

# The Wave Eater

Volume 14, Issue 1

MICHIGAN MASTERS SWIMMING

March 1, 2006



## Michigan Masters Swimming State Championships

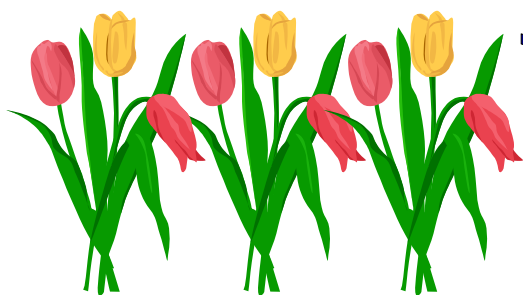
*T*his year marks the 34th Annual Michigan Masters Swimming State Championships hosted on this occasion at the Michael H. Jones Natatorium of Eastern Michigan University, Ypsilanti, Michigan.

Eastern Michigan University and South Oakland Seals Swim Team, as host organizations, look forward to an exciting weekend and well organized event for participants and spectators alike scheduled for March 24-26, 2006.

This will be the seventh Michigan Masters State Championships held at the EMU facilities. For those new to this venue, we recommend bringing a swim bag sufficient to hold all clothing and footwear items on deck due to limited locker facilities. As many of you know, this pool is fast and well suited for personal best performances.

All swimmers are encouraged and should plan to attend the 2006 Annual Membership Meeting held during the lunch break on Saturday, March 25th. This is the time to vote on critical issues affecting the USMS organization, Michigan LMSC, your local team and yourself.

Be sure to make reservations and file entries early to secure a place close to the natatorium. Complete meet flyer and details are now available in this web site. **Mark your calendars now to be a part of Michigan Masters Swimming 34rd Anniversary event!**



## Think Spring!





# The Wave Eater

## MICHIGAN MASTERS

### SWIMMING

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## Ready to Swim Faster?

By Jennifer Parks – former MSU swim coach, now assistant coach at West Ottawa HS

With the Michigan Masters State Masters Championships coming up in late March, many of us (we're hoping for a great turn-out since we've had close to record registrations this year) are getting ready to try to swim faster. Some of you will go on to swim in other Championships, USMS, Y or Canadian Nationals, all in May, even the "Worlds" at Stanford in August; most of us will make the State meet the big meet of our season. How do we swim faster, at least faster than we are swimming now? Do we just work harder in practice?...or faster?...or smarter? Hopefully all of the above, plus some added things we need to try to do.

Since I've returned to coaching, I am reminded each time I go to swim to emphasize what I ask my swimmers to do...STREAMLINE push-offs, on each turn,...really, I see good swimmers picking up 2-6 feet on each turn...remember you are going faster when push off than you ever will when you swim...take advantage of that. Are you practicing your starts, especially if you are a sprinter? Are you entering the water STREAMLINED, hands stacked or clasped, even on your backstroke start? Are you practicing "soft" turns or are you being aggressive into the wall and getting over or around FAST, in your practices. And, for goodness sakes, get your hand(s) on the wall at the end of your race...I saw someone miss an Olympic Trial cut by cruising in, just like she did in practice, at the finish...she missed by .02 seconds! FINISH hard!

Distance swimmers, are you practicing several pace, or close to pace, 50s or 100s with short rest intervals now, and longer interval rest closer to the big meet, so that your body is trained/tuned to go the goal time(s) you want to do in the 500, 1000, and/or 1650? Closer to the meet, for shorter events, are you doing "broken" swims of your races, once again so that you are swimming "race pace"...with some easy swims between the complete swims so that your body can "recover" so you can swim fast again? PRACTICE RACING your events!!

Are you getting enough rest/sleep/recovery in order to do quality workouts and get through your ordinary working day with reasonable energy? It can make a huge difference! Do you really have to see the 11 o'clock news if you've already read the paper, internet, or watched the 6 o'clock news? Are you eating healthy foods that can enhance your performance? Are you trying to delete

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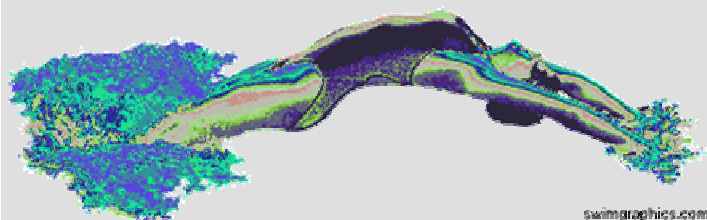
## Ready to Swim Faster?

