



Rutgers University Recreational Services presents  
**The 6<sup>th</sup> Annual SCM Holiday Classic &  
Colonies Zone Championships**

Friday, Saturday & Sunday, December 5-7, 2008  
Sonny Werblin Recreation Center, Piscataway, NJ  
Sanctioned by New Jersey LMSC, Inc for USMS, Inc Sanction #: 078-S04

## Meet Information

- Facility/  
Warm-up:** The Sonny Werblin Recreation Center opened in 1992. It contains a 50-meter 8-lane pool; divided by a moveable bulkhead. 8 SCM lanes will be used for competition. An additional 6 25-yard lanes will be available throughout the meet for warm-up and warm down. There will also be diving blocks available in those lanes and two will be designated as one-way sprint lanes during warm-up **only**.
- Directions** to the Sonny Werblin Recreation Center may be found at <http://recreation.rutgers.edu/masters>.
- Eligibility/  
Entries:** **This event is open to USMS registered swimmers only.** Swimmers may register for a maximum of 5 individual events per day, not including relays. Psych sheets will be posted at <http://recreation.rutgers.edu/masters> by Sunday November 30th, including an estimated timeline. All entry discrepancies must be brought to the meet director's attention prior to the beginning of competition on the first day.
- Check-in:** **All events will be deck-seeded and swimmers must check-in an hour before the start of each race.** Events will be seeded in blocks and heat sheets will be posted and available throughout the pool area once events have closed. Approximate check-in times for events will be posted at <http://recreation.rutgers.edu/masters> when entries are received and a timeline created. **However, the meet will run continuously** and it will be swimmers' responsibility to arrive before their events close for seeding.
- Schedule:** **Friday** 5:00 pm warm-up—6:00pm start, **Saturday** 9:00am warm-up—10:00am start, **Sunday** 8:00am warm-up—9:00am start. There will be a 30-minute warm-up after the distance events on Saturday & Sunday.
- Seeding:** **Events will be run in heats, slowest to fastest, with women swimming first.** Distance events will be seeded by time only, men and women swimming together. No time (NT) entries are discouraged; give your best-estimated time for the event. If you have a yards time, but not a meters time, give that and indicate yards next to it: times will be converted.
- Age Groups:** Individuals: 18-24, 25-29, 30-34, etc. through 90+. Relays: total age of swimmers in the following categories: 76-99, 100-119, 120-159, 160-199, 200-239, + 40 year increments as high as necessary. Mixed relays must consist of two men and two women.

**Awards:** Distinctive awards will be given for first through third place teams in both small and large team divisions. The meet director will make divisions at a logical break point. Medals will be awarded for first through third place and ribbons for fourth through sixth place in individual events. **Named Certificate cards** will be available for swimmers to mount their results labels. Swimmers should request cards when they check-in for a session. **Awards will not be mailed after the meet**

**Scoring:** Individual Events: 1st through 8th place 9, 7, 6, 5, 4, 3, 2, 1, Relays 1st through 8th place double points.

**Registration:** **Entries must be received by Wednesday November 26<sup>th</sup>, 2008. Entries postmarked after Monday November 17<sup>th</sup> will incur a \$10 late fee! No deck entries! A copy of the swimmer's current USMS Id must be included with the entry.**

Entry confirmations will be e-mailed to swimmers. Please enclose a stamped, addressed envelope, if you want a confirmation via mail.

**Timing:** Electronic timing will be utilized. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. If the possibility of a national or world record exists please notify the head official in advance of your race to back up timers can be in place.

**Entry Fees:**

Pool Surcharge:	<b>\$10</b> (Including relay only swimmers)
Individual Events:	<b>\$5</b>
Relays (deck entered):	<b>\$10</b> (Entries due by 10:00am each day)
T-shirts:	<b>\$15</b> per shirt pre-ordered ( <b>\$20</b> at the meet), custom designed for this event
Late Fee:	<b>\$10</b> entries postmarked after Monday November 17th

**Questions:** Meet and Local Information: John Lister, (732) 790-0805 or by e-mail: [swmeet@rci.rutgers.edu](mailto:swmeet@rci.rutgers.edu).

