

**2009 COMSA Masters  
Short Course Swimming Championships  
April 3–5, 2009**

Sanction:

COMSA and the University of Denver invite you to the 2009 COMSA Masters Short Course Swimming Championships, held at the University of Denver's El Pomar Natatorium. The pool is 25 yards by 50 meters, and will be set up with 10 short course yards lanes. A Colorado Electronic Timing System with backup timing and scoreboard readout will be used. Bleacher seating is available for up to 375 people, with additional on-deck seating available. We recommend bringing your own chairs if you plan to make use of on-deck seating.

**Eligibility**

This is a USMS sanctioned championship meet. Swimmers must be at least 18 years of age. A valid 2009 United States Masters Swimming (USMS) membership number is required to compete, and must be furnished on the entry form. Online registration is available at [www.comsa.org/register](http://www.comsa.org/register). Contact the COMSA registrar at [marfer@att.net](mailto:marfer@att.net) with questions.

**Rules**

2009 USMS Rules apply, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. No paddles, kick boards or pull buoys are allowed during warm-ups.

**Entries and Fees**

\$10 surcharge per swimmer

\$4 per individual event (max of 5 events per day)

\$25 late fee (if received after entry deadline)

**No charge for relays**

Fees must accompany Registration Form and Consolidated Entry Form, and must be paid in U.S. Dollars by credit card, check or money order.

***Make checks payable to: University of Denver***

**Deadlines**

Entry Cards & Fees are DUE IN HAND **Monday, March 9, 2009, at 5 p.m.**. Late entries will be accepted after the entry deadline until **Friday, March 27 at 5 p.m.**, and must include a **\$25** late fee. LATE ENTRIES THAT DO NOT INCLUDE THE LATE FEE WILL BE REJECTED. Late entries being charged to a credit card will have the late fee automatically applied. Late entrants will be eligible for individual placing and points earned, but are not guaranteed a participation award.

**Mail or Deliver Entries to:**

Recreation at the Ritchie Center

COMSA State Meet Entry

2201 East Asbury Ave.

Denver, CO 80207

Attn: Carin Orr

**No entry verification will be made via telephone.**

**Event Seeding**

All events are seeded slow to fast, including the 1650 and 1000 Freestyle. "No Time" entries will not be accepted. All events are timed finals, one swimmer per lane. Men and Women may be combined in events of 200 yards or longer at the discretion of the meet director. Deck seeding is strictly at the discretion of the meet director.

**Meet Check-in and Positive Check-in**

All athletes must check-in upon arrival on their first day of competition. At check-In, athletes receive their T-Shirt, heat sheet, and participation award. Each athlete need only check-in to the meet once, on their first day of competition.

**ADDITIONALLY**, participants in the 1650 Free, 1000 Free, 500 Free, and 400 IM must positively check-in for those events, separately from the meet check-in process. There will be clearly marked, separate areas for meet check-in and positive check-in. Deadlines for positive check-in are as follows:

Friday's Events:

1650 Free Positive Check-In closes at 12:30 p.m.

1000 Free Positive Check-In closes at 2:15 p.m.

Saturday & Sunday:

Positive Check-In closes at 8 a.m.

***Lane assignments may be changed at any time, at the meet director's discretion.***

### **Age Groups and Relays**

Age for the meet is determined as of April 3, 2009.

**Individual Events:** 18-24, 25-29, 30-34, 35-39,...100+

**Relay Events:** 18+, 25+, 35+, 45+, etc. 10-year increments as high as necessary determined by age of youngest relay member. Relay cards will be available on deck, and will be accepted each day according to deadlines announced at the meet. All relay members must be USMS members and be individually registered for the meet (\$10 fee for relay-only swimmers).

### **Scoring**

Swimmers may enter up to 5 individual events per day; 12 maximum for the meet, plus relays. If more than 5 events are entered, the meet host reserves the right to eliminate any of the additional events over 5.

Individual Events: 11-9-8-7-6-5-4-3-2-1

Relay Events: 22-18-16-14-12-10-8-6-4-2

Team Awards: Scored by total point counts, Men and Women combined. Top six point-scores will be awarded.

### **Participation Awards/T-Shirts**

Each swimmer receives a participation award. To guarantee that you receive a meet T-Shirt (available for purchase), you must pre-order and indicate your size on the entry form. A limited number of extra T-shirts may be available at the meet. Late entrants are not guaranteed a participation award and may not receive a T-Shirt.

### **Heat Sheets and Results**

Each participant receives one heat sheet at meet check-in as supplies last. Additional heat sheets are \$2. Results will be available on the COMSA website at [www.comsa.org](http://www.comsa.org).

