



GREAT BAY MASTERS ANNUAL SCM TUNE-UP MEET

Date: November 10, 2007

Meet Director: Ed Gendreau

Information: For more information Email:
SCMtune-up@greatbaymasters.org

Sanction Number: 038-019-SSCM

Location: City of Portsmouth Pool, 50 Andrew Jarvis Drive, Portsmouth, NH 03801

Facility: 6 lane 25 meter competition pool, racing in 5 lanes, 1 lane reserved for warm up & warm down

Hot Tub: relax in the hot tub between races or after the meet

Entry Procedure: Enter five individual events maximum; no charge for relays – but swimmers must be entered in at least one individual event to be eligible for relays. You may US mail your entry with payment by check to: SCM Tune-Up, PO Box 1723, Dover NH 03821. Mail must be received by November 9; no check-in required if your US mail entry and check are received before the deadline. There will be no refunds for non-participation.

Fees: For entries received via US Mail by November 9: \$5 base fee plus \$3 per individual event; for Deck Entries: \$10 base fee plus \$3 per individual event.

Deck-Entry: Deck-Entry from 2:30 to 3:30 p.m.; meet entries will not be accepted after 3:30 p.m.

Warm-up: Warm up 3:00 p.m. to 4:00 p.m

Eligibility: 2007 or 2008 registered United States Masters Swimming (USMS) swimmers 18 years or older as of November 10, 2007, and 2007 registered masters swimmers from other countries.

Timing: Electronic timing planned with hand watch backup timing. Notify meet personnel if you think you could set a USMS National or FINA masters world record.

Event Order: see Meet Entry Form

Scoring: The meet will be scored by USMS club. The top sixteen swimmers in each age group event will score points in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1; relays score double points.

Relays: The four relay participants on each relay must be members of the same USMS club. USMS “unattached” swimmers may not participate on relays. Relay age group is determined by the sum of the ages of the four participants. The deadline for submitting relay entry forms will be announced at the meet. Swimmers must be entered in at least one individual event to be eligible for relays.

Directions: From I-95 North or South: Take Exit 5 to the Portsmouth traffic circle. Follow signs for Route 1 Bypass South (to Beaches/Hampton). Go to the third light (about one mile) and take a left. Go up the short hill to the stop sign and take a very sharp right. Go 60 yards to the blinking yellow light, and take a left onto Andrew Jarvis Drive. You will see the Portsmouth High School straight ahead. The pool is on the right and has a white plastic roof.

Hotels: Holiday Inn of Portsmouth: 603-431-8000

Day of the meet Notes:

- 1) Your age for this meet is your age on December 31, 2007.
- 2) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.
- 3) Everyone can get a good warm-up during the open pool warm up from 3:00 to 4:00 p.m. if each lane has people of the same speed. Select your warm-up lane based on your continuous swimming warm-up pace per 50 YARDS: Lane 1 – 60 seconds, Lane 2 – 50 seconds, Lane 3 – 40 seconds, Lane 4 – 35 seconds, Lane 5 – 45 seconds, Lane 6 – 55 seconds, if you are warming up in an inappropriate lane, an official may ask you to move.
- 4) Social event in Portsmouth planned after meet concludes

PROOF OF USMS REGISTRATION POLICY:

- If you are USMS registered with a USMS team / club outside the New England LMSC, then you must submit a photocopy of your USMS registration card.
- If you are a member of New England Masters, Maine Masters, Vermont Masters or Great Bay Masters AND you appear in the copy of the NELMSC registration list at the meet, then you do not need to present your USMS card.
- If you are NOT in the copy of the NELMSC registration list at the meet and you do not have a valid USMS registration card, then you MUST FILL OUT A USMS REGISTRATION FORM AND SUBMIT PAYMENT AT THE MEET, OR YOU WILL NOT BE ENTERED IN THE MEET. This includes the situation where a swimmer has recently mailed a USMS registration to the NELMSC registrar, but that registration was not processed before the copy of the NELMSC registration list was provided to the meet management team.

Great Bay Masters Annual SCM Tune-Up Meet

Portsmouth City Pool, Portsmouth NH: 25 meter pool
 November 10, 2007; deck-entry from 2:30 to 3:30 p.m.;
 warm-up from 3:00 p.m. to 4:00 p.m.
 Sanctioned by NE-LMSC for USMS, Inc.:
 Sanction Number 038-019-SSCM



Name _____ Age on 12/31/07 _____ Birth Date: _____
 Address _____ Phone: _____
 Email: _____
 Emergency Contact Name & Phone: _____
 Gender _____ USMS registration number _____ USMS club _____
 (If your club is *NOT* Great Bay, Maine, New England, or Vermont Masters, you must show your USMS card)

Event #	Seed time (meters)	Description
1		Mixed 200 free
2		Mixed 50 fly
3		Mixed 100 back
4		Mixed 200 breast
5		Mixed 50 free
6		Mixed 100 IM
7		Mixed 200 fly
8		Mixed 50 breast
9		Mixed 100 fly
10		Mixed 200 back
11		Mixed 100 breast
12		Mixed 100 free
13		Mixed 50 back
14		Mixed 200 IM
15,16,17		200 free relay
18,19,20		200 medley relay
END OF SANCTIONED MEET		
Fun Finned 50: Open to any swimmer who entered at least one event in the sanctioned meet, no charge. Seed Time: _____		

MEET ENTRY FEES		
# Individual events entered	US Mail entry recvd by 11/9/07	Deck Entry
1	\$8	\$13
2	\$11	\$16
3	\$14	\$19
4	\$17	\$22
5	\$20	\$25

Enter five individual events maximum. No charge for relays but swimmers must be entered in an individual event to participate on relays.
Checks payable to Great Bay Masters.

Mail entry forms to:
 SCM Tune-Up
 PO Box 1723
 Dover NH 03821

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 of 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.

Date _____ Signature _____

THIS BOX TO BE COMPLETED BY MEET MANAGEMENT Waiver Signature [] USMS Number Confirmed [] USMS # pending, membership form in hand []

RELAY FORM

Circle Relay:

200 free 200 Medley

Circle Relay Gender:

Male Female Mixed (2 women, 2 men, any order)

USMS Club _____

Label (A,B,C,...): _____

Seed Time: _____

Note: All four swimmers must be from the same USMS club. Unattached swimmers may not compete on relays. Label each relay in an event with a letter (“A”, “B”, “C”, etc.). Example: in the 400 Free Relay your USMS Club has 2 men’s, 2 women’s and 2 mixed relays. Label the six 200 Free Relays “A” through “F”. Swimmers may not swim on both a single gender and mixed gender relay for the same relay event.

Swimmers (in correct order):	<i>Age on:</i> 12/31/07
1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____
Sum of Ages: _____	

Circle Relay Age Group:

72-99 100-119 120-159 160-199 200-239 240-279 280-319 320-359

The sum of ages of the relay participants determines the age group!

Check here to make leadoff time official: _____

If the second swimmer starts in the water, please indicate here: _____

If the second swimmer starts in the water no relay split time will be granted since the touch pad will be hit early.