

# FIRST COLONY MASTERS

## *“There’s a First Time for Everything”*

### SHORT COURSE YARDS MEET

*This meet is designed to encourage new swimmers to try a meet for the first time and for experienced swimmers to try new events in which they have never competed*

- DATE OF MEET:** Saturday, February 20, 2010. Warm-up 7:00 AM, the **500 starts at 8:00 AM**
- LOCATION:** **Don Cook Natatorium.** 16255 Lexington Rd., Houston – Sugar Land, TX  
281 634-5880 Near the intersection of Hwy. 59 S and Hwy. 6. Directions are below.
- FACILITY:** Indoor natatorium set up with one **25 yard competition course** and a 25 yard course for warm-ups/cool downs during the meet. Fully automatic timing will be used. This meet is being hosted by the First Colony Masters Swim Team.
- SANCTION/RULES:** Sanctioned by Gulf Master Swim Committee for USMS, Inc. Number 250-001  
This pool has a moveable bulkhead. It will be measured before and after the competition in order to meet USMS rules so that times can be used for official USMS purposes.  
Current United States Masters Swimming Rules will apply.
- ELIGIBILITY:** Open to all registered US Masters Swimmers, aged 18 and over as of February 20, 2010
- ENTRY DEADLINES:** **On time entries:** Postmarked by February 8, 2010 or received by the meet director by February 10, 2010.  
**Late entries:** must received by the meet director by February 15, 2010. (\$5 late fee)  
**Deck entries:** will be accepted into empty lanes and heats if time allows. (\$10 additional deck entry fee). A copy of your USMS card must be included in order for your entry to be accepted. If you desire entry confirmation email Valerie Wolterman (vwolterman@comcast.net) and a return e-mail will be sent to you. No one will be available to sign for mail delivery. Check the “no signature required for delivery” for any entries delivered by express mail
- DECK ENTRIES:** Positive check-in required for the 1650 Freestyle and the 400 IM required by 9:00 AM. Deck Entries close at 7:30 AM.  
**EVERY SWIMMER THAT DECK ENTERS MUST HAVE A COPY OF HIS/HER USMS CARD – IF YOU DO NOT HAVE A COPY OF YOUR USMS CARD YOU WILL NOT BE ALLOWED TO DECK ENTER – NO EXCEPTIONS**
- CONDUCT OF MEET:** Heats will be swum **slowest to fastest**, with the exception of the 1650 freestyle, the 500 freestyle, and the 400 IM, which will be swum fastest to slowest. Event heats will be seeded according to entry time, **men and women mixed together** Deck entries will be swum in empty lanes. You may swim a total of four individual events, not including the 1650 Freestyle.
- ENTRY LIMIT:** You may enter a maximum of four events individual events (not including the 1650 Freestyle)
- 1650 FREESTYLE:** This event will be limited to the first 24 entries (men and women). All swimmers will swim one to a lane. If there are no open lanes you will not be able to on-deck enter this event. *Please enter early to guarantee your place!*
- ENTRY FEE:** **\$30 for on-time entries (includes a T-shirt).** \*\$15 if you enter only 1 event - no T-shirt (\$10 for T-shirt- Available for purchase at the meet - quantities limited)  
\$ 35 for late entries.  
\$ 40for deck entries (no T-shirt).  
Checks should be payable to **FCST** and entries mailed Valerie Wolterman  
1222 Braelinn Ln., Sugar Land, Texas, 77479
- PYSCH SHEET and FINAL RESULTS:** If possible, the psych sheet will be posted electronically a few days before the meet at **GulfMastersSwimming.org**. Results will also be posted electronically at this site.
- LODGING:** See attached information. There are a variety of types of lodging located nearby.
- QUESTIONS:** Please contact Meet Directors Dana Skelton (CoachDana@swimfcst.com) and Markell Lacy (CoachLacy@swimfcst.com) with any questions.