*Jennifer Parks – former MSU swim coach, now assistant coach at West Ottawa HS*

more saturated and trans fats from your nutrition/diet while getting some "good" fat; eating complex carbohydrates...fruits, veggies and whole grains for energy; including enough protein to rebuild muscle...and don't forget those legumes/beans...and, of course, hydrate before, during and after your workouts, practices, and meets; your muscles work better with hydration.

And let's talk about mental attitude! Practice mental preparation for your races (good to do at meets previous to your "big" meet...how about Grand Haven, West Bloomfield, and Midland?). Before races some of us have to practice mental relaxation like deep breathing, listening to calming music, and VISUALIZING "how you're going to do IT (HOW to swim your race: for example, thinking about squeezing your pull on breaststroke, or rolling more on backstroke, or using your hips on fly, or pacing your first 50 on your 200 free), NOT how're you're going to DO (get first, etc.)." You can't control other swimmers' races, only your own. Though if you get the chance, practice racing others, practice

JP



# Michigan Masters

# State Meet



## Eastern Michigan University

## March 24 - 26, 2006

*In order to swim in a sanctioned Michigan Masters meet, you must be a currently registered USMS member.*

## 2006 Masters YMCA Nationals

The YMCA Masters Nationals will be conducted at the ISHOF Aquatic Complex in Ft.Lauderdale, Florida, May 18 -21, 2006.

Anyone who would like to swim in the 2006 YMCA Masters Nationals who is not already affiliated with a YMCA team can join the YMCA of Northern Michigan. Memberships are \$20 per year and can be obtained as follows: call the YMCA at 231-348-8393 or go to the website at <[www.ymcanm.org](http://www.ymcanm.org)>.

All participants from the YMCA must enter as a team. As a convenience for Michigan Masters, Marilyn Early has volunteered to coordinate participant entries this year. A team entry deadline is April 21st, 2006. Consequently, all entries and fees must be in Marilyn's hands by April 15th, 2006. Relays will be formed based on entries. For entry forms, go to the website at <[www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org)>.

If anyone has any questions, please contact Marilyn Early at 231-526-9824.

## Bob Isbister wins SOS Annual Award

Bob Isbister, who joined Michigan Masters in 1974, was awarded the South Oakland Seals Team Award for 2005 this past summer. The recipient of this award is a swimmer whose service, commitment, athletic performance, and dedication that best exemplify the spirit, desire, and commitment for the advancement of Masters' swimming.



Bob swam for Plymouth High School, where he was a state champion in the 100 yard fly. He lettered and swam for Western Michigan University for four years where he was a Mid-American Conference Champion in the 100 fly. Since joining masters he has been a state meet champion, a YMCA National Champion, and a USMS finalist in the 200 fly at USMS Nationals.

He has made many voluntary contributions to Michigan Masters. He was the meet director of the Brighton Meet from 1988 until 1994, he acted as assistant meet director of the 1990 zone meet, and has been co-meet director of the Dearborn LCM meet from 1988 to 1995.

In addition, he has been top ten recorder for the LMSC from 1987 to 1983 and was also co-registrar from 1999 to 2001. He also served three terms as LMSC marketing chair from 1997 to 2003. For these efforts he received the Chetrick Award in 1994.

