

Northern Arizona Masters presents

Fast times in the Cool Pines Masters Swim meet

50 Meter Course
Sunday, July 12, 2009

Sanction #489-0018—Sanctioned by Arizona Masters Swim Committee for USMS, Inc.

Meet Director—Liz Hobbs Lizhobbs@aol.com or 928-286-7989. Or for information contact Terry Huntley, Wall Aquatic Center Aquatic Coordinator, Terry.Huntley@nau.edu or 928-523-6324.

Location—Held at the Wall Aquatic Center, Corner of San Francisco and Franklin Sts, Northern Arizona University, Flagstaff, AZ

Facility—8 lane Indoor 50 meter course with non-turbulent lane lines. 5-6 lanes will be used for competition, 2 50 meter lanes will be available for continuous warmup and windown. Touchpads/Electronic timing will be used. PLEASE NOTE; Starting end of the pool has 4 ft depth. Competitors should plan to do in water starts if they are not experienced and competent performing shallow racing dives. You must be certified to dive in either Sat afternoon or Sun during warmup.

Time—Warmups at 10 AM, meet starts at 11 AM

Rules—

1. 2009 USMS Rules will apply
2. All events are timed finals
3. Swimmers may swim up to 5 individual events
4. 400 Free and IM will require positive check-in. Check in by 10:30 AM day of meet. 800 free will also require positive check-in, deadline to be announced during the meet.
5. Swimmers age as of December 31, 2009, will determine their age for the meet

Seeding—All events will be run slowest to fastest, ages and sexes combined. The 400 Free and IM may be combined to help make full heats. Breaks will be included as necessary and requested.

Eligibility—Open to any swimmer with a valid 2009 USMS registration. Please include a copy of your USMS registration card with your entry, or be prepared to show your card at meet checkin. We will be accepting one day registrations (applications available at the meet)

Awards—Ribbons for Top 3 swimmers, participation certificates to all participants, special award tba at the meet

Shallow Racing Dive Instruction--IF you are not experienced at executing shallow racing dives, we are offering a short clinic to help teach or improve your dives. This will be part of the pre-meet workout on Saturday, July 11.

Pre-meet Workout and Cookout—Make your travel even more worthwhile and join us for the afternoon and evening of Saturday, July 11. You can do a premeet warmup and/or a workout. Saturday evening members of Northern Arizona Masters will host a cookout for meet entrants and their families. If you would like more info on swimming or the cookout please email Liz at lizhobbs@aol.com or call 928-286-7989.

Entry Fee \$25.00 fee includes up to 5 events. Deck entries will be \$35.00. We will not be using on line entries for this meet (we plan to in Oct for the Fall Classic)

Entry Deadline—Entries must be received by 5 PM on Wednesday July 8. If you are running late with your entry please email Liz at lizhobbs@aol.com. Deck entries will be accepted to fill available lane space only, deck entry deadline 10:30 AM July 12.

Mail Entries to—Terry Huntley, PO Box 5649, Flagstaff, AZ 86011. Make check payable to Northern Arizona University. Include copy of USMS registration, completed AZ consolidated entry card (located at www.arizonamasters.org under “forms” tab) and payment

Meet Order of Events: Please note—breaks will be given between events as requested and as time allows, 400'S may be combined

1. 400 Free
2. 400 IM
3. 50 fly
4. 200 back
5. 50 breast
6. 100 free
7. 200 fly
8. 200 IM
9. 100 breast
10. 50 back
11. 200 Free
12. 100 fly
13. 200 breast
14. 100 back
15. 50 free
16. 800 Free