

MAKOS LONG COURSE INVITATIONAL 2016
COURTHOUSE RACQUET & FITNESS CLUB
May 13 - 15, 2016

SANCTION: Held under the sanction of USA Swimming Inc.
and Mississippi Swimming Inc. Sanction MSI# 1615

LOCATION: Courthouse Racquet & Fitness Club
2625 Courthouse Circle
Flowood, MS 39232
Tel. # 932-4800

FACILITIES: 50 meter x 25 yd pool , 8 lanes competition course, Daktronics timing with 8 lane scoreboard: HY-TEK program. The competition course has not been certified in accordance with 104.2.2C(4). 200 meter relays will start in the water at the shallow end of the pool.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Deck changes are prohibited.

There will be Concessions/Hospitality.

WATER

DEPTH: The water depth on the deep or starting end is 12feet. The water depth on the shallow end or turning end is 3.5 feet.

TIME:	Friday P.M.	Warm-ups: 4:00 P.M. Competition: 5:00 P.M.
	Saturday & Sunday A.M.	Warm-ups: 7:30A.M. Competition: 8:30 A.M.
	Saturday P.M.	Warm-ups: not before 12:00 P.M. Competition 1 hour after warm-ups
	Sunday P.M.	Warm-ups: not before 11:30 P.M. Competition 1 hour after warm-ups

11-12 Girls and Boys swim in the am session Saturday and Sunday.

RULES: Current USS Rules will govern the meet.

ELIGIBILITY: Invited teams and swimmers only. The age of the swimmer on May 13, 2016 determines the age of the swimmer. All swimmers must be current USS registered athletes. The USS numbers must appear on all entry forms (recaps). The person responsible for entering an unregistered swimmer as registered will be subject to a fine of \$100.00 per swimmer. This will be enforced by MSI through their Review Section. **SWIMMERS WITHOUT USS REGISTRATION NUMBERS WILL BE REJECTED.**

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

COACHES: Coaches must be current USS Coach Members in order to perform deck duties. If a coach is not certified, he/she may observe the meet as any other observer, but may not coach or sit in the coaches' area. **COACHES PACKETS WILL BE GIVEN TO THOSE COACHES PRESENTING CREDENTIALS.**

ENTRIES: The MEET will be limited to the first 450 swimmers. Each swimmer is limited to **FOUR** individual events, plus **ONE** relay per day. All entries must be submitted with:

1. Properly completed entry forms with age/USS #
2. Signed release form.
3. Completed cover sheet.

ENTRIES: ALL IMPROPERLY FILLED ENTRY FORMS, THOSE WITHOUT FEES OR THOSE RECEIVED AFTER 450 IS REACHED WILL BE RETURNED AND THE TEAM REPRESENTATIVE WILL BE NOTIFIED BY PHONE. We use the HY-TEK Computer program. If you are also using HY-TEK, please send us your entries on diskette, with the hard copy. This will make our job easier and insure accuracy. All other requirements remain.

ENTRY FEES: \$3.00 per individual event
\$3.00 facility fee
\$5.00 MSI surcharge per swimmer
\$8.00 per relay event
Make checks payable to **MISSISSIPPI MAKOS**

ENTRY DEADLINE: Forms and fees must be in the hands of Brian Ware no later than **Friday May 6, 2016**. Late entries will be accepted when lanes are available but will be charged double the entry fee. No swimmer may scratch one event and enter another.
Mail entries to: Brian Ware
2625 Courthouse Circle
Flowood, MS 39232 (601) 209-3187
OR e-mail to: bware@mscourthouse.com
(You may bring your check with you if you email your entries.)

REPORTING: Swimmers in all events will report directly to the starting blocks. All entry cards, except for relays, will be at the appropriate lane according to the heat sheet. It is the responsibility of the coach & the swimmers to see that the swimmer reports to his/her assigned lane at the proper time. **THERE WILL NOT BE A CLERK OF COURSE OR BULLPEN.**

SEEDING: The meet will be preseeded according to Current USS Rules for timed finals. Entry forms submitted without times or unreadable times will be seeded as No Time (NT). Entry times must be submitted in long course meter times.

