

Rutgers University Recreational Services: The 5th Annual SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday & Sunday, December 7-9, 2007

Sonny Werblin Recreation Center, Piscataway, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. Sanction #: 077-S03

- Facility/
Warm-up:** The Sonny Werblin Recreation Center opened in 1982; divided by a moveable bulkhead, there will be 8 lanes used for competition. An additional 8 lap lanes will be available in the diving well throughout the meet for warm-up and warm down. There will also be diving blocks available in those lanes and two will be designated as one-way sprint lanes during warm-up **only**.
- Entries:** **This event is open to USMS registered swimmers only.** Swimmers may register for a maximum of 5 individual events per day, not including relays. Heat sheets and distance event psyche will be posted at <http://recreation.rutgers.edu/aquatics/masterswim.html> by Sunday the 25th of November, including an estimated timeline & results. All entry discrepancies must be brought to the meet directors attention prior to the beginning of competition on the first day.
- Distance Check-in:** **The 1500, 800 & 400 meter freestyle & 400 IM require positive check-in.** Swimmers must check-in ½ hour before the start of the race. Heat sheets will be posted throughout the pool area once the events have closed.
- Schedule:** **Friday** 5:00 pm warm-up – 6:00pm start, **Saturday & Sunday** 7:00am warm-up – 8:00am start, there will be a 30-minute warm-up after the distance events on Saturday & Sunday morning.
- Seeding:** All 50-100-200 meter events will be pre-seeded. Events will be run in heats, slowest to fastest, with women swimming first. Distance events will be run fastest to slowest. No time (NT) entries are discouraged; give your best-estimated time for the event.
- Age Groups:** Individuals: 18-24, 25-29, 30-34, etc. through 90+. Relays: total age of swimmers in the following categories: 76-99, 100-119, 120-159, 160-199, 200-239, + 40 year increments as high as necessary. Mixed relays must consist of two men and two women.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must include a copy of their USMS card.
- Awards:** Distinctive awards will be given for first through third place teams in both small and large team divisions. The meet director will make divisions at a logical break point. Medals will be awarded for first through third place and ribbons for fourth through sixth place in individual and relay events.
Awards will not be mailed after the meet
- Scoring:** Individual Events: 1st through 8th place 9,7,6,5,4,3,2,1, Relays 1st through 8th place double points.
- Registration:** **All entries must be received by Monday November 19, 2007. No late or deck entries!**
- Timing:** Electronic timing will be utilized. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. If the possibility of a national or world record exists please notify the head official in advance of your race to back up timers can be in place.
- Entry Fees:**
- | | |
|------------------------|---|
| Pool Surcharge: | \$10 (Including relay only swimmers) |
| Individual Events: | \$5 |
| Relays (deck entered): | \$10 (Entries due by 10:00am each day) |
| T-shirts: | \$15 per shirt pre-ordered (\$20 at the meet), custom designed for this event |
- Questions:** Meet and Local Information: Alessandra Lyn-Lupu, (732) 445-0457 or by e-mail at alill12@eden.rutgers.edu.

Local Hotels can also be found at www.recreation.rutgers.edu/aquatics/masterswim.html.

Rutgers University Recreational Services Presents:
The 5th SCM Holiday Classic & Colonies Zone Championships
 Friday, Saturday, and Sunday, December 7-9, 2007
 Rutgers University in Piscataway, NJ 08901

Individual Meet Entry Form



Deadline:

Received by Monday, November 19, 2007
 (A copy of your USMS card must be included with your entry)

Mail Entries to:

Alessandra Lynn-Lupu, Meet Director
 656 Bartholomew Rd.
 Piscataway, NJ 08901
 (732) 445-0457

Make Checks Payable to:

Rutgers University

Make Check Payments with form provided on website.

ENTRIES WITHOUT USMS CARD ATTACHED WILL BE RETURNED TO SENDER!

Name (as it appears on USMS card):			Please Supply the following information in case there is a problem with your entries:
Address:			
USMS number:		USMS Registered Team:	Daytime Phone:
Evening Phone:		E-mail address:	
Birth date:	Age:	Sex:	

RELEASE OF LIABILITY BY PARTICIPANT:

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. (Rule Book Article 203.1)

Signature: _____ Date: _____

Enter your **BEST SHORT COURSE METERS TIME** for each event you wish to swim.

W	M	Event:	Entry Time:
Friday, December 7, 2007			
1	2	800 Meter Freestyle	
3	4	1500 Meter Freestyle	
Saturday, December 8, 2007			
5	6	400 Individual Medley	
30 Minute Break			
7	8	100 Freestyle	
9	10	200 Butterfly	
11	12	100 Breaststroke	
13	14	50 Backstroke	
15	16	200 Freestyle	
17	18	50 Butterfly	
10 Minute Break			
19	20	400 Medley Relay	Deck Entered
21		Mixed 400 Medley Relay	Deck Entered
23	24	800 Free Relay	Deck Entered
25		Mixed 800 Free Relay	Deck Entered
27	28	200 Free Relay	Deck Entered
29		Mixed 200 Free Relay	Deck Entered

W	M	Event:	Entry Time:
Sunday, December 9, 2007			
31	32	400 Freestyle	
30 Minute Break			
33	34	100 Individual Medley	
35	36	200 Breaststroke	
37	38	200 Backstroke	
39	40	50 Freestyle	
41	42	100 Butterfly	
43	44	50 Breaststroke	
45	46	100 Backstroke	
47	48	200 IM	
10 Minute Break			
49	50	400 Freestyle Relay	Deck Entered
51		Mixed 400 Freestyle Relay	Deck Entered
53	54	200 Medley Relay	Deck Entered
55		Mixed 200 Medley Relay	Deck Entered
Surcharge			\$ 10.00
Events @ \$5/Event			\$
Tee-Shirt (\$15)			\$
Shirt Size (Please Circle)			S M L XL
Total Enclosed:			\$