

MAKOS LONG COURSE 2010
COURTHOUSE RACQUET & FITNESS CLUB
April 30 – May 2, 2010

- SANCTION:** Held under the sanction of USA Swimming Inc.
and Mississippi Swimming Inc.
Sanction MSI# 1010
Hosted by Mississippi Makos Swim Team
- LOCATION:** Courthouse Racquet & Fitness Club
2625 Courthouse Circle
Flowood, MS 39232
Tel. # 932-4800
- FACILITIES:** 50 meter x 25 yd pool , 8 lanes competition course, Daktronics timing with 8 lane scoreboard: HY-TEK program. Concessions/Hospitality.
The competition course has not been certified in accordance with 104.2.2C(4).
- TIME:**
- | | |
|------------------------|--|
| Friday P.M. | Warm-ups: 4:00 P.M.
Competition: 5:00 P.M. |
| Saturday & Sunday A.M. | Warm-ups: 7:00A.M.
Competition: 8:00 A.M. |
| Saturday P.M. | Warm-ups: not before 12:00 P.M.
Competition 1 hour after warm-ups |
| Sunday P.M. | Warm-ups: not before 11:00 P.M.
Competition 1 hour after warm-ups |
- 11-12 Boys swim in the am and 11-12 Girls swim in the pm session on Saturday and Sunday.**
- RULES:** Current USS Rules will govern the meet.
- ELIGIBILITY:** The age of the swimmer on April 30, 2010 determines the age of the swimmer. All swimmers must be current USS registered athletes. The USS numbers must appear on all entry forms (recaps). The person responsible for entering an unregistered swimmer as registered will be subject to a fine of up to \$100.00 per event. This will be enforced by MSI through their Review Section.
SWIMMERS WITHOUT USS REGISTRATION NUMBERS WILL BE REJECTED.
- COACHES:** Coaches must be current USS Coach Members in order to perform deck duties. If a coach is not certified, he/she may observe the meet as any other observer, but may not coach or sit in the coaches' area. **COACHES PACKETS WILL BE GIVEN TO THOSE COACHES PRESENTING CREDENTIALS.**
- SWIM WEAR:** Swim wear will be according to the current USA Swimming Rule and Regulations guidelines under Article 102.9.

- ENTRIES: The MEET will be limited to the first 450 swimmers. Each swimmer is limited to FOUR individual events, plus ONE relay per day.
- ENTRIES: ALL IMPROPERLY FILLED ENTRY FORMS, THOSE WITHOUT FEES OR THOSE RECEIVED AFTER 450 IS REACHED WILL BE RETURNED AND THE TEAM REPRESENTATIVE WILL BE NOTIFIED BY PHONE. We use the HY-TEK Computer program. If you are also using HY-TEK, please send us your entries on diskette, with the hard copy. This will make our job easier and insure accuracy. All other requirements remain.
- ENTRY FEES: \$3.00 per individual event
\$5.00 surcharge per swimmer
\$8.00 per relay event
Make checks payable to **MISSISSIPPI MAKOS**
- ENTRY DEADLINE: Forms and fees must be in the hands of Brian Ware no later than **Wednesday April 21, 2010.**
Late entries will be accepted when lanes are available but will be charged double the entry fee. No swimmer may scratch one event and enter another.
Mail entries to: Brian Ware
2625 Courthouse Circle
Flowood, MS 39232 (601) 209-3187
OR e-mail to: bware@mscourthouse.com
(You may bring your check with you if you email your entries.)
- REPORTING: Swimmers in all events will report directly to the starting blocks. All entry cards, except for relays, will be at the appropriate lane according to the heat sheet. It is the responsibility of the coach & the swimmers to see that the swimmer reports to his/her assigned lane at the proper time. THERE WILL NOT BE A CLERK OF COURSE OR BULLPEN.
- SEEDING: The meet will be preseeded according to Current USS Rules for timed finals. Entry forms submitted without times or unreadable times will be seeded as No Time (NT). Entry times must be submitted in long course meter times. The 400 IM, 400 Free, and the 800 Free will be swum fastest to slowest, alternating girls/boys. Events 1 – 8 and 85, 86 will be deck seeded. Positive check-in is required for these events 30 minutes prior to the end of warm-ups on the day of the event.
- WARMUP: Warm-up procedures will follow the MSI guidelines. The first 35 minutes will be general warm-ups, NO DIVING. In the last 20 minutes, the two outside lanes will be for pace, all swimmers leaving the wall from a push. Lanes 2 & 7 are for dives off blocks with one way traffic. The remaining lanes are for general warm-up. NO DIVING.
- 4 HOUR RULE If an age group event for 12 and unders is swum after the session has been running four (4) hours, each involved swimmer has the option of either swimming that event or receiving a refund for that event. A swimmer desiring

