

CRAWFISH AQUATICS
Short Course Yards Relay Meet
January 7, 2012

Date: Saturday, January 7, 2012

Times: Warm-Up & Registration 9:00 AM
Registration Closes 9:45 AM
Meet Starts 10:00 AM

Sanction: **Sanctioned by Southern Masters Swimming for USMS, Inc.**

Facility: Ketchum Fitness Center Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge, LA. 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 completed entry.

Relay Eligibility: Each of the four members of any relay team must be properly registered with the same USMS club or workout group. Unattached swimmers may not swim on relay teams, except for events 6, 9 and 12.

Entries: There is no limit on the total number of relays each person can swim, provided a swimmer may swim each relay event only once.

Deadline: All entries must be received by January 2, 2012. Additional \$5.00 for late entries. Late entries will be accepted where room is available.

Fees: In place of a fee, we will be collecting canned goods and non-perishable items for The Greater Baton Rouge Food Bank. Please be generous.

Entries: Prior to January 2, 2012, please mail completed Entry Form (Teams) or Indication of Interest form (SMS swimmers) along with a copy of your 2012 USMS card to:

Jeff Maynor
Crawfish Aquatics SCY Relay Meet
8276 Menlo Drive
Baton Rouge, 70808

Entries can also be sent via e-mail to: jmaynor@alumni.lsu.edu; a copy of the USMS card (and any applicable late fee) will be collected upon arrival at the meet.

Seeding: All events will be seeded slowest to fastest without regard to age group.

Age Groups: The age of the youngest swimmer determines the age group of the relay team. Relay age groups are: 18+, 25+, 35+, 45+, etc. Ages are determined in whole years as of January 7, 2012. Designate A, B, C, etc. if you have more than one relay in the same age group.

Scoring: This meet will not be scored.

Results: Will be available at www.crawfishaquatics.com, or e-mailed upon request.

Liability Release: Each swimmer must sign a liability release upon registration at the meet, before being allowed to swim for the day. The release is as follows:

"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 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 OF 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."

Director: Nan Fontenot; Phone: (225) 769-4323; E-mail: swimcraw@bellsouth.net

Order of Events:

Event #	Event
1	Women's 800 Free Relay
2	Men's 800 Free Relay
	10 Min Break
3	Mixed 400 Free Relay
4	Women's 400 Medley Relay
5	Men's 400 Medley Relay
6	Mixed 500 Free Pyramid Relay*
	10 Min Break
7	Women's 400 Free Relay
8	Men's 400 Free Relay
9	Mixed 8-person 400 Medley Relay*
	10 Min Break
10	Mixed 400 Medley Relay
11	Mixed 800 Free Relay
	10 Min Break, to prep for relay
12	Mixed 200 Inner Tube Relay*

*Mixed Fun Relays will be swum as follows:

Mixed 500 Free Pyramid Relay – Each relay is comprised of 5 swimmers, swimming the following distances in the following order: 50, 100, 200, 100, 50.

Mixed 8-person 400 Medley Relay – Each relay is comprised of 8 swimmers. Each leg of the relay is 25 yards long. Each swimmer must swim two legs of the relay. Each swimmer may not swim the same stroke twice, nor may any swimmer swim two consecutive legs on the relay.

Mixed 200 Inner Tube Relay – Inner tubes will be provided by Crawfish Aquatics. Each relay is comprised of 4 swimmers, each swimming 50 yards with an inner tube. During the first 25 yards of each leg of the relay, the swimmer must sit in the inner tube. During the second 25, the swimmer may use any means to get the inner tube to the other end of the pool, provided that the swimmer is in constant contact with the inner tube.

**** Indication of Interest Form ****
For Southern Masters swimmers
Crawfish Masters SCY Relay Meet January 7, 2012

Instructions: Indicate which relays you would like to swim, plus preferred stroke and split if you have one. Mail your entry form, along with a copy of your 2012 USMS card to Jeff Maynor at the below address, or send via e-mail to jmaynor@alumni.lsu.edu. We will put together SMS relays based on interest.

Name: _____; Age (as of 1/7/2012) _____; Sex: _____
 Address: _____; City/State: _____
 E-Mail Address: _____; Zip Code: _____
 USMS #: _____; Phone: _____

Event #	Event	Preferred Stroke(s)	Split Time(s)
1	Women's 800 Free Relay		
2	Men's 800 Free Relay		
	10 Min Break		
3	Mixed 400 Free Relay		
4	Women's 400 Medley Relay		
5	Men's 400 Medley Relay		
6	Mixed 500 Free Pyramid Relay*		
	10 Min Break		
7	Women's 400 Free Relay		
8	Men's 400 Free Relay		
9	Mixed 8-person 400 Medley Relay*		
	10 Min Break		
10	Mixed 400 Medley Relay		
11	Mixed 800 Free Relay		
	10 Min Break, to prep for relay		
12	Mixed 200 Inner Tube Relay*		

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 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 OF 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 Monday, January 2, 2012

Include copy of 2012 USMS card.

Mail entries to:
 Jeff Maynor
 Crawfish Aquatics SCY Relay Meet
 8276 Menlo Drive
 Baton Rouge, 70808