

2010 FORT SMITH MASTERS LONG COURSE INVITATIONAL

July 17, 2010

Sanctioned by Arkansas Masters LMSC for USMS, Inc.

Sanction # 2310-005

Place:

- Creekmore Park Swimming Pool
Old Greenwood Road & M Streets, Fort Smith, 72901. Arkansas

Pool Facility:

- The swimming complex consists of 10 lane, 50 meter pool with stainless steel gutters and ceramic tile lane lines. Starting blocks and anti-turbulence lane dividers are installed. There is also a 6 lane, 23 yard diving pool that will be available for warm-up and cool-down.

Format:

- 2010 USMS rules will govern the conduct of the meet. We are offering an abbreviated one day meet format in 50 meter pool.
- Heats will be deck seeded. **Deck entries are permitted until 9:15 am.** Age groups and sexes will be mixed based upon seed times. Entries without times will be placed in the slowest heats.
2009 USMS card is required for participation. Cards may be purchased at the meet.

Time:

- Warm-up 8:30 AM Meet Starts 9:30 AM Social to Follow

Entry Limit:

- Each swimmer may swim a maximum of 5 individual events plus relays.

Entry Fees:

- \$20.00 pre-entry fee, \$30.00 deck entry fee.
- Make checks payable to **Sebastian County Aquatics Association.**
- Include a copy of current USMS registration card with entry. Entry fee includes social. Spouses, friends, or children are welcome at the social for \$6.00 per person.

We will also be accepting donations for the Reynolds Cancer Support House, which so graciously allows us to have our social across the street at their beautiful facility. Please see the Wish List attached of house/patient, kitchen and office supplies.

Mail or Email entries to: Ian Bullock, Meet Director
1219 North 57th Place
Fort Smith, AR. 72904

For more information phone 479-459-7731 or e-mail irbullock@aol.com

Pre-Entry deadline: Tuesday July 13th. 2010

How to get to Creekmore Pool:

- **From Oklahoma** on I-40 take the Roland exit & proceed east across the Garrison Avenue bridge. Go up Garrison to I.C. Catholic Church and bear left (east) on Rogers Avenue. Stay on Rogers to Old Greenwood Road, turn right onto Old Greenwood Road & take the next left (South M Street) to the pool.
- **From Arkansas** on I-40 take the I-540 exit and go to the Rogers Avenue, (Hwy 22 West) exit #8. Proceed west on Rogers Avenue to Old Greenwood Road. Turn left onto Old Greenwood Road & next left (South M Street) to the pool.

Special Added Attractions

Dermatologist

Dr Sandi Johnson, MD. Dermatologist,
Will be on deck to give free skin cancer checkups.

Massage

Mark Pope, Licensed Massage Therapist,
Will be on deck throughout the meet
to give free 5 minute massages.

2010 FORT SMITH MASTERS LONG COURSE SWIM MEET

July 17, 2010 Warm-up 8:30 AM, Meet Starts 9:30 AM

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Sanction Number: 2310-005

ENTRY FORM

Please complete and mail or email with copy of current registration card to:

Ian Bullock
1219 North 57th Place
Fort Smith, AR. 72904
irbullock@aol.com

Last Name: _____ First Name: _____ Initial: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Age(as of 12/31/10) _____ Birth Date _____ Sex (M/F) _____

USMS# _____ Club Name: _____

ORDER OF EVENTS

<u>Event</u>	<u>Entry Time</u>	<u>Event</u>	<u>Entry Time</u>
1. 800 Free	_____	9. 50 Back	_____
2. 200 Medley Relay	_____	10. 100 Fly	_____
3. 100 Back	_____	11. 400 Free/12. 400 I.M.	_____
4. 50 Breast	_____	13. 200 Back	_____
5. 200 I.M.	_____	14. 100 Breast	_____
6. 200 Fly	_____	15. 50 Fly	_____
7. 100 Free	_____	16. 200 Free	_____
8. 200 Breast	_____	17. 200 Free Relay	_____
		18. 50 Free	_____

*****10 Minute Break*** (Additional breaks between events when deemed necessary.)**

Please read and sign the following waiver and release from:

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 the risks inherent in Masters Swimming (training & competition) including possible permanent disability or death, and agree to assume all 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 United States Masters Swimming.

Signature _____ Date _____