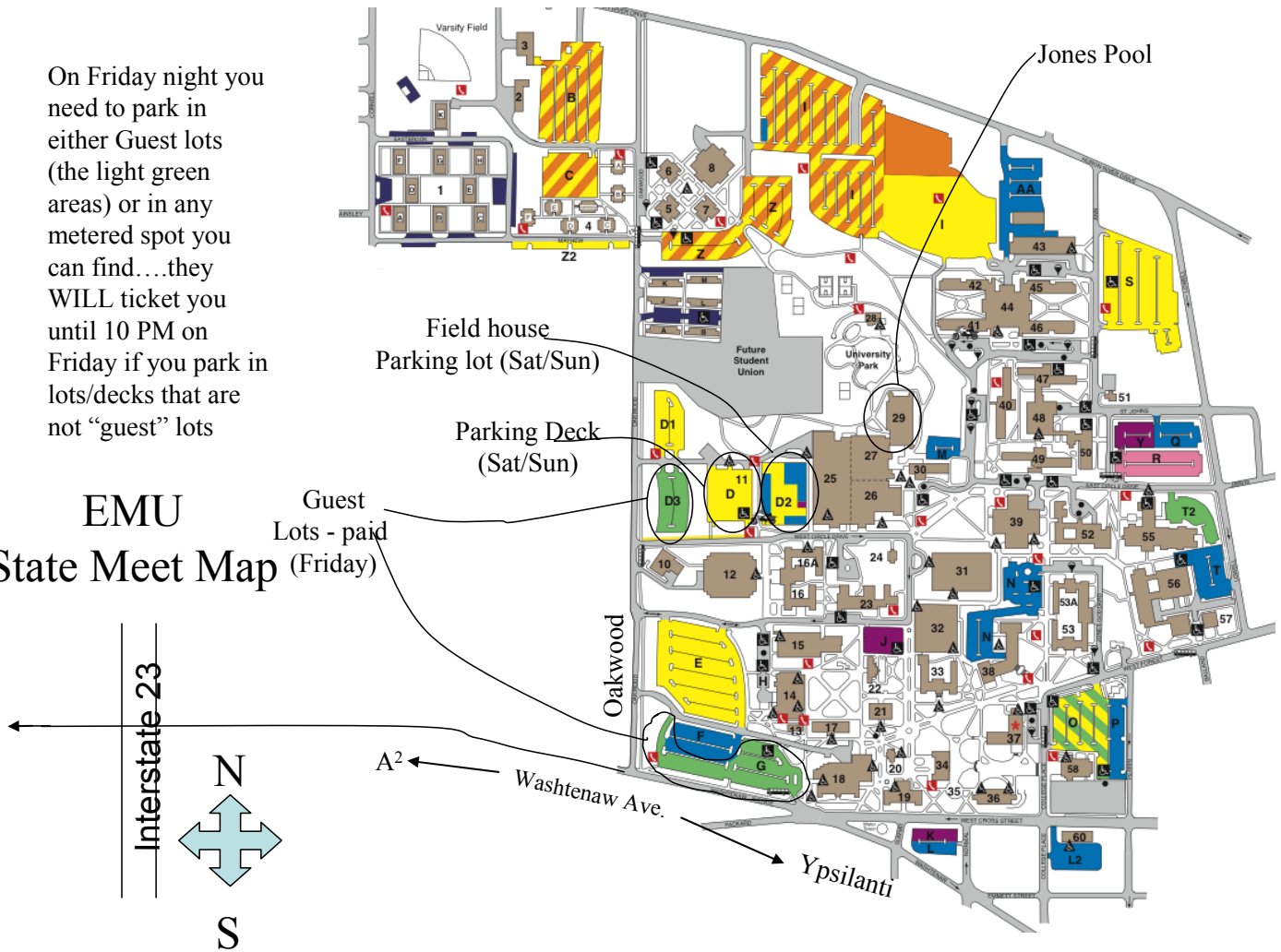
Every year since 1995 Bob has organized a New Year's Workout Swim at the Livonia YMCA. This past year about 25 people completed 106 X 50 yards on the interval of 50 seconds.



# EMU MAP

On Friday night you need to park in either Guest lots (the light green areas) or in any metered spot you can find...they WILL ticket you until 10 PM on Friday if you park in lots/decks that are not "guest" lots

## EMU State Meet Map



**MICHIGAN MASTERS 2006 STATE SHORT COURSE YARDS CHAMPIONSHIP  
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 196-008S  
FRIDAY - SUNDAY, MARCH 24 - 26, 2006 EASTERN MICHIGAN UNIVERSITY**

**HOST ORGANIZATIONS:**

Eastern Michigan University and the South Oakland Seals Masters Swim Team are the Host Organizations for the 2006 Michigan Masters State Championships. We are looking forward to an exciting weekend and a well organized event for participants and spectators alike. This is the seventh State Championship Masters Swim Meet held at the EMU.

