

# 2010 Breadbasket Zone Championships

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**Sanction:** Minnesota LMSC for USMS Inc. # 310-002.  
**Hosts:** Minnesota Masters Swim Club, Minnesota LMSC, and University of Minnesota  
**When:** Saturday, April 17 – Facility opens 12:30 (please do not arrive early),  
Warm-up 1:00 p.m. - Meet 2:00 p.m. – 8:00 p.m.  
Sunday, April 18 - Warm-up 8:00 a.m. - Meet 9:00 a.m. – 4:00 p.m.

**Where:** University of Minnesota Aquatic Center, Minneapolis, Minnesota.

**Eligibility:** Open to all 2010 USMS registered swimmers (ages 18+).  
To register with USMS, please visit <http://www.usms.org/reg/>

**Questions:** Tina Neill - [polarswim@aol.com](mailto:polarswim@aol.com)

**Entries:** Entries are open through 11:59 p.m. April 9, 2010 – **No late or deck entries**  
Entry fees are non-refundable

On line – visit [www.minnesotamasters.com](http://www.minnesotamasters.com)

By mail - Send your entry form and fee (payable to Minnesota LMSC) to:

**Breadbasket Zone Championships Entries**

c/o Brian Cohn  
413 Afton Drive  
Northfield, MN 55057

Athletes may swim 5 individual events per day.

Athletes may swim each relay once –

Events 6, 7, 33, and 34 are single gender relays only,

Events 14 and 28 are mixed (2 men, 2 women) relays only,

Event 1, 21, and 39 relays may be either single gender or mixed.

Illegible or incomplete entries will be rejected.

**Relay entries close at 1:30 on Saturday, 8:30 on Sunday.**

<b>Fee to swim on one of the two days</b>	\$30.00
<b>Fee to swim on both days</b>	\$40.00

**Check in:** Positive check in is required for all individual events 400 yards and longer.  
Instructions will be provided at each session for distance event check-in.

**Psych Sheets:** Psych sheets of registered swimmers will be posted at [www.minnesotamasters.com](http://www.minnesotamasters.com)  
starting March 15.

**Heat Sheets:** Heat and lane assignments will be posted approximately 20 minutes before the start  
of competition for each segment. Men and women will swim in separate heats for all  
individual events except the 1650 free.

**Scoring:** The top 6 places in each age group will be scored – 7-5-4-3-2-1 for individuals  
events 14-10-8-6-4-2 for relays

**Awards:** All entrants will receive a participation award.  
First, second, and third place medals will be available for those who desire them.

**Facility:** 8 lane competition pool and at least 2 warm-up/cool-down lanes.  
Electronic timing for all competition lanes with button and digital watch backup.  
There are 150 lockers available in both the Men's and Women's locker rooms.

# 2010 Breadbasket Zone Championships

~~~THIS FORM IS FOR INDIVIDUAL REGISTRATION ONLY~~~

**Print** all information exactly as it appears on your USMS Card and sign the waiver at the bottom of this form.

Make checks payable to: MINNESOTA LMSC.

You are encouraged to register on line by visiting [www.minnesotamasters.com](http://www.minnesotamasters.com)

**Entries must be received by April 9, no late or deck entries**

NAME: \_\_\_\_\_ USMS Reg. # \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE : \_\_\_\_\_ ZIP: \_\_\_\_\_

BIRTHDATE: \_\_\_/\_\_\_/\_\_\_ GENDER: M F AGE: \_\_\_ CLUB: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

|                             |      |           |
|-----------------------------|------|-----------|
| One day                     | \$30 |           |
| Both days                   | \$40 |           |
| <b>Your Total Entry Fee</b> |      | <b>\$</b> |

Sanctioned by Minnesota LMSC for USMS, Inc. Sanction number: #310-002

*Circle event number and enter event seed time clearly*

| SATURDAY 4/17/10 |    |                        |                      | SUNDAY 4/18/10 |    |                       |                      |
|------------------|----|------------------------|----------------------|----------------|----|-----------------------|----------------------|
| W                | M  | Event                  | Seed Time            | W              | M  | Event                 | Seed time            |
|                  | 1  | 400 Medley Relay       | Use relay entry form | 22             | 23 | 200 Backstroke        | _:_.:_.              |
| 2                | 3  | 50 Butterfly           | _:_.:_.              | 24             | 25 | 50 Freestyle          | _:_.:_.              |
| 4                | 5  | 500 Freestyle          | _:_.:_.              | 26             | 27 | 400 Individual Medley | _:_.:_.              |
| 6                | 7  | 200 Freestyle Relay    | Use relay entry form | 28             |    | 200 Mixed Free Relay  | Use relay entry form |
| 8                | 9  | 100 Breaststroke       | _:_.:_.              | 29             | 30 | 100 Butterfly         | _:_.:_.              |
| 10               | 11 | 200 Butterfly          | _:_.:_.              | 31             | 32 | 50 Backstroke         | _:_.:_.              |
| 12               | 13 | 100 Freestyle          | _:_.:_.              | 33             | 34 | 200 Medley Relay      | Use relay entry form |
| 14               |    | 200 Mixed Medley Relay | Use relay entry form | 35             | 36 | 200 Freestyle         | _:_.:_.              |
| 15               | 16 | 100 Backstroke         | _:_.:_.              | 37             | 38 | 200 Breaststroke      | _:_.:_.              |
| 17               | 18 | 200 Individual Medley  | _:_.:_.              | 39             |    | 400 Freestyle Relay   | Use relay entry form |
| 19               | 20 | 50 Breaststroke        | _:_.:_.              | 40             | 41 | 100 Individual Medley | _:_.:_.              |
| 21               |    | 800 Freestyle Relay    | Use relay entry form | 42             |    | 1650 Freestyle        | _:_.:_.              |

I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by 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 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 \_\_\_\_\_

## 2010 Breadbasket Zone Championships RELAY ENTRY FORM

|                                                                                                                                                                                                                       |                                                                                                  |                                                               |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Event Number:                                                                                                                                                                                                         | Distance: <input type="checkbox"/> 200 <input type="checkbox"/> 400 <input type="checkbox"/> 800 | <input type="checkbox"/> Free <input type="checkbox"/> Medley |
| Age Group: <input type="checkbox"/> 18+ <input type="checkbox"/> 25+ <input type="checkbox"/> 35+ <input type="checkbox"/> 45+ <input type="checkbox"/> 55+ <input type="checkbox"/> 65+ <input type="checkbox"/> 75+ |                                                                                                  |                                                               |
| Gender <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Mixed                                                                                                                   | Club:                                                                                            | Seed Time:                                                    |

|   | Name | Age | Gender | Registration Number |
|---|------|-----|--------|---------------------|
| 1 |      |     |        |                     |
| 2 |      |     |        |                     |
| 3 |      |     |        |                     |
| 4 |      |     |        |                     |

All swimmers must be registered with the same club. Unattached swimmers may not swim on relays.

All swimmers in the relay must be entered in the meet.

The relay age group is based on the age of the youngest swimmer.