### **Brute Squad Award**

The elite group of aquatic wonders who complete the 200 Fly, 400 IM, and 1650 Free will be presented a T-shirt during a break before the 800 Free Relay on Sunday.

### **Sprint Squad Award**

The elite group of speedsters who manage to complete the 50 Free, 50 Fly, 50 Back, 50 Breast, and 100 IM will be presented a T-shirt during a break before the 200 Free Relay on Sunday.

### **The Jack Buchanan Award**

This award is presented during the opening ceremony on Saturday to the male and female swimmer who has made major contributions to Masters Swimming. Nomination forms are available at [www.comsa.org](http://www.comsa.org)

### **The Lou Parker Award**

This award is presented during the opening ceremony on Saturday to the outstanding Colorado Coach of the Year. Recipients must be COMSA members. Nomination forms are available at [www.comsa.org](http://www.comsa.org)

### **Individual Awards**

The top 8 swimmers in each individual event will receive a ribbon. No awards for relays.

An individual high-point award will be given to the highest scoring swimmer, male and female, in each age group.

### **Entry Confirmations**

Psych sheets will be posted at [www.comsa.org](http://www.comsa.org) 1-2 weeks before the first day of the meet. Contact the meet host with corrections to errors found on the psych sheet. Entry confirmation can be provided by mail if a self-addressed, stamped envelope is included with the entry. We cannot verify entries by phone or e-mail, nor can we guarantee notification if your entry is rejected. The University of Denver is not responsible for entries we do not receive. Entries may be rejected for failure to complete the entry form, failure to include fees and late receipt.

# 2009 Colorado State Masters Short Course Championships - Registration Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone ( \_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

### T-Shirts

Size (circle one): S - M - L - XL - XXL - XXXL

Brute Squad (Must complete all Brute Squad events)

Sprint Squad (Must complete all Sprint Squad events)

Meet T-Shirt (\$10 in addition to meet entry fee)

### Meet Entry Check-List (Be sure to check EACH item)

- Signed Consolidated Entry Form, attached ([www.comsa.org/forms/ConsEntry.pdf](http://www.comsa.org/forms/ConsEntry.pdf))
- Signed Meet Registration Form (this page)
- Check or Credit card for payment (check made out to University of Denver)
- Copy of Valid 2009 USMS Membership Card (Register Online @ [www.comsa.org/register](http://www.comsa.org/register))

### Meet Schedule

**Friday, April 3, 2009**

**Noon Warm-Up/1p.m. Meet Start**

**Event# (seeded slow to fast)**

1 1650 Freestyle (mixed)

2 1000 Freestyle (mixed)

**Saturday, April 4, 2009**

**7:30 a.m. Warm-Up/8:30 a.m. Annual COMSA meeting**

**Opening ceremonies/8:45 a.m. Meet Start**

#### WOMEN

- 3 400 IM
- 30 Min Break/Warm-up
- 5 200 Medley relay
- 7 50 Breast
- 9 100 Back
- 11 200 Free
- 13 400 Free Relay\*
- (Or 10 minute break)
- 15 400 Medley Relay\*
- 17 100 IM
- 19 200 Breast
- 21 100 Fly
- 23 50 Free
- 25 200 Mixed Free Relay

#### MEN

- 4
- 6
- 8
- 10
- 12
- 18
- 20
- 22
- 24

**Sunday, April 5, 2009**

**7:30 a.m. Warm-Up/8:30 a.m. Start**

#### WOMEN

- 27 500 Free
- 30 Min Break/Warm-up
- 29 200 Mixed Medley Relay
- 31 50 Back
- 33 200 Fly
- 35 100 Breast
- 37 200 Back
- 39 800 Free Relay\*
- (or 10 min break)
- 41 100 Free
- 43 200 IM
- 45 50 Fly
- 47 200 Free Relay

#### MEN

- 28
- 32
- 34
- 36
- 38
- 42
- 44
- 46
- 48

**\*Longer Relays:** These relays are swum Women, Men and Mixed together. A swimmer may swim only one relay in each event. **These relays do not count toward team points.**

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: THE UNIVERSITY OF DENVER, 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** \_\_\_\_\_

Signing waiver is payment authorization for entrants paying by credit card.

#### Credit Card Payment

Visa MasterCard Amex Discover

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_

Name on Card: \_\_\_\_\_

#### Fees (Limit of 5 ind. events per day; 12 maximum + relays):

- \$10 Surcharge / Swimmer \$10
- \$ 4 per Individual Event # \_\_\_ \$\_\_
- \$25 late fee \$\_\_
- \$10 Meet T-Shirt (select size above) \$\_\_

**Total \$\_\_\_\_\_**

**(Check is payable to University of Denver)**