



CRAWFISH AQUATICS  
Short Course Yards Championship



**Date:** Friday March 5, 2010  
Saturday March 6, 2010  
Sunday March 7, 2010

**Times:** Friday March 5, 2010  
Warm-up 5:00 p.m.  
Meet Starts 5:45 p.m.  
Saturday March 6, 2006  
Warm-up 9:00 a.m.  
Meet Starts 10:00 a.m.  
Sunday March 7, 2006  
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** 2010 USMS Rules shall govern.

**Eligibility:** All participants must be registered with United States Masters Swimming. A copy of your 2010 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 received by February 26, 2010. Additional \$5.00 for late entries. Late entries accepted where room is available.

**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 February 26, 2010, 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@lsu.edu](mailto:jmaynor@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](http://www.crawfishaquatics.com) or mailed to you upon request.

**Director:** Nan Fontenot (225) 769-4323 Email – [swimcraw@bellsouth.net](mailto:swimcraw@bellsouth.net)

**Awards:** Ribbons will be provided for all events.

**Hotel:** [Hyatt Place Baton Rouge/I-10](http://www.hyatt.com/hyatt/reservations/flow6/place/propCheckAvailability.jsp?pid=btrzs&extCorporateId=50572)  
6080 Bluebonnet Boulevard  
Baton Rouge, Louisiana 70808  
Tel: 225 769 4400  
Book through local hotel or with Central Reservations  
Book through Crawfish Aquatics – Rate \$89 a night  
Account: Crawfish Aquatics  
- Rate Plan: EXFT  
- Category: VOL1  
- CR#: 50572  
- Rate: \$89  
- Booking link:

<http://www.hyatt.com/hyatt/reservations/flow6/place/propCheckAvailability.jsp?pid=btrzs&extCorporateId=50572>

#### Order of Events

<b>Friday March 5, 2010</b>	
<b>Warm-up 5:00 p.m.</b>	
<b>Meet Starts 5:45 p.m.</b>	
1650 Free	
<b>Saturday March 6, 2010</b>	<b>Sunday March 7, 2010</b>
<b>Warm-up 9:00 a.m.</b>	<b>Warm-up 9:00 a.m.</b>
<b>Meet Starts 10:00 a.m.</b>	<b>Meet Starts 10:00 a.m.</b>
400 IM	100 Back
100 Free	200 IM
200 Breast	50 Free
50 Back	200 Fly
100 Fly	100 Breast
100 IM	50 Fly
200 Back	200 Free
50 BR	200 Medley Relay
200 Free Relay	200 Mixed Free Relay
200 Mixed Medley Relay	500 Free

**\*\*ENTRY FORM\*\***  
**CRAWFISH AQUATICS**  
**SHORT COURSE YARD CHAMPIONSHIP**

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: \_\_\_\_\_ Age (as of 3/5/2010): \_\_\_\_\_ 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 5, 2010							
Warm-up 5:00 p.m., Meet 5:45 p.m.							
W	M	Event	Seed Time				
1	2	1650 Free					
Saturday, March 6, 2006				Sunday, March 7, 2006			
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	100 Back	
5	6	100 Free		25	26	200 IM	
7	8	200 Breast		27	28	50 Free	
9	10	50 Back		29	30	200 Fly	
11	12	100 Fly		31	32	100 Breast	
13	14	100 IM		33	34	50 Fly	
15	16	200 Back		35	36	200 Free	
17	18	50 BR		37	38	200 Medley Relay	xxxxxxxx
19	20	200 Free Relay	xxxxxxxx	39	40	200 Mixed Free Relay	xxxxxxxx
21	22	200 Mixed Medley Relay	xxxxxxxx	41	42	500 Free	

\* 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**  
**Friday February 26, 2010**

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 2010 USMS registration card
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