

2011 Colonies Zone Long Course Meters Championship

June 24-26, 2011 at Middlebury College, Middlebury VT

Hosted by Middlebury Muffintops Masters Swim Club
Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number
042-005-SLCM--2011

<http://www.middleburymuffintops.org/lcmchamps>

POOL: The Natatorium at Middlebury College in Middlebury, Vermont, is a 50 meter by 25 yard pool with electronic timing and scoreboard, and seating capacity of 1000.

DIRECTIONS: Complete directions to Middlebury College can be found at <http://www.middlebury.edu/about/campus/directions>. The Natatorium is located in the Peterson Family Athletics Complex on South Main Street (Route 30) approximately 1 mile from downtown Middlebury (Route 7 / Route 30 intersection).

HOTELS: Discounted lodging rates for meet participants available at the Courtyard by Marriott (802-388-7600) and the Middlebury Inn (802-388-4961). Book early! Rooms and discounted rates only held until May 24! Other lodging opportunities posted on the meet website <http://www.middleburymuffintops.org/lcmchamps>.

ELIGIBILITY: 2011 registered United States Masters Swimming (USMS) swimmers 18 years or older as of June 24, 2011, and 2011 registered masters swimmers from other countries. New England LMSC swimmers must be USMS registered no later than May 24, 2011.

RULES: 2011 USMS rules apply, with dive-over starting. If more time is needed to exit the pool, please notify the starter before your heat.

ENTRIES: Please enter a maximum of five individual events per day, plus relays. **Online entries will be accepted on the website.** Alternatively you can mail your entry form and check payable to Middlebury Muffintops to: *LCM Championship, 321 N. Bingham St, Cornwall, VT 05753*. Incomplete and/or incorrect entries will not be considered as official entries until all discrepancies have been corrected. There will be no refund of accepted entry fees.

ENTRY DEADLINE: Entries must be postmarked by **Monday June 6, 2011, or received by Wednesday June 8, 2011.**

LATE ENTRIES: Late entries accepted with an additional \$15 penalty. Late entries must be received by 6:00 p.m. on Friday June 17th.

800/1500 ENTRY CAP: Swimmers may enter both the 800 Free and the 1500 Free on Friday, but entries for those events will be processed on a first-come, first-serve basis and the meet directors reserve the right to reject entries for either or both events due to time restrictions. In the event that the number of entries exceeds the time limitations, the meet directors will limit swimmers to either the 800 or the 1500, but not both. Swimmers who register for both events should indicate which of the two events they prefer to swim.

SOCIAL EVENT: There will be a social held Saturday night, June 25, at 5 pm at the Middlebury Inn. Cost is \$25 per person and includes dinner. Cash bar. Seating is limited to 160 guests, so please submit your meet entry and social registration early to ensure a seat.

SEED TIMES: Please submit **long course meters** seed times. An online time converter is available at: <http://www.swimmingworldmagazine.com/results/conversions.asp>. The meet directors reserve the right to change seed times that are obviously incorrect. Entries without seed times will not be accepted.

HEAT SEEDING: All events are timed finals. Heats will be seeded by gender from slowest to fastest. There will be alternating heats of women and men for both the 800 and the 1500, and genders may be combined in the slower heats of the 800 and 1500.

POSITIVE CHECK IN REQUIRED: All events will be deck seeded from entry form times. Events will close for check-in and be seeded approximately one hour before they start. When you arrive at the pool, be sure to visit the check-in table immediately to check-in for your events. The first event each day will close for check-in 45 minutes before the session starts. Heats will be seeded and posted approximately 30 minutes before the event starts.

RELAYS: Relay swimmers must be entered in at least one individual event. Relays will be deck entered at the meet and must be submitted by the deadline announced at the meet – approximately one hour before the event. There is no fee for relays. Swimmers may be entered in one relay for each relay event; swimmers may not swim in both the single-sex and mixed-sex relay of the same relay event. All swimmers on a relay must be affiliated with the same USMS team. Swimmers from different NEM workout groups may create “NEM-Unattached” relays, which will not score points. The relay age groups, which are determined by the sum of the ages of the four participants, are: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359.

SCORING: The first eight places in each individual age group will score in the following sequence: 9-7-6-5-4-3-2-1. The top eight relays in each age group event will score double points. Team scores will be calculated separately for NEM workout groups and non-NEM USMS clubs.

AWARDS: Awards will be given for male and female high point winner and for the top three non-NEM USMS clubs as well as the top three Large (14+ swimmers), Medium (5-13 swimmers), and Small (1-4 swimmers) NEM workout groups. Workout group size is based on the number of swimmers entered in the meet.

WARM-UP/WARM-DOWN: The entire pool will be available for warm-up for one hour before the start of each session: Friday, June 24, 11am-12pm; Saturday, June 25, 8am-9am; and Sunday, June 26, 7am-8am. At least one lane (and possibly two) will remain open throughout the meet for warm-up/warm-down. If time permits, there may be scheduled breaks for full pool warm-up/warm-down.

MEET WEBSITE: <http://www.middleburymuffintops.org/lcmchamps>. The website will provide online meet entry, current meet information, psych sheets, and timelines. **MORE INFORMATION:** Please contact lcmchamps@middleburymuffintops.org.