**DIRECTIONS TO THE POOL:**

Take Highway 59 South to the Highway 6 Exit. Turn left under the freeway at Highway 6 (south). Go to the second stoplight – Lexington Rd. and turn right. Go about ½ mile, just past the Aerodrome and Papa La Rosa’s Pizza, and turn left. Continue straight back past the basketball and football stadium. The Don Cook Natatorium is on the left. You may park in the parking lots on your right. The pool is behind the Aerodrome, but not visible from the street. Allow about 30 minutes travel time from central Houston to the pool in non-rush hour time periods.

**PRE-MEET WARM-UP:**

There will be no access to the pool for a pre-meet warm-up on Friday night.

**FOOD SUGGESTIONS:**

There are all types of restaurants in the area. Papa LaRosa’s Pizza is within walking distance (you can watch the ice skaters at the Aerodrome from inside). The First Colony Mall across Lexington Blvd. has a food court. There are also several restaurants ranging from T.G.I. Friday’s to Boston Chicken and Chick-Fil-A located next to the mall. There is a Manhattan Bagel Shop located on Lexington between Highway 6 and the pool.

If you continue South on Highway 6, you will pass all sorts of restaurants and fast food joints. Likewise, traveling North on Highway 59 will take you past many other restaurants.

**ENTRY FORM**

**First Colony Masters Short Course Yards "There's a First Time for Everything" Meet**

**PAGE 1.**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ (will only be used for meet purposes)

AGE (as of 2/20/2010) \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ USMS # \_\_\_\_\_

TEAM NAME \_\_\_\_\_ LMSC \_\_\_\_\_ **(Copy of USMS card must be attached)**

T-SHIRT SIZE \_\_\_\_\_

**Saturday February 20, 2010 – START TIME: 8:00 AM (Warm-up begins at 7 AM)**

DESIGNATE YOUR EVENT AND ENTER A SEED TIME. If you do not know your seed time enter NT (no time). NT entries will be seeded in the slowest heat.

Events: (4 maximum not including the 1650 Freestyle)

- |     |                        |       |               |
|-----|------------------------|-------|---------------|
| 1.  | 500 yards Freestyle    | _____ |               |
| 2.  | 50 yards Breaststroke  | _____ |               |
| 3.  | 100 yards Backstroke   | _____ |               |
| 4.  | 50 yards Freestyle     | _____ |               |
| 5.  | 100 yards Butterfly    | _____ |               |
| 6.  | 200 yards IM           | _____ |               |
| 7.  | 50 yards Backstroke    | _____ |               |
| 8.  | 200 yards Freestyle    | _____ |               |
| 9.  | 100 yards IM           | _____ |               |
| 10. | 100 yards Breaststroke | _____ |               |
| 11. | 200 yards Choice*      | _____ | Stroke: _____ |
| 12. | 50 yards Butterfly     | _____ |               |
| 13. | 100 yards Freestyle    | _____ |               |
| 14. | 400 yards IM           | _____ |               |
| 15. | 1650 yards Freestyle   | _____ |               |

\*200 yards Choice- Your choice of 200 Backstroke, 200 Breaststroke, or 200 Butterfly **(Please specify what stroke you will be swimming)**

**ENTRY FORM**

**First Colony Masters Short Course Yards ‘There’s a First Time for Everything’ Meet**

**PAGE 2.**

**ENTRY FEE:**

**ON TIME ENTRY:** (postmarked by February 8, 2010)  
\$30. (\$15 if only entering one event – no T-shirt included) \$ \_\_\_\_\_.

**LATE ENTRY:** (received by meet director by February 15, 2010)  
\$ 35. \$ \_\_\_\_\_.

**DECK ENTRY: (no T-shirt)**  
\$ 40. \$ \_\_\_\_\_.

Please make all checks payable to FCST and mail entries to the address below.

Valerie Wolterman  
1222 Braelinn Ln.  
Sugar Land, Texas, 77479

No one will be available to sign for mail delivery.  
Please mark “no signature required” if sending  
entry via express mail or a courier service.

**ATTACH A COPY OF YOUR USMS CARD HERE AND SIGN THE WAIVER BELOW. (REQUIRED)**

ATTACH A COPY OF YOUR USMS CARD HERE.

**LIABILITY RELEASE**

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

\_\_\_\_\_  
Printed name

Sanctioned by Gulf Master Swim Committee for USMS, Inc. Sanction Number 250-001