**Local Hotel information can found at <http://recreation.rutgers.edu/masters>.**

# The 6<sup>th</sup> SCM Holiday Classic & Colonies Zone Championships

Friday, Saturday, and Sunday, December 5<sup>th</sup>-7<sup>th</sup>, 2008

Rutgers University in Piscataway, NJ 08901

Sanctioned by New Jersey LMSC, Inc for USMS, Inc Sanction #: 078-S04

## Individual Meet Entry Form

**Deadline:** Received by Wednesday, November 26<sup>th</sup>, 2008  
(A copy of your USMS card must be included with your entry)  
**Entries postmarked after November 17<sup>th</sup> are subject to a \$10 late fee!**

**Mail Entries to:** SCM Holiday Classic Meet,  
Sonny Werblin Recreation Center,  
656 Bartholomew Rd, Piscataway, NJ 08854

**Make Checks Payable to:** Rutgers The State University

### ENTRIES WITHOUT USMS CARD ATTACHED WILL BE RETURNED TO SENDER!

Name (as it appears on USMS card):			
Please supply the following information in case there is a problem with your entries:			
Address:			
City, State, Zip			
Daytime Phone:		Evening Phone:	
USMS number:		USMS Registered Team:	
Birth date:	Age:	Sex:	E-mail address:

### RELEASE OF LIABILITY BY PARTICIPANT:

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, RUTGERS THE STATE UNIVERSITY OF NEW JERSEY, ITS GOVERNORS, OFFICERS, EMPLOYEES, AGENTS AND ASSIGNS, 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. (Rule Book Article 203.1)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Friday Evening December 5th, 2008

W	M	Event:	Entry Time:	Yards/Meters
	1	800 Meter Freestyle		
3	4	400 Meter Freestyle		

### Saturday December 6th, 2008

W	M	Event:	Entry Time:	Yards/Meters
	5	1500 Meter Freestyle		
30 Minute Break				
7	8	100 Meter Freestyle		
9	10	200 Meter Butterfly		
11	12	100 Meter Breaststroke		
13	14	50 Meter Backstroke		
15	16	200 Meter Freestyle		
17	18	200 Meter Backstroke		
19	20	50 Meter Butterfly		
21	22	200 Meter Individual Medley		
10 Minute Break				
23	24	400 Meter Medley Relay		Deck Entered
	25	Mixed 400 Meter Medley Relay		Deck Entered
27	28	800 Meter Freestyle Relay		Deck Entered
	29	Mixed 800 Meter Freestyle Relay		Deck Entered
31	32	200 Meter Freestyle Relay		Deck Entered
	33	Mixed 200 Meter Freestyle Relay		Deck Entered

### Sunday December 7th, 2008

W	M	Event:	Entry Time:	Yards/Meters
35	36	400 Meter Individual Medley		
30 Minute Break				
37	38	200 Meter Breaststroke		
39	40	50 Meter Freestyle		
41	42	100 Meter Butterfly		
43	44	50 Meter Breaststroke		
45	46	100 Meter Backstroke		
47	48	100 Meter Individual Medley		
10 Minute Break				
49	50	400 Meter Freestyle Relay		Deck Entered
	51	Mixed 400 Meter Freestyle Relay		Deck Entered
53	54	200 Meter Medley Relay		Deck Entered
	55	Mixed 200 Meter Medley Relay		Deck Entered

### Entry Totals/Payment

Pool Charge	\$10.00
Events @ \$5/Event	\$
T-Shirt (\$15)    Circle Shirt Size: <b>S</b> <b>M</b> <b>L</b> <b>XL</b>	\$
Late Fee (\$10—Only entries postmarked after November 17 <sup>th</sup> )	\$
<b>Total Enclosed</b>	<b>\$</b>

Enter your best short course meters Time. If you don't have a meters time, enter your short course yards time and put a "Y" in the Yards/Meters Column