

The Western Kentucky Green Gators(WKGG) Swim Meet Barbara Stevens Memorial

Saturday, January 29, 2005

Sanctioned by Kentucky LMSC for United States Masters Swimming, Inc., No. 415-001.

- Location:** Bowling Green (KY) Senior High School pool., 1801 Rockingham Lane.
Directions: I-65 to exit 22 (US 231, Scottsville Rd.); Notice that the stoplights along Scottsville Rd. are all numbered. Go northwest toward downtown Bowling Green. Drive 2.4 miles to traffic light Number 4, which is the ninth one from the Interstate (not counting those at the off-ramps). A landmark at this intersection is the BBT Bank on the right-hand side. Turn LEFT onto Ashley Circle. Look for Greenview Medical Center and just to its left (south), Andrea St., which becomes Rockingham Lane. B.G. High School is just behind the hospital. The pool is inside the glass dome.
- Pool:** Six lanes, 25 yards, nonturbulent dividers, Colorado timing system. We will use five lanes for competition. The sixth lane will be for warm-up and cool-down only. No smoking is permitted in the pool facility.
- Schedule & Seeding:** Event 1, the 500 freestyle, will begin Saturday, January 29, at 10:00 a.m., C.S.T. Warm-up begins at 9:00 a.m. There will be two breaks during the meet, prior to events 2 and 9. Event 2 will begin no earlier than 11:30 a.m., C.S.T. The meet will probably conclude around 3:30 p.m. Each event will be seeded, men and women together, in timed finals with the slowest heats first. No Time (NT) will be seeded in slower heats. The 500 free will be pre-seeded; other events will be seeded after the close of deck entries. Accordingly, deck entries in the 500 free will be limited to open lanes.
- Eligibility:** Each entrant may swim in a maximum of five (5) individual events plus relays.
- SWIMMERS: YOU MUST ACCOMPANY THE MEET ENTRY FORM WITH A COPY OF YOUR 2005 U.S.M.S. CARD, IF AVAILABLE, OR ELSE PRODUCE IT FOR THE CLERK OF COURSE PRIOR TO THE MEET.** USMS registration forms will be available at the meet. All swimmers must be registered with United States Masters Swimming, Inc., before deck entries close at 9:30 a.m., C.S.T. Each swimmer is responsible for his/her U.S.M.S. card and will be required to display it upon request by officials. The meet entry form and event cards should display your registered name and number according to your U.S.M.S. card.
- Relays:** Relay teams may be Men, Women, or Mixed, but teams of all types will be seeded together in the same heats, then scored separately. Therefore no swimmer may swim on both a mixed- and a same-sex team in the same event. All relays will be deck entered. Official relay cards may be picked up at the Clerk of Course.
- Warm-up & Warm-down:** SWIMMERS MUST ENTER THE POOL FEET FIRST IN A CAUTIOUS MANNER. Forward (i.e., diving) or backstroke starts will be permitted only from the blocks in the designated sprint lanes. A swimmer may be removed from the meet by the referee if this rule (103.7) is broken. Swimmers will swim in a continuous circle swim, going up the right-hand side of the lane and back down the left-hand side. No hand paddles will be permitted in the warm-up or warm-down lanes.
One lane will be reserved throughout the meet for continuous warm-up and warm-down. In this lane there will be no standing on the bottom of the pool or leaning on the lane rope while the meet is in progress.
- Age:** The age reported on your entry form must reflect your actual age as registered with U.S.M.S. A swimmer's age on the last day of the meet determines his/her age for the meet.
NOTE: Swimmers 18-24 years old competing in U.S.M.S. meets may jeopardize their N.C.A.A. eligibility.
- Entry fee:** \$20.00 for up to five events. Checks (payable to Western Ky. Green Gators) are preferred. Deck entries are \$25.00. Deck entries will close at 9:30 a.m., C.S.T.
- Where to mail:** Mail entries to Randy Hansbrough, 2911 Meadowridge Ct., Bowling Green KY 42104-4716, telephone (270) 782-2084. Mailed entries must be received by **Tuesday, January 25, 2005**. E-mail inquiries should be addressed to jrhans@insightbb.com. Additional copies of this entry form and information sheet are also available from the Kentucky LMSC web site at <http://www.kylmsc.org> and from the file download site <ftp://members.aol.com/WKyGG>.

Awards:

Trophies will be awarded to the teams or clubs having the highest scoring women, the highest scoring men, and, in two divisions, the highest overall (men plus women) score. The Small Team division trophy will be awarded to the highest-scoring club or team of 7 or fewer competitors. The Large Team division trophy will be awarded to the highest-scoring club or team of 8 or more competitors. A swimmer who has entered the meet but did not attend, or was scratched from all events and relays, will not count as a competitor for his or her club or team for purposes of determining its trophy division. The host team, WKGG, will compete as a large team regardless of its actual number of competitors. Ribbons will be awarded for individual swimmers and relays in first through sixth places. Points are awarded 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relays.

