MAKOS LONG COURSE INVITATIONAL 2017

UNIVERSITY WELLNESS CENTER - FLOWOOD

May 5-7, 2017

SANCTION: Held under the sanction of USA Swimming Inc. and Mississippi Swimming Inc. Sanction MSI# **1713**

LOCATION: University Wellness Center - Flowood

2625 Courthouse Circle

Flowood, MS 39232

Phone: 601-932-4800

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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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 5, 2017 determines the age of the swimmer. All swimmers must be current USS registered athletes. The USS numbers must appear on all entry forms (recaps). If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, MS Swimming will impose a fine of $100.00 per event against the individual, member coach or member club submitting the entry. 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.

: 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

$5.00 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 **Thursday, April 27, 2017.** 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: [brianjayware@gmail.com](mailto:brianjayware@gmail.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 & Each participating team will be assigned timing assignments according

Officials to the size of the team. We also ask for a list of officials willing to work.

DIRECTIONS: The Lakeland Courthouse is located just of 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 $5.00 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

RESTRICTIONSSwimwear 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

DIRECTOR: 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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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.

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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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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 of physical reason why he or she should not participate in USA Swimming competition.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician’s signature Date

**Mississippi Makos Long Course Entry Form**

**May 5-7, 2017**

**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 \_\_\_\_\_\_\_\_\_\_@$10.00/ENTRY=$\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**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 UNIVERSITY WELLNESS CENTER AND IT'S EMPLOYEES.**

**SIGNATURE OF COACH OR CLUB REPRESENTATIVE:**

**Mail entries to : Brian Ware**

**2625 Courthouse Circle**

**Flowood, MS 39232**

**Email: brianjayware@gmail.com**

**Entries are due: Thursday, April 27, 2017**