



2010 Dixie Zone Swimming Championships Short Course Meters – December 3-5, 2010

- Sanctioned By:** Southern Masters Swimming for United States Masters Swimming, Inc. Sanction # 2410-004
- Sponsored By:** Allstate Sugar Bowl
- Hosted By:** Southern Masters Swimming
- Meet Referee:** Larry Wong **Meet Director:** Janice Roth
- Entry Chairman:** John E. Roth, Jr. - 104 Yellowstone Street, Kenner, La. 70065
Phone: H (504) 469-3119 C (504) 390-9331
E-mail: jerothjr@cox.net
- Location:** University of New Orleans Lakefront Arena Swim Center
6801 Franklin Avenue
New Orleans, La.70148
- Date & Times:** Friday, December 3, 2010 Warm-ups = 5:00 PM; Events = 6:00 PM
Saturday, December 4, 2010 Warm-ups = 10:00 AM; Events = 11:00 AM.
Sunday, December 5, 2010 Warm-ups = 9:00 AM; Events =10:00 AM.
- Facilities:** Indoor 8 lane 50-meter pool with non-turbulent racing lane ropes. All races conducted on a 25-meter course. A warm-up lane will be available during the meet each day. Showers and lockers will be available. Full scoreboard for results in each lane.
- Timing:** Colorado automatic timing system with touch pads will be the primary system. Secondary system will be manual-electronic with 1 button and 1 digital watch per lane, with a second watch on first place in each heat.
- Rules:** Current United States Masters Swimming technical rules and code of regulations will govern this meet.
- Eligibility:** All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of December 31, 2010. Include a copy of your current USMS registration card. If your entry is close to the deadline, and you have not registered with USMS, send your filled out USMS registration application and separate check in with your entry or bring your USMS registration application to the swim meet. On line registration is now available at the following web site: <http://www.usms.org/reg/> You get your registration card right a way.
- Results:** Swimmers will also receive a PDF file of full meet results via E-mail. All requests for a mailed hard copy can be made either by checking the block on the meet entry form or turning in a request to receive a “hard” copy of the meet results with your name, mailing address, and zip code.
- Liability Release:** Each entered swimmer must sign the liability release on the entry form.

Conduct of Meet:

- All events will be timed finals. Except for the 1500 and 400 freestyle, events will be seeded slowest to fastest by submitted entry times.
- The 1500 and 400 freestyle events will be deck seeded.
Check-in will close 15 minutes prior to the start of these events.
- The 400 free will swim fastest to slowest, alternating women and men's heats.
- The 1500 free will swim fastest to slowest, with women and men seeded in each heat.
- Entries are due on Monday, November 29, so as to seed the meet and print heat sheets. If you are mailing your entry after Wednesday, 11-24-2010, email a copy of your entry and registration card to jerothjr@cox.net to ensure entry by deadline.
- All late entries (after 11-29-10) will be taken at the discretion of the Entry Chairman and seeded in open lanes only. Late entries must pay an additional late fee of \$5.00.
- There will be no changing of events after entry deadline.
- All participating swimmers will receive a meet packet with a copy of the meet heat sheet, and maybe some other surprises.
- A Witness to Faith service will be conducted on Sunday at 9:45 AM in the bleachers.

Limit of Events:

Each entered swimmer may swim 5 events plus relays per day. The 1500 freestyle will count as a Saturday event.

Hospitality:

Water, sports drinks, and fruit will be provided at the meet Saturday and Sunday. There will be a social for all swimmers at the UNO Arena after the meet on Saturday. Food and soft drinks will be provided. There is no cost for swimmers. Guests may attend for \$5. To help in the planning of the social, please mark on the entry if you plan to attend and number of guest coming with you. Include these fees with entry fee.

Entry Fees:

Cost for full participation is \$40.00. To swim only the 1500, there will be a \$15 fee. To swim Saturday or Sunday only the fee is \$25.00. A \$5.00 late fee will be charged for all entries received after November 29, 2010.

All fee checks must be made payable to: "Southern Masters Swimming"

Entries:

Entries are due Monday, November 29, 2010. Completely filled out entries with checks must be mailed or delivered to:

Meet Entry – Dixie Zone Short Course Meter Championships
104 Yellowstone Street
Kenner, Louisiana 70065
E-mail to " jerothjr@cox.net "

- Upon receipt of your entry, an email confirmation will be sent to you.
- Use the enclosed entry form only! Seed times should be best short course meter times only!
- Please send a complete copy of your entry in by E-mail to " jerothjr@cox.net ", when you mail the signed paper work along with your entry check. This way we will know that you have mailed your entry. If you don't receive an email conformation, call (504) 390-9331.

