



United States Masters Swimming 2008 South Central Zone Long Course Championship Meet

- Dates:** Saturday and Sunday, July 26th and 27th, 2008
8:00 a.m. Warm Up, 9:00 a.m. Start
There will be an additional ½ hour warm up after the 1500 meter freestyle.
- Location:** The Woodlands Athletic Club (WAC), 11111 Winterberry Pl., The Woodlands, TX 77380-1745, (281) 863-1500.
- Parking:** Parking is available in the Grogan's Mill Shopping Center adjacent to the WAC.
- Lodging:** Comfort Suites, 18456 Interstate 45 S., Shenandoah, TX 77384-4118, (936) 273-1500. Twenty rooms reserved at \$89.99 + tax per night. Mention "South Central Zone Championships" before July 11th, 2008.
- Eligibility:** All competitors must hold current USMS registrations and must be 18 years of age or over.
- Entry:** Swimmers are limited to 5 individual events per day. Entries postmarked by July 3rd, 2008: \$10.00 surcharge plus \$4.00 per event. Entries postmarked after July 3rd, 2008: \$20.00 surcharge plus \$4.00 per event. Entries will not be accepted past Thursday, July 17th. The relay only surcharge is \$5.00. Relays are \$10.00 per relay, paid on the day of the relay. There will be no deck entries and no refunds.
- Seeding:** Women's events are odd numbered and men's events are even numbered. Events 200 meters or less will be pre seeded by gender and time, slow to fast. The 400 meter freestyle and individual medley will be deck seeded by gender and time, slow to fast. The 800 and 1500 meter freestyle will be deck seeded by time only (men and women together). No time (NT) entries will be placed in the slowest heat. Relays will be deck seeded.
Check in for deck seeded events is as follows:
- 1500 Meter Freestyle (by 8:15 a.m. Saturday)
 - Saturday Relays (by the end of event 10)
 - 400 Meter Freestyle (by the end of event 16)
 - 400 Meter Individual Medley (by 8:15 a.m. Sunday)
 - Sunday Relays (by the end of event 32)
 - 800 Meter Freestyle (by the end of event 38)
- Lap Counters:** Swimmers must provide their own lap counters for the 800 and 1500 meter freestyle.
- Awards:** Medals will be awarded for 1st, 2nd and 3rd place finishes. Plaques will be awarded for 1st, 2nd, and 3rd place overall team finishes.
- Hospitality:** Gatorade will be provided on deck for all competitors. A "Hospitality Pass" is available for \$35.00 and includes access to the air conditioned hospitality suite, breakfast and lunch on Saturday and Sunday, and refreshments throughout the event.
- Social:** A no host social will follow the meet on Saturday at Fuddruckers, 2290 Buckthorne Pl., The Woodlands, TX 77380-1739, (281) 367-1343.
- Results:** Results will be posted on the Gulf Masters Swimming Committee website (www.gulfmastersswimming.org).
- Meet Director:** Nancy Crecelius, nacrecelius@gmail.com or (832) 289-4267.



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<p style="text-align: center;">Attach a current copy of your USMS card here.</p> <p style="text-align: center;">If you do not have a current copy, contact your local registrar to obtain a copy to submit.</p> <p style="text-align: center;">Entries will not be processed without a current copy of your USMS card.</p>	<p>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.</p>
Signature	Date

Saturday, July 26, 2008		
Number	Event	Time
1/2	1500 Meter Freestyle	
3/4	100 Meter Breaststroke	
5/6	50 Meter Butterfly	
7/8	200 Meter Backstroke	
9/10	100 Meter Freestyle	
11/12	200 Meter Butterfly	
13/14	50 Meter Backstroke	
15/16	200 Meter Individual Medley	
17/18	400 Meter Medley Relay	
19/20	200 Meter Freestyle Relay	
21/22	200 Meter Mixed Medley Relay	
23/24	400 Meter Freestyle	
Sunday, July 27, 2008		
Number	Event	Time
25/26	400 Meter Individual Medley	
27/28	50 Meter Breaststroke	
29/30	100 Meter Butterfly	
31/32	200 Meter Freestyle	
33/34	100 Meter Backstroke	
35/36	200 Meter Breaststroke	
37/38	50 Meter Freestyle	
39/40	400 Meter Freestyle Relay	
41/42	200 Meter Medley Relay	
43/44	200 Meter Mixed Freestyle Relay	
45/46	800 Meter Freestyle	

Make check payable to:
Woodlands Masters Swim Team PO Box 7084 The Woodlands, TX 77387-7084

Number of Events x (\$4.00)	=
On Time Surcharge (\$10.00)	=
<ul style="list-style-type: none"> • postmarked by July 3rd, 2008 	=
Late Surcharge (\$20.00)	=
<ul style="list-style-type: none"> • postmarked after July 3rd, 2008 	=
Relay Only Surcharge (\$5.00)	=
Hospitality Pass (\$35.00)	=
Total	=

Contact information:
Phone Number
Email Address