



DIXIE ZONE CHAMPIONSHIPS
Sponsored by CRAWFISH AQUATICS
Short Course Yards Championship



Date: Friday March 16, 2012
Saturday March 17, 2012
Sunday March 18, 2012

Times: Friday, March 16, 2012
Warm-up 5:00 p.m.
Meet Starts 5:45 p.m.
Saturday March 17, 2012
Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.
Sunday March 18, 2012
Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.

Sanction: Sanctioned by Southern Masters Swimming for USMS Inc.

Facility: Ketcham Fitness Center Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge. Indoor, 8-lane 25 yard course, depth 13 feet at starting end, 4 feet at turning end; 30 yard pool available for warm-up during the meet.

Rules 2012 USMS Rules shall govern.

Eligibility: All participants must be registered with United States Masters Swimming. A copy of your 2012 USMS card is required with the completed entry.

Entries: Swimmers may enter a maximum of five individual events per day, plus relays.

Deadline: All mailed entries must be received by March 10, 2012. Additional \$5.00 for late entries. Late entries accepted where space is available.

Online Entries: Online entry is available for this meet, and can be found at the following link. Online entries will open on November 15th and close on March 15th.

https://www.clubassistant.com/club/meet_information.cfm?c=1821&smid=3463

Fees: \$30.00 per swimmer for the full meet
\$18.00 per swimmer for one day
\$10.00 per swimmer swimming only the mile

Entries: Prior to March 10, 2012, please mail completed entry form, copy of USMS card, and check (payable to Crawfish Aquatics) to:

Jeff Maynor
Crawfish Aquatics SCY Championships
8276 Menlo Dr.
Baton Rouge, LA 70808

Entries can also be sent by E-mail to 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 1650 yard Free) will be seeded slow to fast without regard to age. The 1650 yard Free will be seeded 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

Director: Nan Fontenot (225) 769-4323 Email – swimcraw@crawfishaquatics.net

Awards: Special awards for top three teams. Ribbons will be provided for all events.

Hotel: Renaissance Hotel – located next to the swimming pool.
Will have special rates - \$109 per night.
Check Crawfish or SMS site for discount prices and registration.
<http://www.marriott.com/Baton-Rouge>

Order of Events

Friday March 16, 2012	
Warm-up 5:00 p.m.	
Meet Starts 5:45 p.m.	
1650 Free	
Saturday March 17, 2012	Sunday March 18, 2012
Warm-up 9:00 a.m.	Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.	Meet Starts 10:00 a.m.
400 IM	500 Free
200 Free	200 IM
200 Breast	100 Free
50 Back	200 Fly
100 Fly	100 Breast
200 Back	50 Fly
100 IM	50 Free
50 Breast	100 Back
200 Free Relay	200 Medley Relay
200 Mixed Medley Relay	200 Mixed Free Relay

****ENTRY FORM****
DIXIE ZONES CHAMPIONSHIPS
CRAWFISH AQUATICS
SHORT COURSE YARD CHAMPIONSHIP

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: _____ Age (as of 3/16/2012): _____ 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.

Friday, March 16, 2012							
Warm-up 5:00 p.m., Meet 5:45 p.m.							
W	M	Event	Seed Time				
1	2	1650 Free					
Saturday, March 17, 2012				Sunday, March 18, 2012			
Warm-up 9:00 a.m. Meet 10:00 a.m.				Warm-up 9:00 a.m. Meet 10:00 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
3	4	400 IM		23	24	500 Free	
5	6	200 Free		25	26	200 IM	
7	8	200 Breast		27	28	100 Free	
9	10	50 Back		29	30	200 Fly	
11	12	100 Fly		31	32	100 Breast	
13	14	200 Back		33	34	50 Fly	
15	16	100 IM		35	36	50 Free	
17	18	50 BR		37	38	100 Back	
19	20	200 Free Relay	xxxxxxxx	39	40	200 Medley Relay	xxxxxxxx
21	22	200 Mixed Medley Relay	xxxxxxxx	41	42	200 Mixed Free Relay	xxxxxxxx

* There will be a short break between relays and distance swims on Sunday.

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
Saturday March 10, 2012

Mail entries to:
 Jeff Maynor
 Crawfish Aquatics SCY Championships
 8276 Menlo Dr.
 Baton Rouge, La 70808

Fees: Payable to Crawfish Aquatics

\$30.00 per swimmer for the full meet \$18.00 per swimmer for one day \$10.00 per swimmer swimming only the mile Send copy of 2012 USMS registration card
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