**FACILITIES:**

Olds Robb Student Recreation Intramural Complex houses the Michael H. Jones Natatorium at Eastern Michigan University (Map Enclosed). Modern eight-lane 50-meter indoor pool to be configured as one 25-yard eight-lane course. 8 lanes will be used for competition and other two 4 lane courses for continuous warm-up/cool down (except during the distance events which the full 16 lanes will be used). Two lanes will be available for warm-up/cool down during distance events. Swimmers must enter the water feet first in a cautious manner during all warm-ups/cool downs. Diving is permitted only in the designated sprint lanes. Lockers are available but limited in number & you must bring your own lock.

**RULES - ELIGIBILITY:**

USMS rules apply and will be observed. All swimmers will be required to enclose a photo copy of their 2006 USMS card with the entry form. **Any swimmer who is not USMS registered for 2006 by the State Meet entry deadline will have to pay a \$25 processing fee, in addition to the USMS registration fee of \$30 in order to swim in the meet.**

A swimmer not registered with Michigan LMSC cannot establish a Michigan State Record.

**TIMING:**

Timing system is Colorado electronic system with electronic and manual back-up with display scoreboard with start and recall. All events (except some heats of the distance events) will be timed using this system. Manual back-up timers will be provided at each lane. Swimmers are encouraged to hit the pad firmly and, when swimming in relays, to remain clear of the finish area until the event is completed by all swimmers. Any swimmer or relay attempting a NATIONAL RECORD should alert the Starter and make sure there are the required three manual timers as backup. Swimmers are required to supply their own lap counting personnel in distance events.

**AGE GROUPS:**

Age on March 26 (last day of the meet) determines his/her age for the entire meet. Individual Events: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc. through 100+. Relay Events: 18+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+

**ENTRY DEADLINE:**

Swimmers (Individual and Relays) must have their entries postmarked by March 16, 2006. All entries postmarked after March 16, 2006 will not be accepted and will be returned to sender.

**SEEDING:**

Seeding will be slow to fast for all events. Men and Women will be seeded separately into heats according to seed times. No time entries will be in the slowest heats. Consult the heat sheets that you will receive at the meet check-in for your heat and lane assignments. It's the swimmers responsibility to report to the proper heat and lane. Failure to appear will be considered a scratch and you will not be allowed to swim in another heat of the same event. The Meet Director reserves the right to RESEED the distance events if there are a significant number of scratches after check-in to eliminate the use of empty lanes during the swimming of the event.

**ENTRY FEES:**

Individual:

Fee	# of Individual Events	# of Relay
\$28	0	Up to 1 of each event 4 total
\$32	1	Up to 1 of each event to 4 total
\$36	2	Up to 1 of each event to 4 total
\$40	3	Up to 1 of each event to 4 total
\$45	4, 5, 6, 7	Up to 1 of each event to 4 total

Relays Fees: \$12 per relay on, or prior to, March 16, 2006.  
\$16 per relay after March 16, 2006.

Deck Entries will be taken from 4:45 -5:30 P.M. on Friday and 7:45 -8:30 A.M. on Saturday and Sunday for Relays only that were not pre-entered by March 16, 2006.

**ENTRY LIMITS:** (excluding relays)

Event maximum for the entire meet:	7
Event maximum for Friday, March 24, 2006	2
Event maximum for Saturday, March 25, 2006	4
Event maximum for Sunday, March 26, 2006	4

- \* An individual may compete on only one relay team per relay event for a total of 4.
- \* If more than 7 events are listed on the entry form, only the first seven will be entered.
- \* Please enclose a photo copy of your 2006 USMS registration card with your entry form.
- \* You must fill in and sign the Athlete's Release to validate your entry form.

