SHUFFLEBOARD

FRIDAY, SEPTEMBER 6

(One Day Only)

NEW LOCATION

Wilson Park Senior Center
2601 W. Howard Avenue
Milwaukee, WI 53221

Time: 9:30 A.M. to 4:00 P.M.

Coordinators:
Don and Gail Schambow (262) 782-5737 dschambow1@gmail.com

All Age Divisions (40 years and older) for Men and Women:
Singles - Men and Women
Doubles - (May be mixed gender)
Partners may be selected the day of the event.
Please bring your own lunch.

Must sign up for both singles and doubles if you wish to participate in both.

Registration closes August 14. No late registrations accepted.

SOFTBALL

FRIDAY, AUGUST 23

NEW LOCATION

Sijan Field
2821 S. Kinnickinnic Ave
Milwaukee, WI 53207
(414) 486-1613

Time: 9:00 A.M.

Coordinator:
Tom Volkmann (414) 788-3344 tynkees98@aol.com
All Age Divisions (40 years and older) for Men and Women

ROSTER - maximum of 22 players.

Registration and team roster must be submitted by team captain only (see page 19). Individuals must list team captain and team name on registration form (page 20).

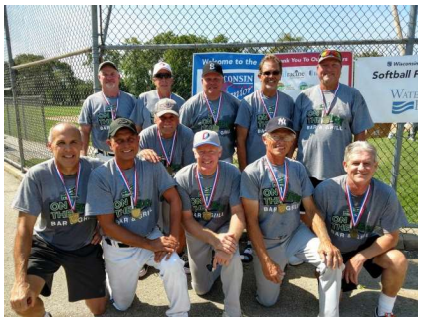
This is an inseam tournament, all games will have seven (7) innings, unless a tie occurs.

RAIN DATE: Saturday, August 24

Facility Fee: $7.00 per participant

Each team member must have an individual registration form and pay applicable registration fee.

Registration closes July 26. No late registrations accepted.



SWIMMING

SATURDAY, SEPTEMBER 7

NEW LOCATION

Shorewood High School VHE Pool
1701 E. Capitol Drive
Shorewood, WI 53211

Check-In Opens at 9:30 A.M.
Warm-ups 10:00 A.M.
Meet Starts 11:00 A.M.

Coordinator:
Nicole Jacobson (414) 647-3838
Best method of communication e-mail: swim@milwaukeerecreation.net

Meet Manager: Cassi Rodriguez (Shorewood Mens & Womens Swim Coach)

Masters Division – For Competitive Swimmers

Novice Division – For Beginner Swimmers

One person may not swim in both Novice and Masters events.
(Novice Swimmers Not Eligible to compete in the NSGA Games)

Facility Fee: $10 per participant

Limit five (5) events. You may not MIX Masters and Novice events.

Order of events:

1) 400 Individual Medley
2) 200 Freestyle
3) 100 Fly
4) 50 Side—Novice
5) 50 Breast
6) 50 Breast—Novice
7) 100 Back
8) 200 Fly
9) 100 Breast
10) 50 Free
11) 50 Free—Novice
12) 100 IM
13) 200 Back
14) 50 Fly
15) 100 Free
16) 100 Free—Novice
17) 200 IM
18) 50 Back
19) 50 Back—Novice
20) 200 Breast
21) 500 Frees

Events may run as men and women combined: MIXED heats
Meet will be a sanctioned USMS (United States Master Swimming) event and times may qualify for USMS records.

The following USMS rules apply to this swim meet:
a) Starts: The forward start may be taken from the starting blocks, the pool deck or a push from the wall. The backstroke start is taken from the wall. A false start will result in disqualification.
b) Turns: The breaststroke and butterfly turns must be done with both hands touching the wall simultaneously. The backstroke and freestyle events require some part of the body to touch the wall.
c) Backstroke: There are no rules pertaining to arm or leg movements. The swimmer is allowed to turn over on his/her stomach during the turn prior to touching the wall.
d) Breaststroke: The appropriate stroke is required.
e) Butterfly: The appropriate stroke is required. The whip kick or the dolphin kick may be used exclusively or interchangeably while doing the butterfly.
f) Freestyle: Swimmers must touch the wall at each turn and at the finish. Any stroke may be used, and swimmers may switch strokes whenever they wish, except that in an individual medley event, freestyle means any stroke other than butterfly, breaststroke, or backstroke.
g) Medley: The order of strokes in the individual medley is butterfly, backstroke, breaststroke and freestyle. Rules for the individual strokes govern strokes and turns. (Only rule that does not apply to this meet as no relays are conducted.)
h) General: Any swimmer who uses improper methods in order to obtain an advantage over his/her competition will be disqualified from that event.
Registration closes August 14. No late registrations accepted.