



2010 South Central Zone USMS Championships Long Course

**Location and:****Administration:**

CISD Aquatics Center
1501 W. Southlake Blvd
Southlake, TX 76092
817-949-8200

Meet Referee:

Tom Osterland

Meet Director:

Bill Christensen
Aquatics Manager
Cell 817-312-1294
Office 817-949-8200

Dates:

July 23 to 25, 2010

Sanction Number: 260-003**Host Organization:**

Carroll Independent School District (CISD), Southlake, Texas

Meet Organization: The 2010 South Central Short Course Zone Championships will be hosted and managed by the Carroll Independent School District. The North Texas Nadadores (NTN), and the Dallas Aquatic Masters (DAM), Inc. will also support this meet with volunteers, technical assistance, and officials. The Carroll Independent School District will be responsible for the administrative operation of the meet, including entries, seeding, heat sheets, results, and hospitality. NTN and DAM will be responsible for the on-deck operation of the meet including timing system, console, scoreboard, and timers. The CISD Web Site (www.cisdaquatics.com) will also play a significant supporting role.

Facility: The CISD Aquatics Center is located at 1501 West Southlake Blvd. in Southlake, Texas. The facility is adjacent to the Carroll Senior High School which is located at the corner of Southlake Blvd. and Peytonville Rd. The Aquatics was first opened in November of 2001. It is an indoor 165 ft. x 75ft. facility with two movable bulkheads. The facility will be set up for one 50 meter course with 8 lanes. Competition lanes are nine feet wide. There is a 2 lane warm up area. If demand for more warm-lanes exist, we could run a 6 lane course with one buffer lane and one other warm-up/warm-down long course lane. The facility is equipped with a state-of-the-art Colorado timing system and an eight-lane scoreboard with both heat and event numbers displayed. Parking and dressing facilities are excellent. There will be swim shop concessions operating in the spectator area located upstairs.

Meet Schedule:

- **Friday, July 23rd** Warm-ups begin at 5:00 PM; Meet begins at 6:00 PM
- **Saturday, July 24th and Sunday, July 25th** Warm ups begin at 9:00 AM, Meet begins at 10:00 AM. There will be continuous warm-up and warm-down in the adjacent Walker pool during the entire meet.

Sanction / Rules: Sanctioned by North Texas Masters Swim committee for USMS, Inc: #260-003. Current United States Masters Swimming Rules will apply.

Eligibility: Open to all registered U. S. Masters Swimmers, aged 18 and older as of July 23rd, 2010

General Entry Procedures: Team entries may be submitted by e-mail with a Hy-Tek file • Please include a Hard copy of entries (by athlete). E-mail to christeb@cisdmail.com and/or billchr@sbcglobal.net. • Hand-written entries must be mailed to: Bill Christensen, 6800 Megan Lane, North Richland Hills, TX 76182.. If mailed, entry fees must be submitted with the entry. If e-mailed, entry fees must be mailed. Make checks made **payable to CISD**.

Entry Fees: Individual entry fee: \$45.00 for entry fees received on or before Tuesday, July 13th. \$55 for entries received between Wednesday, July 14th and Wednesday, July 21st. Relay only swimmers: \$20.00 Relays: \$8.00 (relays can be entered and paid for on-deck).

Entry Deadline: Entries must be **received by Tuesday, July 13th**. Late must be received by Wednesday, July 21st. A copy of an athlete's USMS card must be included in order for your entry to be accepted. If you desire entry confirmation, please include an e-mail address with your entries or a phone number. **Deck entries WILL NOT be accepted!**

Conduct of Meet: All events will be seeded by gender and entry time and swum **slowest to fastest**. The 400, 800, 1500-meter freestyles and the 400 meter individual medley will require a positive check-in on the following schedule: 1500 Free –6:00 PM Friday, 400 I.M. – 5:30 PM Friday, 800 Free – 9:30 AM Sunday, 400 Free – 9:30 AM Saturday. They will be seeded by gender and swum **slowest to fastest**. The relay events will be deck entered and seeded by time. Relay events may be combined. Relay entries will be accepted up to one hour after the beginning of the competition each day. Swimmers participating only in relays must present a copy of their USMS card, pay a \$20.00 surcharge, and sign the liability release at the time of the entry.

Entry Limit: Athletes may enter a maximum of **five (5)** individual and **two (2)** relay events per day.