**ENTRY PROCEDURE - INDIVIDUAL EVENTS:**

To enter individual events, swimmers should select their events (maximum seven), and enter seed times (IN SHORT COURSE YARDS) on the line "entry seed time" on the entry form. Swimmers entering with no seed time will swim in the slowest heats. The 500 Free on Friday, March 24, will be limited to the first 32 entries (16 men and 16 women). All other 500 Free entries will be swum on Saturday, March 25.

**ENTRY PROCEDURE - DISTANCE EVENTS:**

The 500 Free, 400 IM, and 1000 Free will be offered two separate times during the course of the meet. You may swim these events ONCE during the course of the three day meet. The 1650 Free will be offered ONCE on Friday, March 24. You will only be permitted to swim either the 1650 Free or the 1000 Free on Friday, March 24, only. Depending on the number of entries for the 1650 Free and time limits, a full 16 lanes could be used with 2 lanes available for warm-up. Be sure to check-in before you warm-up for Friday's distance events for your correct heat and lane assignments which will be posted after the check-in time period ends in the pool area.

**ENTRY PROCEDURE RELAYS:**

To enter relays, team representatives should enter the number of relays and the fees associated for all 4 relay events. It is requested that only one relay form be submitted for each team. The event, age brackets, sexes, and seed times will not be needed until the relay check-in on the day of the relay. All relays are deck entered. Official relay cards are picked up from the Clerk of the Course by the coach or team representative when announced at the meet. Each card shall include: swimmers' names as they appear on their USMS cards, in order of relay swim; first name, last name, age, sex, and proper age group. Cards shall be returned to Clerk of the Course by the deadline announced at the meet. Once the cards are turned in and entered for heat sheets; the age group, sex of the relay, and seed time cannot be changed. At check-in, team representatives with relays will receive a packet and relay cards with the instructions to supply the data mentioned above. The age group of the relay is determined by the youngest swimmer on the relay.

**GENERAL CHECK-IN, WARM-UP AND COMPETITION TIMES:**

Session #1 - Friday Night, March 24 - Check-in and Warm-up - 4:30 P.M. to 6:00 P.M.  
Session #1 - Friday Night, March 24 - Competition begins - 6:00 P.M.

Session #2 - Saturday Morning, March 25 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.  
Session #2 - Saturday Morning, March 25 - Competition begins - 9:00 A.M.

**ANNUAL MEETING MICHIGAN LMSC**

**LMSC MEETING TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY**

Session #3 - Saturday Afternoon, March 25 - Check-in and Warm-up - 1:00 P.M. to 1:45 P.M.  
Session #3 - Saturday Afternoon, March 25 - Competition begins - 2:00 P.M.

Session #4 - Sunday Morning, March 26 - Check-in and Warm-up - 7:45 A.M. to 8:45 A.M.  
Session #4 - Sunday Morning, March 26 - Competition begins - 9:00 A.M.

Session #5 - Sunday Afternoon, March 26 - Check-in and Warm-up - ONE HOUR AFTER  
EVENT #32 200 MEDLEY RELAY - EXPECTED TIME 12:00 P.M. TO 1:00 P.M.

Session #5 - Sunday Afternoon, March 26 - COMPETITION BEGINS ONE HOUR AFTER  
CHECK-IN AND WARM-UP - EXPECTED TIME 1:00 P.M. TO 2:00 P.M.

**DISTANCE EVENTS CHECK-IN FRIDAY NIGHT MARCH 24:**

500 FREE AND 400 IM - BY 5:30 P.M. AND NO LATER.  
1000 FREE AND 1650 FREE - BY 5:45 P.M. AND NO LATER.

**SCORING:**

<b>PLACE</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Individual Event	9	7	6	5	4	3	2	1
Relays	18	14	12	10	8	6	4	2

**ANNUAL MEETING:**

**All swimmers are encouraged to attend the annual membership meeting held (in a large conference room to be announced at the meet) during the lunch break on Saturday.** This is the time to vote on issues affecting the USMS National Organization, the Michigan LMSC, your local team, and yourself. The meeting will get started 20 Minutes after the morning session (Session # 2). An agenda of the meeting will be available at check-in on Friday, March 24, 2006.

