

Great Bay Masters Summer Meet at Jenny Thompson Pool, Dover NH – July 19, 2009

Date: Sunday July 19, 2009

Meet Director: Ed Gendreau

Information: For more information Email –
SummerMeet@greatbaymasters.org

Sanction Number: 040-012-SLCM

Location: Jenny Thompson 50 Meter Outdoor Pool, 150 Portland Ave., Dover NH 03820

Deck-Entry: Deck-Entry between 7:30 and 8:30 a.m.; meet entries not accepted after 8:30 a.m.

Warm Up: 8:00 a.m. to 9:00 a.m., meet must be done by noon

Facility: 6 lane 50 meter competition pool, with additional space for warm up / warm down

Entry Procedure: Enter five individual events maximum, plus relays. Deck enter or US mail your entry with payment by check to: GBM, PO Box 1723, Dover NH 03821. Mail must be received by July 17; no check-in required if your US mail entry and check are received before the deadline.

Fees: For entries *and* payment by check received via US Mail by July 17, 2009: \$5 base fee plus \$3 per individual event. Deck Entries, and incomplete US mail entries, are \$10 base fee plus \$3 per individual event. There will be no refunds for non-participation. No charge for relays but swimmers must be entered in at least one individual event to be eligible for relays.

No Fee Refunds: No entry fee refunds will be issued for any reason.

Eligibility: 2009 registered United States Masters Swimming (USMS) swimmers 18 years or older as of July 19, 2009, and 2009 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 record or FINA masters world record.

Event Order: See Meet Entry Form.

Scoring: Scoring is by USMS club. The first 16 places in each individual age group event will score in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1; double points for relays.

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. Relays will be cancelled if they cannot be completed by noon.

Event Order: See Meet Entry Form.

Directions: For GPS / web based map tools use this address - Jenny Thompson Outdoor Pool, 150 Portland Ave. Dover, NH 03820. General directions – from Route 95 in New Hampshire take the Spaulding Turnpike (Route 16) North. Take exit 8E off the Spaulding. Follow to third light, a "T" intersection. Turn left. Proceed to next light. Go through the light. Follow around bend, see small white sign for Rt. 4 (Portland Ave.) Take a right. Go about 2/3 mile, see Philbrick's sports store on right. The pool is directly across the street.

Hotels:

Comfort Inn & Suites

10 Hotel Drive Dover NH 03820

Call for reservations: (603) 750-7507

www.comfortinn.com/hotel/nh014

**Great Bay Masters Rate: \$119 1 King or 2 Queen Beds
Suites available starting at \$129**

Hampton Inn

9 Hotel Drive Dover NH 03820

Call for reservations: (603) 516-5600

www.dover.hamptoninn.com

Great Bay Masters Rate: \$119 1 King or 2 Queen Beds

Homewood Suites

21 Members Way Dover NH 03820

Call for reservations: (603) 516-0929

www.dovernh.homewoodsuites.com

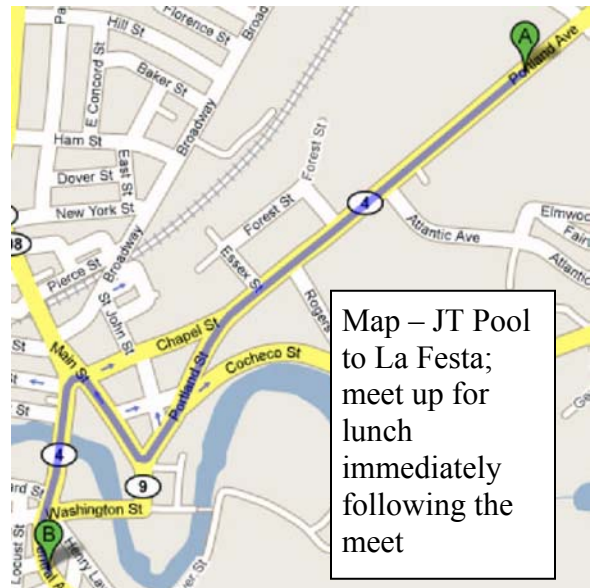
Great Bay Masters Rate: Suites starting at \$134

Day of the meet Notes:

- 1) Your age for this meet is your age on December 31, 2009.
- 2) Seed times submitted must be for meter distances. If you need help converting your times from yards to meters, ask meet personnel.
- 3) Children may not swim in the warm-up / warm-down area during the swim meet. Only USMS registered swimmers entered in the meet may use the warm-up / warm-down area.
- 4) Everyone can get a good warm-up during the open pool warm up 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 will ask you to move.

LUNCH: We are planning to meet at La Festa immediately following the meet, address is: 300 Central Ave, Dover, NH 03820

1. From JT Pool, turn right onto NH-4/Portland Ave - 0.8 mi
2. Turn right at Main St/NH-108/NH-4/NH-9 - 0.1 mi
3. Sharp left at Central Ave/NH-108/NH-4/NH-9, Continue to follow Central Ave/NH-108/NH-9 - 0.3 mi



PROOF OF USMS REGISTRATION POLICY:

- If you are USMS registered with a USMS 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 Meet, Jenny Thompson Pool, Dover NH: 50 meter pool
 July 19, 2009; deck-entry from 7:30 to 8:30 a.m.; warm-up from 8:00 a.m. to 9:00 a.m.

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 040-012-SLCM

Name _____ Age on 12/31/09 _____ Birth Date: _____

Address _____ Phone: _____

Email: _____

Emergency Contact Name and Phone: _____

Gender _____ USMS registration number _____ USMS club _____

(If your club is NOT New England, Maine, Great Bay or Vermont, a copy of your USMS card must be submitted)

Event #	Seed time (meters)	Description
1		Mixed 200 free
2		Mixed 100 breast
3		Mixed 200 back
4		Mixed 100 fly
5		Mixed 200 breast
6		Mixed 100 free
7		Mixed 200 fly
8		Mixed 100 back
9		Mixed 200 IM
10		Mixed 50 free
11		Mixed 50 back
12		Mixed 50 fly
13		Mixed 50 breast
14 - 16		800 Free Relay
17		400 free*
18		400 IM*

MEET ENTRY FEES		
Checks payable to Great Bay Masters		
# Individual events entered	US Mail entry recvd by 7/17/09	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:

GBM
 PO Box 1723
 Dover NH 03821

* Events 17 and 18 will be conducted if time permits. Swimmers may not enter both the 400 free and 400 IM. Heats of the 400 free and 400 IM may be combined. No fee refunds if the 400 free and 400 IM are canceled due to time limitations.

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 _____

<p>THIS BOX COMPLETED BY MEET MANAGEMENT: Waiver signature [] USMS number confirmed [] USMS number pending, ok to enter []</p>
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RELAY FORM

Circle Relay:

800 free

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> 12/31/09
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.