



**United States Masters Swimming  
South Central Zone  
Long Course Championship Meet  
22 - 24 July 2011**



**Meet Information**

- Website:** [Meet Website](#)  
(or click on "Calendar" at [www.wmst.net](http://www.wmst.net))
- Dates:** Friday, Saturday, & Sunday, 22 – 24 July 2011
- Schedule:** Friday: 3:00 p.m. Warm-up, 4:00 p.m. Start  
Saturday & Sunday: 8:00 a.m. Warm-up, 9:00 a.m. Start  
Saturday: There will be a ½ hour warm-up after the 400 meter freestyle
- Location:** The CISD Natatorium  
19133 David Memorial Drive, Shenandoah, Texas 77385  
Office: (936) 709-3900 Fax: (936) 709-3999  
> Do not mail Entries to this address <
- Parking:** Plenty of Parking is available adjacent to the Natatorium.
- Directions:** Interstate Highway 45 to Shenandoah, exit 77 for "Research Forest Dr. - Tamina Rd." Go east on Tamina Rd. to the first light, turn left (north) on David Memorial Drive and proceed approx. ½ mile to the Natatorium which will be on the east side (adjacent the Stadium).
- Facilities:** Competition is in the 8-lane, 50 meter indoor pool. Starting blocks are available and all lanes will have non-turbulent lane lines. The meet will be operated using a Daktronics (electronic) Timing System and Meet Manager software. During the meet, lanes will be available in the 25 yard diving pool for warm up and cool down.
- Eligibility:** Participants must be 18 years of age by 22 July 2011 and currently registered for 2011 with USMS.
- Sanction/Rules:** Sanctioned by the Gulf LMSC (GMSC) for USMS, Inc.  
Sanction Number: 251-008. Times are eligible for consideration as USMS National Records, Top-10 and National Qualifying Times. The conduct of the meet will be governed by the current USMS Rules and in addition, Rule 104.5.5 (11) *"If a swimmer enters an event with a time significantly slower or faster than that swimmer's recorded time in the past two years, the meet director may, after a discussion with the swimmer, change the seeded time to a realistic time."*
- Age Groups:** 18-24, 25-29, 30-34, etc. (5 year increments) for individual events and 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, etc. (40 year increments) for relays. Your "Age" is determined by your age on 31 December 2011.
- Scoring:** Individual events will be scored 9-7-6-5-4-3-2-1 and relays will be double.
- Awards:** For individual and relay events, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be awarded. For overall teams placing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place plaques will be awarded.
- Event Limit:** A participant may enter a maximum of five (5) individual events a day.



**United States Masters Swimming  
South Central Zone  
Long Course Championship Meet  
22 - 24 July 2011**



**Entries:** Meet entry is \$45.00 per individual if postmarked on or before 30 June 2011; and \$55 for entries postmarked after 30 June 2011 and received before 15 July 2009. Meet entry is \$10.00 for individuals swimming RELAYS ONLY. Entries received after 15 July 2011 will not be accepted. Incomplete entries cannot be processed. There will be no refunds. The relays are \$8 per relay, payable on the day of the relay; otherwise, there will be no deck entries.

**Online Entries:** You may enter the meet online at: [Enter Meet Online](#)

**Seeding:** This is a timed finals meet and will be seeded by gender and time, slow to fast. Entries with "No Time" (NT) will be placed in the slowest heats. Women's events are even numbered and men's events are odd numbered. Those swimming the 800 and/or 1500 are to provide their own person to count laps. The meet will be pre-seeded, with the exception of the 400 Free, 400 IM, 800 Free and 1500 Free and the relays, which will be deck seeded. Check In for these events are as follows:

- ◆ 400 Meter Individual Medley (by 3:30 p.m. Friday)
- ◆ 1500 Meter Freestyle (by 4:15 p.m. Friday)
- ◆ 400 Meter Freestyle (by 8:15 a.m. Saturday)
- ◆ All Saturday Relays (Entries due by the end of event 10)
- ◆ All Sunday Relays (Entries due by the end of event 32)
- ◆ 800 Meter Freestyle (by the end of event 36)

For the 400, 800, and 1500 meter freestyle and the 400 meter IM, the Meet Director reserves the right to combine men and women and seed the events by time only.

**T-Shirts:** Yes! \$12 with entry, \$15 on deck. Short sleeved. Check the website for the snappy design soon to be revealed.

**Lodging:** Check the website from time to time.

**Results:** Results will be posted electronically on the Woodlands Masters Swim Team website at [www.wmst.net](http://www.wmst.net) and on the Gulf Masters Swimming website at [www.gulfmastersswimming.org](http://www.gulfmastersswimming.org).

**Social(s):** Most certainly (we're Masters Swimmers!) - Check back with the website from time to time.

**Meet Director:** Scott Campbell, 281-844-3838, email [SCampbell@usms.org](mailto:SCampbell@usms.org)