Scoring:

| | | | | | | | | |
|----------------------------|-----------|-----------|-----------|-----------|----------|----------|----------|----------|
| Place TM | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Individuals | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relays | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

Awards: Medals will be given for places one through three in each individual event in each Age Group. Team awards will be given for places one through three

Final; Results: Daily Results and Final Results will be posted on the CISD Aquatics Center Web Site at: www.cisdaquatics.com.

T – Shirts: Pre-Order is available. Fill out form below and return with entry to reserve your shirt. Please make T-shirt checks payable to Off the Blocks. Limited quantities will be available on site.

Heat Sheets: Free for all participants and will be available at Registration.

Lodging: The Host hotel for this event is the **Dallas Marriott Solana** located in Westlake. The Hotel is approximately 3.4 miles from the CISD Aquatics Center. **The Marriot Solana is offering a rate of \$94/night**. Rooms held under Carroll ISD Aquatic Center Adult Masters Room Block (Reference #M-07061). Rooms will be released on Friday, July 9th.

**U. S. Masters Swimming
2010 South Central Zone Short Course Championships**

Entry Form

Full name: _____ Phone: _____ Gender: _____

Address: _____ City: _____ ST __ Zip: _____

E-mail address: _____

Age as of: 07/23/2010 ____ Birthdate: _____ USMS Reg #: _____

Name of Team: _____ LMSC: _____

Attach copy of USMS Card on page 6

Distances are in Meters

Friday, July 23 - Warm-ups 5:00 P.M. – Meet 6:00 P.M.

| <u>Women Events</u> | <u>Event</u> | <u>Men Events</u> |
|---------------------|-----------------|-------------------|
| <u>Seed Time</u> | | <u>Seed Time</u> |
| 1 _____ | 400 Ind. Medley | 2 _____ |
| 3 _____ | 1500 Free | 4 _____ |

Saturday, July 24 – Warm-ups 9:00 A.M. – Meet 10:00 A.M.

| | | |
|-------------------------|--------------------------|-------------|
| 5 _____ | 400 Free | 6 _____ |
| 7 _____ | 50 Breast | 8 _____ |
| 9 _____ | 200 Back | 10 _____ |
| 11 _____ | 100 Free | 12 _____ |
| 13 _____ | 50 Back | 14 _____ |
| 15 _____ | 200 Breast | 16 _____ |
| 17 _____ | 100 Fly | 18 _____ |
| <u>19, 20, & 21</u> | 200 Free Rly (W,M,Mixed) | Deck seeded |
| <u>22, 23, & 24</u> | 400 Med. Rly (W,M,Mixed) | Deck seeded |
| <u>A, B, C</u> | 800 Free Rly (W,M,Mixed) | Deck seeded |

Sunday, July 25 – Warm-ups 9:00 A.M. – Meet 10:00 A.M.

| | | |
|-------------------------|--------------------------|-------------|
| 25 _____ | 50 Free | 26 _____ |
| 27 _____ | 100 Back | 28 _____ |
| 29 _____ | 200 Fly | 30 _____ |
| 31 _____ | 100 Breast | 32 _____ |
| 33 _____ | 200 Ind. Medley | 34 _____ |
| 35 _____ | 50 Fly | 36 _____ |
| 37 _____ | 200 Free | 38 _____ |
| <u>39, 40, & 41</u> | 200 Med. Rly (W,M,Mixed) | Deck seeded |
| <u>42, 43, & 44</u> | 400 Free Rly (W,M,Mixed) | Deck seeded |
| 45 _____ | 800 Free | 46 _____ |

**U. S. Masters Swimming
2010 South Central Zone Short Course Championships
Relay Entry Form
Circle Event Being Entered**

Saturday

Sunday

- #19 Women's 200 Free
- #20 Men's 200 Free
- #21 Mixed 200 Free
- #22 Women's 400 Medley
- #23 Men's 400 Medley
- #24 Mixed 400 Medley
- A – Women's 800 Free Relay
- B- Men's 800 Free Relay
- C –Mixed 800 Free Relay

- #39 Women's 200 Medley
- #40 Men's 200 Medley
- #41 Mixed 200 Medley
- #42 Women's 400 Free
- #43 Men's 400 Free
- #44 Mixed 400 Free

Team Name: _____ Team Abbreviation: _____

Relay designation (A, B, etc): _____ Team ID Number: _____

Age Group determined by adding up the ages: _____ Seed Time: _____

Participant's name as it appears on the USMS Card:

