



CRAWFISH AQUATICS
Short Course Yards Championship



Date: Friday March 18, 2011
Saturday March 19, 2011
Sunday March 20, 2011

Times: Friday, March 18, 2011
Warm-up 5:00 p.m.
Meet Starts 5:45 p.m.
Saturday March 19, 2011
Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.
Sunday March 20, 2011
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 2011 USMS Rules shall govern.

Eligibility: All participants must be registered with United States Masters Swimming. A copy of your 2011 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 March 11, 2011. 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 March 11, 2011, 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 or emailed to you upon request.

Director: Nan Fontenot (225) 769-4323 Email – 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

| | |
|--------------------------------|-------------------------------|
| Friday March 18, 2011 | |
| Warm-up 5:00 p.m. | |
| Meet Starts 5:45 p.m. | |
| 1650 Free | |
| Saturday March 19, 2011 | Sunday March 20, 2011 |
| 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 |
| 100 Free | 100 breast |
| 200 Breast | 200 Fly |
| 50 Back | 50 Free |
| 100 IM | 200 IM |
| 100 Fly | 50 Fly |
| 200 Back | 100 Back |
| 50 BR | 200 Free |
| 200 Free Relay | 200 Medley Relay |
| 200 Mixed Medley Relay | 200 Mixed Free Relay |

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

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: _____ Age (as of 3/18/2011): _____ 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 18, 2011 | | | | | | | |
|-----------------------------------|----|------------------------|------------|-----------------------------------|----|----------------------|------------|
| Warm-up 5:00 p.m., Meet 5:45 p.m. | | | | | | | |
| W | M | Event | Seed Time | | | | |
| 1 | 2 | 1650 Free | | | | | |
| Saturday, March 19, 2011 | | | | Sunday, March 20, 2011 | | | |
| 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 | 100 Free | | 25 | 26 | 100 Breast | |
| 7 | 8 | 200 Breast | | 27 | 28 | 200 Fly | |
| 9 | 10 | 50 Back | | 29 | 30 | 50 Free | |
| 11 | 12 | 100 IM | | 31 | 32 | 200 IM | |
| 13 | 14 | 100 Fly | | 33 | 34 | 50 Fly | |
| 15 | 16 | 200 Back | | 35 | 36 | 100 Back | |
| 17 | 18 | 50 BR | | 37 | 38 | 200 Free | XXXXXXXXXX |
| 19 | 20 | 200 Free Relay | XXXXXXXXXX | 39 | 40 | 200 Medley Relay | XXXXXXXXXX |
| 21 | | 200 Mixed Medley Relay | XXXXXXXXXX | 41 | | 200 Mixed Free Relay | |

* 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 March 11, 2011

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

Fees: Payable to Crawfish Aquatics

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| \$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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