The 400 IM, 400 Free, and the 800 Free will be swum fastest to slowest, alternating girls/boys. Events 1 - 8 and 73, 74 will be deck seeded. Positive check-in is required for these events 30 minutes prior to the end of warm-ups on the day of the event.

- WARMUP:** Warm-up procedures will follow the MSI guidelines. The first 35 minutes will be general warm-ups, **NO DIVING**. In the last 20 minutes, the two outside lanes will be for pace, all swimmers leaving the wall from a push. Lanes 2 & 7 are for dives off blocks with one way traffic. The remaining lanes are for general warm-up. **NO DIVING**.
- 4 HOUR RULE** If an age group event for 12 and unders is swum after the session has been running four (4) hours, each involved swimmer has the option of either swimming that event or receiving a refund for that event. A swimmer desiring the refund must declare his/her intent to the Meet Director or the meet director's designee. There will be no refund for swimmers not in attendance.
- SCORING:** Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2
Event 5 & 6 will be awarded and scored separately (10&under/11-12)
Event 73 & 74 will be awarded and scored separately (13-14/Senior)
- AWARDS:** First through Third: Medals
Fourth-Eighth: Ribbons
Individual High point trophy will be awarded to each boy/girl age group, **except** 6&U (there are only 2 events).
Senior events do **NOT** count for individual age-group high point award.
8&Under High Point will be scored with only 8&U events
Team trophies: First through Third
- Timers & Officials** Each participating team will be assigned timing assignments according to the size of the team. We also ask for a list of officials willing to work.
- DIRECTIONS:** The Lakeland Courthouse is located just off Lakeland Dr. From I-55, travel east on Lakeland Dr. (aka Highway 25) for about 2.7 miles. You will pass several gas stations and restaurants on your right (Schlotzsky's, Krystal, etc.). You will be turning right at the light just past the Red Arrow Car Wash. At this intersection you will see the Ergon/Mirror Lake office building on your right (4-5 story mirrored glass building) and a Texaco gas station. Take a right. Take your first right onto Courthouse Circle. The Courthouse will be on your left.
- ADDITIONAL INFORMATION** Any swimmer who is **NOT** swimming an individual event, but is on a relay must pay the \$5.00 surcharge plus \$3.00 facility fee. When filling out the recaps, **PLEASE** enter the swimmers on the appropriate sheet for their age.
- There will be **NO SMOKING** around the pool, deck, or where swimmers are present, such as bathrooms, or immediately outside the doors. **NO GLASS** containers or gum on the pool deck.

SUPERVISION A USA swimming member coach must supervise swimmers during warm-ups, competition and warm-down. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SWIMWEAR

RESTRICTIONS Swimwear worn at MSI meets must conform to USA Swimming Rules & Regulations (Art. 102.8 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.

MEET Brian Ware
DIRECTORS: 2625 Courthouse Circle
Flowood, MS 39232
(601) 209-3187

REFEREE: JoAnn Goff
285 Wells Road
Clinton, MS 39256
601-922-6014

SESSION I FRIDAY PM
WARMUP: 4:00PM COMPETITION 5:00PM

WOMEN	EVENT	MEN
1	13-14 400 IM**	2
3	SENIOR 400 IM**	4
5	12&UNDER 400 FREE**	6
7	SENIOR 800 FREE**	8

** Positive check in is required by 4:30pm

SESSION II SATURDAY AM
Warmup: 7:30 am competition: 8:30 am

9	8&UNDER 200 YD FREE RELAY	10
11	10&UNDER 200 YD FREE RELAY	12
13	11-12 200 YD FREE RELAY	14
15	6&UNDER 50 FREE	16
17	8&UNDER 50 FREE	18
19	10&UNDER 50 FREE	20
21	11-12 50 FREE	22
23	8&UNDER 50 BREAST	24
25	10&UNDER 50 BREAST	26
27	11-12 50 BREAST	28
29	6&UNDER 50 BACK	30
31	8&UNDER 50 BACK	32
33	10&UNDER 100 BACK	34
35	11-12 100 BACK	36
37	8&UNDER 50 BUTTERFLY	38
39	10&UNDER 100 BUTTERFLY	40
41	11-12 100 BUTTERFLY	42
43	8&UNDER 100 FREE	44
45	10&UNDER 100 FREE	46
47	11-12 100 FREE	48