the refund must declare his/her intent to the Meet Director or the meet director's designee. There will be no refund for swimmers not in attendance.

SCORING: Individual events: 9-7-6-5-4-3-2-1
Relay events: 18-14-12-10-8-6-4-2
Event 5 & 6 will be awarded and scored separately (10&under/11-12)
Event 85 & 86 will be awarded and scored separately (13-14/15-over)

AWARDS: First through Third: Medals
Fourth-Eighth: Ribbons
Individual High point trophy will be awarded to each boy/girl age group, **except** 6&U (there are only 2 events).
Senior events do NOT count for individual age-group high point award.
8&Under High Point will be scored with only 8&U events
Team trophies: First through Third

Timers & Officials Each participating team will be assigned timing assignments according to the size of the team. We also ask for a list of officials willing to work.

DIRECTIONS: The Lakeland Courthouse is located just off Lakeland Dr. From I-55, travel east on Lakeland Dr. (aka Highway 25) for about 2.7 miles. You will pass several gas stations and restaurants on your right (Schlotzsky's, Krystal, etc.). You will be turning right at the light just past the Red Arrow Car Wash. At this intersection you will see the Ergon/ Mirror Lake office building on your right (4-5 story mirrored glass building) and a Texaco gas station. Take a right. Take your first right onto Courthouse Circle. The Courthouse will be on your left.

ADDITIONAL INFORMATION Any swimmer who is NOT swimming an individual event, but is on a relay must pay the \$3.00 surcharge. When filling out the recaps, PLEASE enter the swimmers on the appropriate sheet for their age.
There will be **NO SMOKING** around the pool, deck, or where swimmers are present, such as bathrooms, or immediately outside the doors. **NO GLASS** containers or gum on the pool deck.

MEET DIRECTORS: Brian Ware
2625 Courthouse Circle
Flowood, MS 39232
(601) 209-3187

REFEREE: Alan Branson
119 Annandale Parkway East
Madison, MS 39110
601-853-8826

SESSION I FRIDAY PM
WARMUP: 4:00PM COMPETITION 5:00PM

WOMEN	EVENT	MEN
1	13-14 400 IM**	2
3	SENIOR 400 IM**	4
5	12&UNDER 400 FREE**	6
7	SENIOR 800 FREE**	8

**** Positive check in is required by 4:30pm**

SESSION II SATURDAY AM
Warmup: 7:00 am competition: 8:00 am

9	8&UNDER 200 YD FREE RELAY	10
11	10&UNDER 200 YD FREE RELAY	12
	11-12 200 YD FREE RELAY	14
15	6&UNDER 50 FREE	16
17	8&UNDER 50 FREE	18
19	10&UNDER 50 FREE	20
	11-12 50 FREE	22
23	8&UNDER 50 BREAST	24
25	10&UNDER 50 BREAST	26
	11-12 50 BREAST	28
29	6&UNDER 50 BACK	30
31	8&UNDER 50 BACK	32
33	10&UNDER 100 BACK	34
	11-12 100 BACK	36
37	8&UNDER 50 BUTTERFLY	38
39	10&UNDER 100 BUTTERFLY	40
	11-12 100 BUTTERFLY	42
43	8&UNDER 100 FREE	44
45	10&UNDER 100 FREE	46
	11-12 100 FREE	48

