



Sweetheart Weekend

IN LOVELAND, COLORADO

January 28 - 29, 2017

Swim Meet • Clinic • Craft Beer Tour

Swim Meet Saturday morning

Join us for the 38th Annual Sweetheart Swim Meet located in beautiful Loveland, Colorado. Just a short hour drive north of Denver. Each participant will receive a souvenir beer glass in addition to the warm Loveland Masters hospitality. Register at: www.LovelandMasters.com

Craft Beer Tour

Saturday afternoon

Join your fellow swimmers for this bus tour to:

- Verbotten Brewing
- Big Thompson Brewery
- Grimm Brothers
Brewhouse

At the start of the tour, everyone will receive a craft beer passport which provides special pricing at breweries. Get your passport stamped at each Loveland brewery location and receive a free Loveland beer glass or t-shirt (learn more at: visitlovelandco.org/love-beer-culture). For your safety, please consider utilizing the bus transportation at \$20 per person including gratuity.

- Bus departs from the pool at 2 p.m.
- Returns to the pool by 5 p.m.

Register at: www.LovelandMasters.com



Clinic Sunday morning

2008 USMS Coach of the Year Susan Ingraham

This clinic will consist of a 30 minute workout session, followed by distance training and technique instruction.

Susan Ingraham has been coaching and teaching swimmers for more than 39 years, and is a USMS Level III Coach. She was on the team that developed the USMS coach's certification program curriculum, and stroke technique instruction.

Ingraham has a long history of training open water athletes, including several internationally ranked triathletes. She competes herself, and was the second overall female at the 2009 Alcatraz Invitational, fourth at the 3K World Championships in both Italy and Canada, and the third overall female at the 2016 Barbados Open Water Festival 10K.

In 2000, Ingraham was named the head swim coach for USA Modern Pentathlon National Team, which sent three athletes to the Olympics, including the women's silver medalist.

Susan is the head coach for the Masters of South Texas in San Antonio.

Feedback from previous clinic swimmers

- *AWESOME, Susan has so much useful information and delivers it in an easy to understand and applied manner.*
- *It was extremely informative, well organized, challenging, and fun.*

Registration

Registration will be limited to the first 32 swimmers, register early to save your spot.

2017 USMS registered members \$40

Register at: www.LovelandMasters.com

Schedule

(weekend before Super Bowl 51)

SATURDAY, JANUARY 28

Swim Meet

Check-in and Warm-up 8:15 a.m.
First event 9:15 a.m.

Loveland Brewery Tour

Bus leaves LaQuinta Inn TBD

SUNDAY JANUARY 29

Swim Clinic

Check-in 8:45 a.m.
Clinic starts 9:00 a.m.

MONDAY, JANUARY 30

Ski Copper Mountain

Depart Pool Parking Area 6:15 a.m.

Ski Copper Mountain

Monday

Just a two-hour drive from Loveland, Copper Mountain offers world-class skiing and riding for all ages and abilities. Rental equipment can be

picked up in Loveland or on the mountain, and discounted tickets are available. Contact Doug Garcia for details.



Housing

FAIRFIELD INN

1710 Foxtrail Drive, Loveland
Just off I25 and Hwy 34, a 5 minute drive from the pool.

Rooms available at \$99 plus tax per night. [Reservations must be made by Jan. 6, 2017 to guarantee pricing.](#)

To reserve, call the hotel directly at 970-461-1000. Indicate you are with Loveland Masters Swimming.

HOUSE OUR SWIMMERS TONIGHT (HOST)

To stay as a guest in the home of a Loveland Masters family, please contact:

Craig Changstrom
cchangstrom@gmail.com

THIRTY-EIGHTH ANNUAL

Loveland Masters Sweetheart Meet

JANUARY 28, 2017

When: Saturday, January 28, 2017
Warm-ups at 8:15 a.m., meet starts at 9:15 a.m.

Who: Any 2017 USMS Registered Swimmer.

Where: Mountain View Aquatic Center (yards)
3560 Mountain Lion Drive | Loveland CO

Directions: I-25 to Loveland. Exit HWY 34 West. Turn left on to Boyd Lake Drive and then right on to Mountain Lion Drive. Turn left into the Mountain View High School parking lot.

Seeding: Swimmers will be seeded according to entry time, slowest to fastest, and gender. Entries without times will be seeded in the first heats according to gender. Deck entries will be seeded as best as possible.

Age Groups: USMS age groups (18-24, 25-29, ... etc.)

Relays: Two relays will be offered at no additional fee

Sanction: 327-S001 – Short course yards. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Events: Swimmers may swim a maximum of five individual events.

Entry Fees: Pool Surcharge \$10
Regular entry (received by Feb. 4) \$4 per event
Deck entry (closes at 8:30 a.m.) \$6 per event

Register Online through club assistant at:
LovelandMasters.com
or
COMSA.org

Deadline: All regular entries must be received by Jan. 24
Entries submitted after 11:59 p.m. on Jan. 24 will be considered deck entries.

Mail Paper Entries to: Doug Garcia
1320 Saint John Place, Fort Collins CO 80525

Check in: All participants must sign the USMS Liability Release

More Info: Doug Garcia at 970-556-5186 (before 9 p.m.)
dougarcia@usms.org

Swimmer Information (PLEASE PRINT CLEARLY)

Name _____

Birth date _____ Age _____ Male Female

Address _____ City, State, Zip _____

Phone number _____ Email address _____

USMS # _____ Club & Workout Group _____

Circle the event numbers and record your seed time on the form below. Swimmers may swim a maximum of five individual events. Entries without a seed time will be seeded in the first heats according to gender. Women and Men will swim in separate heats.

Women	Men	Event	Seed Time	Women	Men	Event	Seed Time
Event #1	Event #2	200 Individual Medley		5 MINUTE BREAK			
3	4	100 Freestyle		Fun Relay, Deck Entry			
5	6	50 Breaststroke		23	24	200 Freestyle	
7	8	100 Backstroke		25*	26*	200 Butterfly	
9	10	100 Butterfly		27*	28*	200 Backstroke	
5 MINUTE BREAK				29*	30*	200 Breaststroke	
11	12	200 Freestyle Relay		*Events 25-30 may be swum in combined heats at the discretion of the meet director in order to manage timeline.			
13	14	50 Freestyle					
15	16	100 Breaststroke		Cash Relay, Deck Entry			
17	18	50 Backstroke		31	32	500 Freestyle	
19	20	50 Butterfly		33	34	400 Individual Medley	
21	22	100 Individual Medley		Swimmers may swim either the 500 or the 400 IM, not both.			