

**WISCONSIN MASTERS
SHORT COURSE YARDS SWIM MEET**

Sunday, January 8, 2017

Sponsored by: The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club

Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 207-S004

Location: YMCA AT PABST FARMS
1750 Valley Road, Oconomowoc, WI 53066

Facilities: 8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. 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.

Time: Sunday, Jan. 8, 2017 Doors open at 8:00am. There is no access to the YMCA before 8:00am. Warm-up 8:15am to 8:50am; meet starts at 9:00am.

Eligibility: Participants must be a member of U. S. Masters Swimming, and be age 18 years old or older. A copy of the entrant's membership card **MUST** be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be time finals.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" will be seeded in the slowest heat. Age groups and sexes will be combined.

Timing: Automatic timing system backed up by one watch/lane.

Warm-ups: Lane 8 will be the designated start/sprint lane with swimming one direction only, and exiting to the side or end. Lanes 1-7 will be for circle swimming only – **NO DIVING STARTS** from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.

Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress.

Entry Fee: \$5.00 per individual event, plus a \$15.00 facility user fee for all entries.
No charge for relays.

Entry Limit: Five individual events plus relays. 500 yd Freestyle limited to first 28 entrants.

ON-LINE

MEET ENTRY: The Wisconsin LMSC has agreed to the use of ON-LINE meet entries thru Club Assistant for meets in Wisconsin. The link for this meet is:

https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=8267

Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

The On-Line meet entry deadline for the Pabst Farms YMCA meet is
Thursday January 5 2017

Deck entries for individual events will not be accepted.

ENTRY DEADLINE: Paper entries must be in the meet directors hands no later than 6:00PM, Tuesday January 3, 2017 Fees must accompany the entry form. Please make checks payable to WMAC.

Deck entries for individual events will not be accepted.

Paper Entry Form: The official Universal Meet Entry Form must be used, one person per form. The **LIABILITY RELEASE** page must also be signed without any alterations.

Awards: Ribbons for 1st through 3rd places.

Mail Entry to Meet Director: John Bauman
11917 W Rainbow Ave
West Allis, WI 53214-2166
414-453-7336
wmacswim@sbcglobal.net

SCHEDULE OF EVENTS

- | | |
|----------------------------|-----------------------------|
| 1. 400 yd IM | 11. 200 yd Breaststroke |
| 2. 50 yd Backstroke | 12. 500 yd Freestyle |
| 3. 100 yd Freestyle | 13. 200 yd Butterfly |
| 4. 50 yd Breaststroke | 14. 200 yd Medley Relay* |
| 5. 200 yd Backstroke | 15. 100 yd Backstroke |
| 6. 100 yd Butterfly | 16. 100 yd Breaststroke |
| 7. 200 yd Freestyle | 17. 50 yd Freestyle |
| 8. 100 yd IM | 18. 200 yd IM |
| 9. 200 yd Freestyle Relay* | 19. 400 yd Freestyle Relay* |
| 10. 50 yd Butterfly | |

* Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men and two women).

Directions to the YMCA at Pabst Farms: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on State Highway 67, go north 2 blocks to Valley Road, turn east (right) on Valley Road, the Y will be about one mile down Valley Road.

When entering the Y early on the morning of the meet, please use the entrance on the West Side of the building, as the main entrance does not open until 10:00 A.M. on Sunday.

Post Meet: Following the meet, plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). To get there, turn left when leaving the Y, then go east about 1/2 mile to HY P (Sawyer Rd.), turn south (right) to I-94, and take I-94 east 3 miles to the Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive; meander one mile past the Home Depot, the Brewhaus is on the right. Good eating and excellent Masters socializing!