Session III Saturday Afternoon
Warm-ups not before noon

49	13-14 YR 200 IM	50
51	SENIOR 200 IM	52
53	11-12YR 50 FREE	
55	13-14 YR 50 FREE	56
57	SENIOR 50 FREE	58
59	11-12 YR 50 BREAST	
61	13-14 YR 100 BREAST	62
63	SENIOR 100 BREAST	64
65	11-12 YR 100 BACK	
67	13-14 YR 200 BACK	68
69	SENIOR 200 BACK	70
71	11-12 YR 100 BUTTERFLY	
73	13-14 YR 200BUTTERFLY	74
75	SENIOR 200 BUTTERFLY	76
77	11-12 100 FREE	
79	SENIOR 400 FREE RELAY	80
81	13-14YR 400 FREE RELAY	82
83	11-12 200 FREE RELAY	
	10 MINUTE BREAK	
85	13 & over 400 FREE**	86

****Positive check-in is required**

SESSION IV SUNDAY AM

Warm-ups: 7:00 am competition: 8:00 am

87	10&UNDER 200 MEDLEY RELAY	88
	11-12 200 MEDLEY RELAY	90
91	10&UNDER 200 IM	92
	11-12 200 IM	94
95	10 &UNDER 50 BACK	96
	11-12 50 BACK	98
99	10&UNDER 50 BUTTERFLY	100
	11-12 50 BUTTERFLY	102
103	10&UNDER 100 BREAST	104
	11-12 100 BREAST	106
107	10&UNDER 200 FREE	108
	11-12 200 FREE	110

SESSION V SUNDAY PM

Warm-ups not before 11:00 am

111	11-12 200 IM	
113	13-14 100 FREE	114
115	SENIOR 100 FREE	116
117	11-12 50 BACK	
119	13-14 100 BACK	120
121	SENIOR 100 BACK	122
123	11-12 100 BREAST	
125	13-14 200 BREAST	126
127	SENIOR 200 BREAST	128
129	11-12 50 BUTTERFLY	
131	13-14 100 BUTTERFLY	132
133	SENIOR 100 BUTTERFLY	134
135	11-12 200 FREE	
137	13-14 200 FREE	138
139	SENIOR 200 FREE	140
141	11-12 200 MEDLEY RELAY	
143	13-14 400 MEDLEY RELAY	144
145	SENIOR 400 MEDLEY RELAY	146

INFORMATION FORM FOR DISABLED SWIMMERS

NAME _____

ADDRESS _____

AGE _____ BIRTHDATE ____/____/____.

EVENTS TO BE SWUM ____/____/____/____/____/____/____/____

TYPE OF DISABILITY

Blind _____ Mentally Retarded _____ Deaf _____ Physical _____

EXTENT OF DISABILITY: Be specific, e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

THE FOLLOWING PERSON(S) WILL ACCOMPANY THE SWIMMER FOR ANY NEEDED ASSISTANCE:

TYPE OF MEDICATION _____

PURPOSE OF MEDICATION _____

PARENT'S OR GUARDIAN'S NAME _____

PARENT'S OR GUARDIAN'S SIGNATURE _____

ATHLETES'S SIGNATURE _____

PHYSICIAN'S NAME (please print) _____

PHYSICIAN'S ADDRESS _____

PHYSICIAN'S PHONE NUMBER _____

I have examined the above Entrant and, in my opinion, there is no mental or physical reason why he or she should not participate in USA Swimming competition.

Physician's signature

Date

**MISSISSIPPI MAKOS LONG COURSE 2010
ENTRY FORM
April 30 – May 2, 2010**

CLUB NAME: _____ **ABBREVIATION** _____

COACHES: _____

TEAM ADDRESS _____

PHONE: _____

NUMBER OF INDIVIDUAL ENTRIES _____ **@\$3.00/ENTRY=\$** _____

NUMBER OF RELAY ENTRIES _____ **@\$8.00/RELAY=\$** _____

NUMBER OF TOTAL ATHLETES _____ **@\$5.00/ENTRY=\$** _____

TOTAL AMOUNT OF FEES ENCLOSED = \$ _____

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, WE WAIVE ANY AND ALL CLAIM AGAINST USS OR MS SWIMMING, MISSISSIPPI MAKOS SWIM TEAM, AND THE COURTHOUSE RACQUET CLUB AND IT'S EMPLOYEES.

SIGNATURE OF COACH OR CLUB REPRESENTATIVE:

Mail entries to : **Brian Ware**
2625 Courthouse Circle
Flowood, MS 39232
Email: bware@mscourthouse.com

Entries are due: Wednesday, April 21, 2010