

St Charles Masters – Superbowl Swim Meet
Norris Recreation Center @ St. Charles East High School
Sunday February 1, 2009

Sanction by St Charles Masters for USMS, Inc Sanction 219-001S
Hosted by St Charles East HS 94 - 99 State Champion Girls Swim Team

Warm-up: 7:00 - 8:00am

500/400 IM Competition begins at 8:00am.

Other events no earlier than 9:00am

Event	1. 500/400 IM – MIXED	17. Women's 100 Breast
	3. Women's 100 IM	18. Men's 100 Breast
	4. Men's 100 IM	19. Women's 50 Free
	5. Women's 100 Fly	20. Men's 50 Free
	6. Men's 100 Fly	21. Women's 200 Free Relay
	7. Women's 50 Breast	22. Men's 200 Free Relay
	8. Men's 50 Breast	23. Women's 100 Back
	9. Women's 200 Medley Relay	24. Men's 100 Back
	10. Men's 200 Medley Relay	25. Women's 50 Fly
	11. Women's 100 Free	26. Men's 50 Fly
	12. Men's 100 Free	27. Women's 200 Free
	13. Women's 50 Back	28. Men's 200 Free
	14. Men's 50 Back	29. 200 MIXED Medley Relay
	15. 200 MIXED Free Relay	31. 200 IM MIXED

ELIGIBILITY: Must be over 18 years of age and current USMS 2009 registration.
In accordance with USMS rules, a photocopy of the registration must be provided with your entry and swimmers should have a copy with them at the meet.
Need to register: SIGN UP ONLINE: <https://www.clubassistant.com/club/USMS.cfm?l=21>
Lost your card: https://www.clubassistant.com/club/usms_member_card_request.cfm

ENTRY LIMIT: 5 events plus relays. 500/400 IM will be run in both pools. We will minimize the use of the shallow end to allow for warm-up and warm-down. The shallow end will only have watch times.

FEES: \$4.00 per individual event (\$5.00 deck entry with "No Time" creating additional heats), \$5.00 relay. If you want a paper copy of the Results add \$1.00 to the total (results will be posted on www.ilmsa.com).

Make checks payable to:

St Charles East Girls High School Swimming & Diving.

ADVANCED ENTRY: Send your individual entries including fees **NO later than Friday January 23, 2009** to:

Paul Olney
3205 Fox Hunt Lane
St Charles, IL 60174

Evening Phone: (630) 587-0414
Day Phone: (630) 226-9499
E-Mail: prolney@sbcglobal.net

Deck entries will be taken until 8:30am the day of the meet (have money and **USMS card available**). Relay entries will be accepted until 9:30am, the day of the meet.

LOCATION: Norris Recreation Center @ St Charles High School 1050 Dunham Rd, St Charles, IL
2 blocks north of Rt 64 on Dunham Rd.

FACILITY: 50m six lane pool divided into 2 - 25yd pools (competition in the deep end and warm-up, warm down in the shallow end) with anti-turbulent lane lines. Automatic timing and watches.
Our facility will not be measured so swims will not be eligible for Top 10.
Ample parking & food.

SEEDING: Heats will be run slowest to fastest, regardless of age or sex. Relays in 10 year age increments.

AWARDS: Individual and relay ribbons for 1st, 2nd and 3rd places. Trophies for the 1st, 2nd & 3rd place teams.