

**2009 PENSACOLA SENIOR GAMES
PENSACOLA, FLORIDA, SEPTEMBER 20, 2009**

Recognized by Southeastern Masters Swimming for United States Masters Swimming, Inc., Reg no 159-008R

HOSTED BY: Pensacola Senior Games. Meet Director: Nan DeStafney. Phone: 850-512-6693 Email: NanDeStafney@yahoo.com

MAIL ENTRIES TO: Pensacola Senior Games, 3200 E. Lakeview Ave, Pensacola, FL 32503.

ENTRY DEADLINE: Entry deadline is Tuesday, September 1, 2009 to be seeded. Any entries after that will be considered deck entries and accommodated on a space available basis.

FACILITY: Pensacola Junior College, Pensacola, Florida. 25-yard indoor, 6 lane competition pool. Push button with 2 stop watches per lane. 5 lanes will be used for competition. 1 lane will be designated for warm-up/warm-down. 9' deep tapering to 4' deep.

RULES: 2009 USMS Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups except for designated sprint lanes. Florida State Senior Games Rules require all competitors be at least 50 years old.

ELIGIBILITY: Swimmers are **not** required to be USMS members. Only USMS members are covered by liability and excess personal accident insurance. Times achieved may be considered for USMS national records and Top Ten times. All swimmers registered with United States Masters Swimming, Inc. Please enclose a photocopy of your year 2009 USMS registration with your entry materials. If not provided in advance, you will be asked to show a 2009 USMS registration card when you check in. Swimmers will be able to register with USMS at the meet.

ENTRIES: A swimmer may enter up to 5 individual events. Entry times will be assumed to be in yards unless otherwise indicated. NT entries will be seeded as slowest times.

SEEDING: The 500 free will be seeded fast to slow without regard to age or gender. All other events will be seeded slow to fast and without regard to age or gender. Results will be tabulated by gender and age group as defined by USMS.

SCHEDULE: Warm-up will begin at 12 p.m.. Competition will begin at 1300.

SCORING: Top 3 finishers in each event will be eligible to advance to the Florida State Senior Games.

INDIVIDUAL AWARDS: Medals will be awarded to top 3 finishers in each event.

DIRECTIONS TO POOL: **From I-10 East/West** to 110 South to the Brent Lane Exit. Left at the light and drive to 12th Ave. Take a left (towards Pensacola Regional Airport). Drive to the next light and take a left on College Blvd. Pass WSRE-TV then left into the pool parking lot.

From Hwy 98 over the Three Mile Bridge and right (17th Ave) at the light just after you cross the bridge. Take a right at the next light (Cervantes) then the next light take a left on to Perry Ave. Travel to 12th Ave and take a right at the light. The second light take a left(towards Pensacola Regional Airport). Drive to the next light and take a left on College Blvd. Pass WSRE TV then turn into the pool parking lot.

CONCESSIONS & SEATING: There is no concession stand at the swimming pool. You are allowed to bring in coolers. There are two sets of bleachers at the pool.

2009 PENSACOLA SENIOR GAMES SWIM ENTRY

NAME _____ SEX _____ AGE _____
Last First as of 20 Sep 09

POSTAL ADDRESS _____

EMAIL ADDRESS _____ USMS REGISTRATION NO. _____
(Legibility is a virtue) (Please attach copy of 2009 USMS registration card)

Entry Fees: Swimming is 1 Event in the Senior Games.
If swimming is your only event, your fee is \$10.00 and is paid with your Senior Games Entry.

DAYTIME PHONE (_____) _____ - _____ EVENING PHONE (_____) _____ - _____

BIRTHDATE _____

CLUB NAME _____ (if USMS)

CLUB ABBREVIATION _____ (if USMS)

SUNDAY SEPTEMBER 20, 2009
Warm-ups at 12:30 p.m., competition at 1:00 p.m.

WOMEN			MEN		
Event No.	Entry Time		Entry Time	Event No.	
1	_____	500 yard Free	_____	1	
2	_____	100 yard Fly	_____	2	
3	_____	50 yard Breast	_____	3	
4	_____	200 yard Back	_____	4	
5	_____	100 yard IM	_____	5	
6	_____	200 yard Free	_____	6	
7	_____	50 yard Fly	_____	7	
8	_____	100 yard Breast	_____	8	
9	_____	200 yard IM	_____	9	
10	_____	50 yard Free	_____	10	
11	_____	100 yard Back	_____	11	
12	_____	200 yard Breast	_____	12	
13	_____	50 yard Back	_____	13	
14	_____	100 yard Free	_____	14	

THIS RELEASE MUST BE SIGNED

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: 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: _____