**AWARDS:**

<b>PLACE</b>	<b>AWARDS-----</b>
1st, 2nd, 3rd,	Michigan Masters State Championship Medals
4th, 5th, 6th, 7th, 8th	Michigan Masters State Championship Ribbons
1st - 8th	Michigan Masters State Championship Ribbons
High Point Award Age Group	Michigan Masters State Championship Trophy Plaque
High Point Team - Large Team	Michigan Masters State Championship Trophy Plaque
High Point Team - Small Team	Michigan Masters State Championship Trophy Plaque
High Point Team - Large Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Small Team Women	Mich. Masters State Championship Trophy Plaque
High Point Team - Large Team Men	Mich. Masters State Championship Trophy Plaque
High Point Team - Small Team Men	Mich. Masters State Championship Trophy Plaque

Two divisions will be recognized for purposes of team scoring based upon the number of swimmers entered in the meet from each team. The number of swimmers for teams in each division will be determined by the Meet Director after the entry deadline.



**PROTESTS:**

Any protest concerning seeding, awards, final results, eligibility, scoring, or entries will be addressed to the meet director or referee (USMS Rule 102.16). The protest shall be made by the team representative in writing and the Championship Committee shall hear all protests except for "wet" rules (Section 3 of Michigan Masters Policies and Procedures).

**EVENT RESULTS AND COMPLETE STATE MEET RESULTS:**

Event results will be posted in two clearly marked places announced at the meet. Also the awards table will have the event results after they are posted so you can pick up your awards. Meet results (events, ages, names - individual and relay, times, individual high point winners and team scores) will be published on the website ([www.michiganmasters.com](http://www.michiganmasters.com)). Complete meet results (including splits for all events) can be purchased for \$10.00 at the check-in table or can be ordered on the Entry Form. Results will be mailed.

**FACILITY RULES AND MICHIGAN MASTERS STATE MEET GUIDELINES:  
THESE ARE STRICTLY ENFORCED**

- A. Smoking is not allowed in any of the buildings.
- B. Food/beverages are not allowed in the pool area, in adjacent locker rooms or spectator areas.
- C. Lockers are available but swimmers should bring their own locks. Neither Eastern Michigan University nor Michigan Masters will assume responsibility for lost or stolen articles.
- D. BODY OILS AND OTHER RUB-DOWN SUBSTANCES THAT MAY CONTAMINATE THE POOL WATER ARE BANNED. SWIMMERS WHO USE THESE SUBSTANCES WILL BE HELD RESPONSIBLE AND BE DISQUALIFIED.
- E. Diving off any of the boards or towers is strictly forbidden.
- F. Swimmers in the concession area must wear shirts, shorts, and some type of foot covering.

**CONCESSIONS AND PARKING:**

Concessions will be available at the Olds Robb Student Recreation Center. See Facilities Rules Part B regarding this. There are nearby restaurants (about 5 – 10 minutes from the pool) so plan your meals and snacks accordingly. On Saturday and Sunday there is abundant free parking at the parking structure and in front of Bowen Field House both of these areas are located in front of the Olds Rob Recreation Center and Jones Natatorium Pool. See map for details.

**MEET DIRECTOR:** Frank (Skip) Thompson  
2660 Littleell Avenue  
West Bloomfield, MI 48324-1753 Phone - (248) 683-2191/(734) 913-9282  
E-mail – [FrankSkipThompso@aol.com](mailto:FrankSkipThompso@aol.com)

**MEET T-SHIRTS:**

Meet T-shirts imprinted with the Meet logo can be ordered on the meet entry form. Some shirts will be available at the meet, but we recommend ordering with your entry to assure size selection. Sizes and cost are shown on the entry form.

**AWARDS CEREMONIES:**

Presentations of the individual high point award and overall team high point awards in all categories will begin 30 minutes after the completion of the last event which is the 1000 Free (event # 43 and #44). We ask all swimmers and teams to be prompt as not to delay. It's the swimmers and team responsibility to pick up any awards. There will be no mailing of awards.

\* **NO ONE-DAY EVENT REGISTRATION** - (USMS RULE 201.1.3) This championship is not considered a single event but a 2.5 day multi-event championship. Swimmers must be fully registered with USMS for 2006 by the entry deadline to participate in this sanctioned competition.



