

2nd Annual Hammerhead Invitational
FINA World Championship Tune-Up Meet – Pompano Beach Aquatic Center
Sanction by Florida Gold Coast LMSC for USMS, Inc. Sanction #508-005

Date:	Friday March 14, 2008	(long course)	warm-up 5:00PM	meet 5:45PM
	Saturday March 15, 2008	(long course)	warm-up 8:30AM	meet 9:30AM
	Sunday March 16, 2008	(short course)	warm-up 8:30AM	meet 9:30AM

Course: 8 lanes 50 meter and 8 lanes 25 yard, with electronic timing. Additional warm-up lanes will be available.

Competition rules: This will be a long course and short course meet combined into 3 days. Please note that you will fill out the long course meet with your age as of 12/31/2008. For the short course portion you will swim your age group on the day of the meet Sunday March 16, 2008. The 2008 USMS rules will govern this meet.

Facility: Pompano Beach Aquatic center is a 25 yard by 50 meter new facility with ample deck space and a separate 25 meter pool. The pool is located at 820 NE 18th Ave, Pompano Beach, FL (954) 786-4128.

Breaks: Breaks may be added or removed to run an efficient meet at the discretion of the meet management and referee. Note: If any breaks are removed from the program due to excess entries, this will be announced at the beginning of each session.

Distance Events: The 400, 800, 1650, and 400 IM will be seeded fastest to slowest. Positive check in is required 15 min before the start of Friday/Saturday Session.

Deck Entries: Deck entries will be accepted on the day of the event until 9:00AM for double the fees. Entries are only permitted in open lanes; no new heats will be added. You must have a current USMS or FINA membership card to participate. No one day registrations will be allowed.

Entry Fees: All entries and fees are non refundable. All entries must be received by Friday March 7, 2008 BY 5:00PM. Entries and a copy of your current registration membership card should be mailed to:

Hammerhead Aquatics
1225 NE 16th Terrace
Fort Lauderdale, FL 33304
Phone # 954-588-6371
swimjohnswim@bellsouth.net

Entry Limit: Individual events 5 events per day plus relays. **A time must be entered for all events; “NT” will not be accepted.**

Awards: Awards will be given to 1st – 8th place in each event as well as 1st – 3rd in the relay events. Custom high point awards will be awarded to the top three swimmers in each age group. However the following rules will apply. All swimmers will be awarded by their short course age. Example, Joe swims 3 events in the 50-54 age group and wins each event; however his short course age is 49 at the time. Joe will be scored in the 45-49 age group for high point. Joe will still be awarded 1st points for each swim no matter what age swam in. **TO QUALIFY FOR HIGH POINT AWARD SWIMMERS MUST ENTER A MINIMUM OF 6 INDIVIDUAL EVENTS FOR THE MEET.**

Team Awards: Top three teams overall and top three out of state teams.

Relays: Entries for relays will be accepted up to 1 hour prior to relays. This is will be determined by meet management.

Scoring: Since this is a double meet, all scores will be added to determine single champions for high point and team awards.

Results: Available at the following sites: www.hammerheadaquatics, www.swimgold.net or www.dixiezone.org

Social: There will be a social on Saturday evening TBA.

T- Shirts: T-shirts will be pre sold at \$12.00 per shirt.

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March 14 – 16 2008 Pompano Beach Aquatic center

Name _____ USMS # _____ attach copy of 2008 registration card

Address _____ City _____ State _____ Zip Code _____

Club _____ Phone _____ Email _____ DOB: _____ Sex _____

Long course (age for meet as 12/31/08) _____ Short course (age as of 3/14/08) _____

Friday, March 14, 2008 (warm-up 5:00PM, meet start 5:45PM)

Women	Event (long course)	Men
1 _____	800 Freestyle	2 _____
3 _____	400 Individual Medley	4 _____
	20 minute break	
5 _///// _	800 Free Relay	6 _///// _
7 _///// _	800 Mixed Free Relay	8 _///// _

Saturday March 15, 2008 (warm-up 8:30AM, meet start 9:30AM)

Event (long course)		
9 _____	200 Individual Medley	10 _____
11 _____	100 Freestyle	12 _____
13 _____	200 Backstroke	14 _____
15 _///// _	400 Medley Relay	16 _///// _
17 _///// _	400 Mixed Medley Relay	18 _///// _
	15 minute break	
19 _____	200 Butterfly	20 _____
21 _____	100 Breaststroke	22 _____
23 _____	200 Freestyle	24 _____
	15 minute break	
25 _____	100 Butterfly	26 _____
27 _____	100 Backstroke	28 _____
29 _____	200 Breaststroke	30 _____
31 _///// _	400 Free Relay	32 _///// _
33 _///// _	400 Mixed Free Relay	34 _///// _
35 _____	400 Freestyle	36 _____

Sunday March 16, 2008 (warm-up 8:30AM, meet start 9:30AM)

Event (short course)		
37 _____	1650 Freestyle	38 _____
39 _____	100 Freestyle (will not start prior to 10:30)	40 _____
41 _____	50 Breaststroke	42 _____
43 _///// _	200 Medley Relay	44 _///// _
45 _///// _	200 Mixed Medley Relay	46 _///// _
	15 minute break	
47 _____	50 Butterfly	48 _____
49 _____	100 Individual Medley	50 _____
51 _____	50 Backstroke	52 _____
53 _____	50 Freestyle	54 _____
	15 minute break	
55 _///// _	200 Freestyle Relay	56 _///// _
57 _///// _	200 Mixed Freestyle Relay	58 _///// _

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THIS SHEET MUST ACCOMPANY THE MEET ENTRY

Pool fee (required)		\$10.00
Individual Events:	\$3.00 X _____	\$ _____
Relays	\$10.00 each due at session	
T- Shirt SM MD LG XL	@ \$12.00each	\$ _____
Total Due:		\$ _____

Make checks payable to Hammerhead Aquatics

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. (rule book article 203.1)

Signature: _____

Date: _____