Whistle Starts:

This meet will employ whistle starts, as required by USMS rules. The referee will blow whistle signals that you will be expected to know. They are as follows:

Signal	Backstrokers	All others
Three or more short whistles	Stand ready at edge of pool	Stand ready behind the blocks
One long whistle	Enter the water, feet first	Step up on the starting block
Second long whistle	Return to starting blocks and be ready for start.	

After the whistle signals, the starter will take over with the familiar vocal commands.

Lodging:

Numerous hotels and motels are located at Exit 22 near the meet site. For a deluxe stay, there is the Holiday Inn University Plaza, (270) 745-0088. Most other major motel chains are also available. Among them are these and many others:

Drury Inn (270-842-7100)

Courtyard by Marriott (270-783-8569)

Best Western (270-782-3800)

New's Inn (270-781-3460)

Fairfield Inn (270-782-6933)

Hampton Inn (270-842-4100)

Quality Inn (270-846-4588)

Econolodge (270-842-6730)

Budgetel (270-843-3200)

Holiday Inn (University Plaza), Best Western, Drury, and Marriott Courtyard have nice indoor pools and spas. Quality and Econolodge also have indoor pools.

Social:

On Saturday following the meet, a gathering for all swimmers and their guests is tentatively planned at Jeff and Sue Stevens' house, 628 E Main St., Bowling Green KY 42101-6907. All meet entrants and their guests are welcomed. Directions will be available at the meet, or call the Stevens at 781-8312.

Inclement Weather:

In the event bad weather or other unforeseen circumstances force a postponement of the meet, we have tentatively scheduled an alternate date of Sunday, January 30, 2005. If postponement becomes necessary, the meet director will send e-mail notice to all pre-registered swimmers who have supplied us with a valid e-mail address. As time permits we will also attempt to notify teams and other swimmers as well as we can. If severe weather threatens, please check with the meet director or your coach before leaving home. We regret that, whether or not the meet is postponed, we will not be able to issue refunds to swimmers unable to attend due to weather or road conditions, nor can we be responsible for hotel foul-ups caused by postponement.

Dedication:

This meet is dedicated to the memory of our lane pal, Barbara Stevens (1955-1992). Apart from her hours of toil in the pool, she also was our club treasurer, an enthusiastic canoeist, an old-house renovator and aficionado, a special ed. teacher at Warren East High School, a fantastic cook and hostess, and a lovely friend.

Order of Events:

The order of events is as follows. For your own reference you may also want to record your seed times.

√	Event (in Yards):	Seed time	√		Seed time
	1. 500 Freestyle			9. 200 I.M.	
	2. 200 Medley Relay			10. 100 Freestyle	
	3. 50 Butterfly			11. 200 Breaststroke	
	4. 200 Backstroke			12. 50 Backstroke	
	5. 100 Breaststroke			13. 200 Butterfly	
	6. 50 Freestyle			14. 50 Breaststroke	
	7. 100 Butterfly			15. 200 Freestyle	
	8. 100 Backstroke			16. 100 I.M.	
	FIVE-MINUTE BREAK			17. 200 Freestyle Relay	

--Attach copy of your 2005 USMS card here or on back.--

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Please type or print:

Name _____ Sex _____ Club/Team _____
If SKY, indicate team also

Address _____ City/ST/ZIP _____

Birth Date _____ Phone _____ E-mail _____
Please circle best time to call: day evening any time

NOTE: Entries including a correct, legible e-mail address will be acknowledged by e-mail. Last-minute information and **free meet results** will also be posted by e-mail.

_____ Check here to have **printed** meet results mailed to you and include an additional \$2.00 with your payment. (Coaches free).

<u>Event no.</u>	<u>Event (Select a maximum of 5)</u>	<u>Seed Time</u>
1	500 yd Freestyle	
Appr. 10 min.	BREAK/WARMUP	
2.	200 yd Medley Relay	Deck Entered
3.	50 yd Butterfly	
4.	200 yd Backstroke	
5.	100 yd Breaststroke	
6.	50 yd Freestyle	
7.	100 yd Butterfly	
8.	100 yd Backstroke	
5 minutes	BREAK	
9.	200 yd Individual Medley	
10.	100 yd Freestyle	
11.	200 yd Breaststroke	
12.	50 yd Backstroke	
13.	200 yd Butterfly	
14.	50 yd Breaststroke	
15.	200 yd Freestyle	
16.	100 yd Individual Medley	
17.	200 yd Freestyle Relay	Deck Entered

IMPORTANT!
Be sure to attach a copy of your 2005 USMS Member card.
You do not need to re-enter on this entry form the information already included on the attached card.

Entry fee: Payable to "Western Ky. Green Gators"

In advance \$20.00
(received by 1/25/05)

Late/day of meet - \$25.00

Liability Waiver

(Please read and sign)

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.

Date: _____ **Signature:** _____