**MICHIGAN MASTERS 2006 STATE CHAMPIONSHIP  
SANCTIONED FOR USMS INC. BY MICHIGAN MASTERS SANCTION # 196-008S  
FRIDAY - SUNDAY, MARCH 24 - 26, 2006 EASTERN MICHIGAN UNIVERSITY  
MICHIGAN MASTERS 2006 STATE CHAMPIONSHIP SCHEDULE OF EVENTS**

**Women Events #**
**Men's Events #**
**Session # 1 Friday, March 24, 2006**

Warm up - 5:00 P.M. Meet begins at 6:00 P.M.

21	500 Yard Freestyle	22
9	400 Yard IM	10
43	1000 Yard Freestyle	44
1	1650 Yard Freestyle	2

**Session # 2 Saturday, March 25, 2006**

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

3	100 Yard Freestyle	4
5	200 Yard Backstroke	6
7	50 Yard Butterfly	8
9	400 Yard IM	10
	10 Minute Break	
11	200 Yard Freestyle Relay	12

**ANNUAL MEETING OF MICHIGAN LMSC  
TO START 20 MINUTES AFTER EVENT #12 200 FREE RELAY**

**Session # 3 Saturday, March 25, 2006**

Warm up - 1:00 P.M. Meet begins at 2:00 P.M.

13	200 Yard Butterfly	14
15	50 Yard Backstroke	16
17	100 Yard Breaststroke	18
	10 Minute Break	
	200 Yard Mixed Medley Relay	20
21	500 Yard Freestyle	22

**Women Events #**
**Mens's Events #**
**Session # 4 Sunday, March 26, 2006**

Warm up - 8:00 A.M. Meet begins at 9:00 A.M.

23	200 Yard Freestyle	24
25	100 Yard Butterfly	26
27	50 Yard Breaststroke	28
29	200 Yard IM	30
	10 Minute Break	
31	200 Yard Medley Relay	32

**Session # 5 Sunday, March 26, 2006**

Warm/up - One hour after Event #32 200 Medley Relay - Expected Time 12:00 P.M TO 1:00 P.M

Competition begins One hour after warm/up - Expected Time 1:00 P.M. TO 2:00 P.M.

33	200 Yard Breaststroke	34
35	100 Yard Backstroke	36
37	50 Yard Freestyle	38
39	100 Yard IM	40
	10 Minute Break	
	200 Yard Mixed Freestyle Relay	42
43	1000 Yard Freestyle	44

**MICHIGAN MASTERS 2006 STATE CHAMPIONSHIP RELEASE FORM**  
**SANCTIONED FOR USMS BY MICHIGAN MASTERS SANCTION 196-008S FRIDAY-**  
**SUNDAY, MARCH 24 - 26, 2006 EASTERN MICHIGAN UNIVERSITY**

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 Master's 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 CLAIM 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, EASTERN MICHIGAN UNIVERSITY 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.

**PARTICIPANT'S NAME                      USMS NUMBER                      DATE**

\_\_\_\_\_

This form must be completed and signed by the swimmer and accompany the Entry Form. In addition, a photocopy of the swimmer's United States Masters Swimming (USMS) card must be supplied with this Athlete's Release Form and the Entry Form.

**MICHIGAN MASTERS 2006 STATE CHAMPIONSHIP FEES SCHEDULE**

Swimmer Entry Fee: 1 Event = \$32.00 2 Events = \$35.00 3 Events = \$40.00  
 4, 5, 6, and 7 Events = \$45.00 \$\_\_\_\_\_

Relay Entry Fee (Enter the number of Relays X \$12.00 for the Total ) (for information on Relays see meet information sheets) - Only Coaches need to fill in this space	\$_____
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USMS Registration Fee - Write in \$0 if you are USMS registered for 2006. \$\_\_\_\_\_  
 Write in \$55 if you are not USMS registered for the 2006 season. This includes a \$25.00 processing fee.

