



- Date:** Saturday July 26, 2008  
Sunday July 27, 2008
- Times:** Saturday July 26, 2006  
Warm-up 8:00 AM  
Meet Starts 9:00 AM  
Sunday July 27, 2006  
Warm-up 8:00 AM  
Meet Starts 9:00 AM
- Sanction:** Sanctioned by Southern Masters Swimming for USMS Inc.,  
Sanction Number **248-003**
- Facility:** Ketcham Fitness Center Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge. Indoor, 8-lane 50 meter course, depth 13 feet at starting end, 13 feet at turning end; one lane will be available for warm-up/warm-down during the meet.
- Rules** 2008 USMS Rules shall govern.
- Eligibility:** All participants must be registered with United States Masters Swimming. A copy of your 2008 USMS card is required with the completed entry.
- Entries:** Swimmers may enter a maximum of five individual events per day, plus relays.
- Deadline** All entries must be must be received by 6:00 PM Friday July 18. Deck entries will be accepted at the discretion of the meet director. There will be a \$5.00 surcharge for deck entries.
- Fees:** \$30.00 per swimmer charge
- Entries:** Prior to July 18, please mail completed entry form, copy of USMS card, and check (payable to Crawfish Aquatics) to:  
  
Jeff Maynor  
Crawfish Aquatics LCM Championships  
8276 Menlo Dr.  
Baton Rouge, LA 70808  
  
Entries can also be sent by E-mail to [jmaynor@alumni.lsu.edu](mailto:jmaynor@alumni.lsu.edu); a copy of the USMS card and entry fees (including any applicable late fee) will be collected upon arrival at the meet.
- Seeding:** All events (except the 1500 meter Free) will be seeded slow to fast without regard to age. The 1500 meter Free will be seeded mixed and fast to slow

without regard to age. There will be a short break between relays and distance swims on Saturday and Sunday.

**Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, etc.  
Relays 18+, 25+, 35+, 45+, etc.

**Scoring:** Individual events: 9-7-6-5-4-3-2-1. Relays are double points.

**Results:** Will be available on the Internet at [www.crawfishaquatics.com](http://www.crawfishaquatics.com) or mailed to you upon request.

**Director:** Nan Fontenot at (225) 766-7957. E-mail at "Randy Fontenot" <rnkcfont@cox.net>

**Awards:** Trophies will be awarded to top 3 teams. Ribbons will be provided for all events.

#### Order of Events

Saturday July 26, 2008	Sunday July 27, 2008
Warm-up 8:00 a.m.	Warm-up 8:00 a.m.
Meet Starts 9:00 a.m.	Meet Starts 9:00 a.m.
400 IM	400 Free
200 Free	200 IM
50 BR	50 Free
100 Fly	100 Back
50 Back	200 Fly
200 Breast	100 Breast
200 Back	50 Fly
200 Free Relay	100 Free
200 Mixed Medley Relay	200 Medley Relay
1500 Free	200 Mixed Free Relay

**\*\*ENTRY FORM\*\***  
**CRAWFISH AQUATICS**  
**LONG COURSE METER CHAMPIONSHIP**

Sanctioned by Southern Masters Swimming for USMS Inc., Sanction Number

Name: \_\_\_\_\_ Age (as of 12/31/2008): \_\_\_\_\_ Sex: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/State: \_\_\_\_\_  
 E-Mail Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
 USMS #: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_

Circle desired event numbers and list seedtime in yards (NT for no time). Limit of five individual events per day.  
 Relays deck entered.

Saturday July 26, 2008				Sunday July 27, 2008			
Warm-up 8:00 a.m. Meet 9:00 a.m.				Warm-up 8:00 a.m. Meet 9:00 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
3	4	400 IM		21	22	400 Free	
5	6	200 Free		23	24	200 IM	
7	8	50 Breast		25	26	50 Free	
9	10	100 Fly		27	28	100 Back	
11	12	50 Back		29	30	200 Fly	
13	14	200 Breast		31	32	100 Breast	
15	16	200 Back		33	34	50 Fly	
17	18	200 Free Relay	xxxxxxxx	35	36	100 Free	
19		200 Mixed Medley Relay	xxxxxxxx	37	38	200 Medley Relay	xxxxxxxx
		1500 Free		39		200 Mixed Free Relay	xxxxxxxx

\* There will be a short break between relays and distance swims on Saturday

**LIABILITY RELEASE:**

*"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: \_\_\_\_\_

**Entries must be received by**  
**Friday July 18, 2008**  
 Mail entries to:  
 Jeff Maynor  
 Crawfish Aquatics LCM Championships  
 8276 Menlo Dr.  
 Baton Rouge, La 70808

<p><b>Fees: Payable to Crawfish Aquatics</b>  <b>\$30 per swimmer</b></p>
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