Session III Saturday Afternoon
Warm-ups not before noon

49	13-14YR 400 FREE RELAY	50
51	SENIOR 400 FREE RELAY	52
53	13-14 YR 200 IM	54
55	SENIOR 200 IM	56
57	13-14 YR 50 FREE	58
59	SENIOR 50 FREE	60
61	13-14 YR 100 BREAST	62
63	SENIOR 100 BREAST	64
65	13-14 YR 200 BACK	66
67	SENIOR 200 BACK	68
69	13-14 YR 200BUTTERFLY	70
71	SENIOR 200 BUTTERFLY	72
	10 MINUTE BREAK	
73	SENIOR 400 FREE**	74

**Positive check -in is required

SESSION IV SUNDAY AM

Warm-ups: 7:30 am competition: 8:30 am

75	10&UNDER 200 MEDLEY RELAY	76
77	11-12 200 MEDLEY RELAY	78
79	10&UNDER 200 IM	80
81	11-12 200 IM	82
83	10 &UNDER 50 BACK	84
85	11-12 50 BACK	86
87	10&UNDER 50 BUTTERFLY	88
89	11-12 50 BUTTERFLY	90
91	10&UNDER 100 BREAST	92
93	11-12 100 BREAST	94
95	10&UNDER 200 FREE	96
97	11-12 200 FREE	98

SESSION V SUNDAY PM

Warm-ups not before 11:30 am

99	13-14 400 MEDLEY RELAY	100
101	SENIOR 400 MEDLEY RELAY	102
103	13-14 100 FREE	104
105	SENIOR 100 FREE	106
107	13-14 100 BACK	108
109	SENIOR 100 BACK	110
111	13-14 200 BREAST	112
113	SENIOR 200 BREAST	114
115	13-14 100 BUTTERFLY	116
117	SENIOR 100 BUTTERFLY	118
119	13-14 200 FREE	120
121	SENIOR 200 FREE	122

INFORMATION FORM FOR DISABLED SWIMMERS

NAME_____

ADDRESS_____

AGE_____ BIRTHDATE_____/_____/_____.

EVENTS TO BE SWUM_____/_____/_____/_____/_____/_____/_____/_____

TYPE OF DISABILITY

Blind_____ Mentally Retarded_____ Deaf_____ Physical_____

EXTENT OF DISABILITY: Be specific, e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

THE FOLLOWING PERSON(S) WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:

TYPE OF MEDICATION_____

PURPOSE OF MEDICATION_____

PARENT'S OR GUARDIAN'S NAME_____

PARENT'S OR GUARDIAN'S SIGNATURE_____

ATHLETES'S SIGNATURE_____

PHYSICIAN'S NAME (please print)_____

PHYSICIAN'S ADDRESS_____

PHYSICIAN'S PHONE NUMBER_____

I have examined the above Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.

Physician's signature Date

MISSISSIPPI MAKOS LONG COURSE 2016
ENTRY FORM
May 13 – May 15, 2016

CLUB NAME: _____ ABBREVIATION _____

COACHES: _____

TEAM ADDRESS _____

PHONE: _____

NUMBER OF INDIVIDUAL ENTRIES _____ @\$3.00/ENTRY=\$ _____

NUMBER OF RELAY ENTRIES _____ @\$8.00/RELAY=\$ _____

NUMBER OF TOTAL ATHLETES _____ @\$8.00/ENTRY=\$ _____

TOTAL AMOUNT OF FEES ENCLOSED = \$ _____

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, WE WAIVE ANY AND ALL CLAIM AGAINST
USS OR MS SWIMMING, MISSISSIPPI MAKOS SWIM TEAM, AND THE **COURTHOUSE RACQUET CLUB**
AND IT'S EMPLOYEES.

SIGNATURE OF COACH OR CLUB REPRESENTATIVE:

Mail entries to : Brian Ware
2625 Courthouse Circle
Flowood, MS 39232
Email: bware@mscourthouse.com

Entries are due: **Friday, May 6, 2016**