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Meet ID#

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Age

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Gender

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| |

For Clerk-of-Course:

_____ Time entry received

Relay ID# _____

_____ Entry Fee Paid (\$8.00)

Non-Registered Relay Only Participants:

_____ All relay only participant's USMS cards received (copies).

_____ All relay only participants liability releases signed.

_____ All relay only participants surcharges (\$20.00) paid.
Checks made payable to: CISD

U. S. Masters Swimming 2010 South Central Zone Short Course Championships

Entry Fees

| <u>Item</u> | <u>Cost</u> | <u>Quantity</u> | <u>Total</u> |
|---------------------|-------------|-----------------|--------------|
| Normal Entry fee | \$45.00 | _____ | _____ |
| Late Entry Fee | \$55.00 | _____ | _____ |
| Relay Only Swimmers | \$20.00 | _____ | _____ |

Make checks payable to CISD.

Individual entry fee: \$45.00. Late Individual Entry Fee: \$55.00. Relay only swimmers: \$20.00 Relays: \$8.00. Deck entries WILL NOT be accepted! (exception is relay and relay only swimmers).

Checks should be payable to CISD and entries mailed to Bill Christensen, 6800 Megan Lane, North Richland Hills, Tx 76182. Please include payment with the specified and attached form. Please mail your entries to the address noted below. If you wish to receive confirmation of receipt, please include a stamped, self-addressed envelope.

Total Amount Enclosed \$ _____
Make checks payable to CISD.

You must attach a copy of your USMS Card here and sign the Waiver just below!

Liability 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 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 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.

Signature

Date

Printed Name

**Pre-Order Form
Masters Southwestern Zone Championship
July 23 to 25, 2010**

Full name: _____ **Phone:** _____

Address: _____ **City:** _____ **ST** _____ **Zip:** _____

2010 Master Zone Meet Short Sleeve T-Shirt-100% Cotton Sports Gray \$14.00
Size Adult Sm through XXXL Sm____ MD____ L____ XL____ XXL____ XXXL____

2010 Master Zone Meet Long Sleeve T-Shirt-100% Cotton Sports Gray \$16.00
Size Adult Sm through XXXL Sm____ MD____ L____ XL____ XXL____ XXXL____

2010 Master Zone Meet Crew Sweatshirt -Sports Gray \$20.00
Size Adult Sm through XXXL Sm____ MD____ L____ XL____ XXL____ XXXL____

2010 Master Zone Meet Hooded Sweatshirt-Sports Gray \$25.00
Size Adult Sm through XXXL Sm____ MD____ L____ XL____ XXL____ XXXL____

Total Cost: _____

Please make check payable to "Off the Blocks".
(It needs to be a separate check from the Entry Fees).

Area Lodging

Dallas Marriott Solana – Host Hotel
5 Village Circle
Westlake, TX 76262
\$94/night
Phone: (817) 430-3848
Fax: (817) 430-4870

Hilton Dallas/Southlake Town Square (Closest to Aquatics Center)
1400 Plaza Place
Southlake, Texas 76092
817-442-9900

Hampton Inn & Suites Fort Worth-Alliance Airport
13600 North Freeway
Fort Worth, TX 76177
tel: 817-439-0400
fax: 817-439-1158
catherine.johnson@hilton.com

Comfort Suites – Roanoke
801 West Highway 114
Roanoke Texas, 76262
Phone: 817-490-1455
Fax: 817-490-1280

AmeriSuites
2220 Grapevine Mills Circle West
Grapevine, TX 76051
(972) 691-1199
Fax: (972) 691-3596

Baymont Inn
301 Capital Street
Grapevine, TX 76051
(817) 329-9300
Fax: (817) 329-0892

Holiday Inn Express
309 State Highway 114 West
Grapevine, TX 76051
(817) 442-5919
Fax: (817) 442-5960

Hampton Inn & Suites – Grapevine
1750 State Highway 121 North
Grapevine, TX 76051
(972) 471-5000
Fax: (972) 745-7511

Ramada Limited
Highway 26 and Highway 121
Grapevine, TX 76051
(972) 304-9611
Fax: (972) 304-4929

[Super 8 Motel - Grapevine/DFW Airport Northwest](#)
250 E State Highway 114
Grapevine, TX 76051 US
Phone: 817-329-7222