Scoring: Points will be awarded as follows: Individuals 9-7-6-5-4-3-2-1; Relays 18-14-12-10-8-6-4-2.

Age Groups: Individual: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc.
Relays: 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399, etc.

Awards: Ribbons will be awarded for first through fifth places in each age group in each individual event
Ribbons will be awarded for first through third for relays in each age grouping.
High point team trophies for first through third.

Parking: Parking is available at the UNO arena and is free.

Host hotel: HAMPTON INN METAIRIE
2730 N. Causeway Blvd
Metairie, LA 70002
Special rate of \$89.00 (plus tax). Includes a deluxe complimentary breakfast bar (hot items included). Served daily – 6:00am-10:00am
To make reservations, call 504-831-7676 rate code: DIX

Arena and Hotels: A separate listing with directions to the Arena and hotel/motels can be received by E-mailing to: jerothjr@cox.net. or by checking the Southern Masters or Dixie Zone web sites. Contact the hotels for rates and specials.

For New Orleans tourism information, visit www.neworleansonline.com/

Facility Rules: This meet is conducted on the grounds of a state university. The University of New Orleans asks that all swimmers, spectators, and coaches comply with the following facility regulations:

1. No food allowed inside the facility.
2. No horseplay in the locker rooms or on the deck.
3. No smoking allowed anywhere inside the facility.
4. No glass containers or ice chests allowed in the facility.
5. Comply with directions given by the lifeguards or T-shirt security.
6. No banners, posters, balloons, etc. May be affixed to any part of the building.
7. Do not leave items unattended in the locker rooms.
8. Please police your area before leaving each day.

Meet Entry Form
2010 Dixie Zone Short Course Meter Championships
December 3-5, 2010 University of New Orleans Arena Sanction # 2410-00x

Name _____ Date of Birth _____ Age (As of 12-31-2010) _____ Sex _____
 Address _____ City/State/Zip _____
 E-Mail _____ Phone _____ - _____ - _____ USMS # _____
 Team Name _____ Abbreviation _____

Please circle desired event numbers for all individual entries. Limit is 5 individual events per day. The 1500 freestyle counts as a Saturday event. List best recent short course meter times in the space provided, use a "NT" if you have no time for an event. Relays are automatic for teams with a sufficient number of swimmers entered. Relays will be entered on the day that they are scheduled to swim. Entries are due on the Monday before the meet, so as to seed meet and print heat sheets. All late entries (after Monday) will be taken at the discretion of the entry chair and seeded in open lanes only.

Friday, December 3rd – 6:00 p.m.		
Mixed	Event	Seed time
1	1500 Mixed Freestyle (seeded together, fastest to slowest) Counts as one event Saturday	

Saturday, December 4th – 11 a.m.				Sunday, December 5th – 10 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
3	4	50 fly		23	24	400 Free– Fastest to Slowest	
5	6	400 IM		25	26	50 back	
7	8	100 breast		27	28	100 fly	
9	10	200 free		29	30	200 breast	
11	12	100 IM		31	32	100 free	
13	14	100 back		33	34	200 back	
15	16	50 free		35	36	50 breast	
17	18	200 fly		37	38	200 IM	
19	20	200 Free Relay	xxxxxxxxxx	39	40	200 Med Relay	xxxxxxxxxx
21		200 Mixed Med Relay	xxxxxxxxxx	41		200 Mixed Free Relay	xxxxxxxxxx

MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM

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 _____

Fees: Full Meet \$40.00 _____ One day \$25.00 _____ 1500 free only \$15.00 _____ Late fee (after Sunday 11-28-10) \$5.00 _____

Mail hard copy of results to above address _____ E-mail results only _____ Check number _____

Attending social? _____ # of Guests _____ @ \$5.00

Proof of USMS membership, a copy of your current registration card, copy of your application form, or filled out application form with check must accompany this entry form. Entry deadline is Monday November 29, 2010. You must sign the liability release and enclose check payable to "Southern Masters Swimming," with your entry. For entry confirmation, enclose a stamped self-addressed post card. All entrants who list a correct E-mail address will receive confirmation when their entries are received. Mail all entries and E-mail a copy of the entries to:

Meet Entry Chairman
 Dixie Zone Short Course Meter Championship
 104 Yellowstone Street; Kenner, Louisiana 70065
 E-mail: jerothjr@cox.net