

Northwest Zone Meet (SCY)
April 4 – 5, 2009
Boise, Idaho

- Location:** West YMCA Boise Aquatic Center
5959 N. Discovery Place
- Directions:** From airport – Interstate 84 West to Eagle Rd. exit 46 (right) – North on Eagle Rd (4 1/2 miles) to Chinden. Turn Right (East) – at 1st stop light turn right (south) on Discovery Place – YMCA is approximately 2 blocks on the right.
- Facilities:** 25 yd. pool - 10 lanes available – 2 lanes warm up – 8 lanes for competition.
- Entries:** -Please submit short course yard times for proper seeding. All events will be seeded, according to submitted times and swum slowest to fastest.
-Swimmers may enter 4 individual events per day and 2 – 200 yd relays. Mixed relays are composed of 2 men and 2 women in any order.
-Swimmers may enter either the 1000 yd Freestyle or the 1650 yd Freestyle on Saturday, but not both. Depending on the number of entries, the events may be swum at the same time as stated in the “Rules” section below. Swimmers must provide their own lap counters.
- Entry Fees:** \$4 per individual event plus a surcharge of \$6.50 per swimmer for pre-registered entries, and a \$10 per swimmer surcharge for late or deck entries. All relays will be no charge. There are no refunds.
- Deadline:** -Pre-registered entries **must be received** by Monday, March 23, 2009.
-Make checks payable to Sawtooth Masters.
-Mail entry form, check, and a copy of your 2009 USMS registration card to:
Paula Moores/Sawtooth Masters
1816 S. Empire
Boise, Idaho 83709
- Officials:** **We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet official, Joe Burquist, in advance. jburquist@gmail.com**
- Rules:** **All events will be governed by current USMS rules.** All events will be swum as timed finals. At the Meet Referee’s discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.
- Misc.:** **Swimmers are asked to use the Aquatic Dressing Rooms only. Volunteers will be needed for timing.**
- Results:** Will be available at www.SawtoothMasters.org
- Awards:** Zone Ribbons
- Contact:** Paula Moores at pj@interplususa.net
- Social Event:** Dinner Saturday night – (time announced at meet) \$15 per person
- Hotel Information:** Hotels that are in the Boise Area located near the West YMCA:
Holiday Inn Express 208-288-2100 Hampton Inn and Suites 208-887-3600
Courtyard by Marriott 208-888-0800 Townplace Suites by Marriott 208-884-8550
- Zone Meeting:** Held at West YMCA Boise Aquatic Center, 9:00am, April 4th

2009 Northwest Zone Meet (SCY)

OFFICIAL ENTRY FORM

West YMCA Aquatic Center, Boise Idaho, April 4-5, 2009>>>Sanctioned by Snake River Masters by USMS Inc. Sanction number: 599-001

Last Name:* _____ First: _____ MI: _____

Street Address: _____ City: _____ State: _____ ZIP: _____

E-Mail: _____ Day Phone: _____ Eve. Phone: _____

Emergency Contact: _____ Phone: _____ Age: _____ (on 4/4/2009)**

D.O.B: _____ Sex: _____ Club Name or Unattached: _____

USMS #: _____

*Print name as it appears on USMS registration card. **18-year-olds must be 18 on 4/4/09

| Event # | Entry Time - WOMEN | Event | Event # | Entry Time - MEN |
|--------------------------------|--------------------|------------------------|---------|----------------------|
| Saturday, April 4, 2009 | | | | |
| | | Warm-Up 10:00am | | Start 10:30am |
| 1 | | 1000 yd Freestyle | 2 | |
| 3 | | 1650 yd Freestyle | 4 | |
| Saturday, April 4, 2009 | | | | |
| | | Warm-Up 11:30am | | Start 12:00pm |
| 5 | | 200 yd Freestyle | 6 | |
| 7 | | 50 yd Butterfly | 8 | |
| 9 | | 200 yd Free Relay | 10 | |
| | | (men, women) | | |
| 11 | | 100 yd Backstroke | 12 | |
| 13 | | 100 yd Breaststroke | 14 | |
| 15 | | 200 yd Butterfly | 16 | |
| 17 | | 200 yd Medley Relay | 18 | |
| | | (mixed) | | |
| 19 | | 50 yd Freestyle | 20 | |
| 21 | | 200 yd IM | 22 | |
| Sunday, April 5, 2009 | | | | |
| | | Warm-Up 8:30am | | Start 9:30am |
| 23 | | 500 yd Freestyle | 24 | |
| 25 | | 100 yd Butterfly | 26 | |
| 27 | | 50 yd Breaststroke | 28 | |
| 29 | | 200 yd Medley Relay | 30 | |
| | | (men, women) | | |
| 31 | | 200 yd Backstroke | 32 | |
| 33 | | 100 yd Freestyle | 34 | |
| 35 | | 200 yd Breaststroke | 36 | |
| 37 | | 200 yd Free Relay | 38 | |
| | | (mixed) | | |
| 39 | | 50 yd Backstroke | 40 | |
| 41 | | 100 yd IM | 42 | |

***** MAIL ENTRIES TO:**
Paula Moores/Sawtooth Masters
1816 S. Empire
Boise, Idaho 83709

***** ENTRIES MUST BE RECEIVED BY MARCH 23, 2009**



***** FEES:**

Meet surcharge (required for all events) **\$6.50**

Number of Individual Events x \$4 _____

Social Event..... x \$15 _____

TOTAL FEES ENCLOSED\$ _____

Check or money order payable to Sawtooth Masters

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: _____