Michigan Masters State Championship T-shirts - Cost is \$15.00  
 Please circle size of your T-shirts            M            L            XL            XXL            \$\_\_\_\_\_  
 (XXL T-shirts are \$17.00)

Final Results - (All scores both individual and team and splits for all events) \$\_\_\_\_\_  
 Cost is \$10.00 and all results will be mailed.

Please make check payable to: **South Oakland Seals**    GRAND TOTAL            \$\_\_\_\_\_

You must enter this meet by mail. Complete the attached entry form, sign the liability release, and send a photo copy of your 2006 USMS registration card. All entries must be postmarked by March 16, 2006. Each swimmer who enters the meet will need to check-in upon arrival at the Jones Natatorium Pool Eastern Michigan Univ.

**MAIL ENTRIES TO: Frank Thompson**  
**2660 Littleell Ave**  
**West Bloomfield, MI 48324 - 1753 (248) 683 - 2191 Home**  
**E mail - FrankSkipThompso@aol.com**

**MICHIGAN MASTERS 2006 STATE CHAMPIONSHIP MEET ENTRY FORM**

Name: _____			
Address: _____			
Phone: _____	Birthdate: _____	Age: _____	USMS Reg. # _____
Emergency: _____		Phone: _____	Team: _____
E - Mail: _____			

Event #	Entry Time Women	Swimming Event	Entry Time Men	Event #
	<b>Warm Up 5:00 P.M.</b>	<b>Friday Evening March 24, 2006</b>	<b>Start 6:00 P.M.</b>	
21		500 Yard Freestyle		22
9		400 Yard IM		10
43		1000 Yard Freestyle		44
1		1650 Yard Freestyle		2
	<b>Warm Up 8:00 A.M.</b>	<b>Saturday AM - March 25, 2006</b>	<b>Start 9:00 A.M.</b>	
3		100 Yard Freestyle		4
5		200 Yard Backstroke		6
7		50 Yard Fly		8
9		400 Yard IM		10
		10 Minute Break		
11		200 Yard Freestyle Relay		12
<b>Annual Meeting of Michigan LMSC - To Start 20 Minutes After Event 12 200 Free Relay</b>				
	<b>Warm Up 1:00 P.M.</b>	<b>Saturday - PM March 25, 2006</b>	<b>Start 2:00 P.M.</b>	
13		200 Yard Fly		14
15		50 Yard Backstroke		16
17		100 Yard Breast		18
		10 Minute Break		
		200 Yard Mixed Medley Relay		20
21		500 Yard Freestyle		22
	<b>Warm Up 8:00 A.M.</b>	<b>Sunday - AM March 26, 2006</b>	<b>Start 9:00 A.M.</b>	
23		200 Yard Freestyle		24
25		100 Yard Fly		26
27		50 Yard Breast		28
29		200 Yard IM		30
		10 Minute Break		
31		200 Yard Medley Relay		32
		<b>Sunday - PM March 26, 2006</b>		
<b>Warm Up is One Hour after Event #32 is Completed. Competition starts One Hour after Warm Up</b>				
33		200 Yard Breast		34
35		100 Yard Backstroke		36
37		50 Yard Freestyle		38
39		100 Yard IM		40
		10 Minute Break		
		200 Yard Mixed Freestyle Relay		42
43		1000 Yard Freestyle		44

Hotels/Accommodations Near Eastern Michigan University

1.11 mi.	Harmony House Motel 615 E. Michigan Ave. Ypsilanti, MI 48198-5727 Phone: (734) 485-4200	5.64 mi.	Microtel Inns & Suites 3610 Plymouth Rd. Ann Arbor, MI Phone: (734) 997-0921
1.19 mi.	Marriott Ypsilanti 1275 S. Huron Ypsilanti, MI 48197-7020 Phone: (734) 487-2000	5.77 mi.	Hampton Inn 2300 Green Rd. Ann Arbor, MI Phone: (734) 996-4444
2.37 mi.	McAuley Inn 5301 E. Huron River Dr. Ypsilanti, MI 48197-1051 Phone: (734) 712-2600	5.77 mi.	Four Points Ann Arbor 3200 Boardwalk St. Ann Arbor, MI Phone: (734) 996-0600
3.09 mi.	Comfort Inn 2455 Carpenter Rd. Ann Arbor, MI 48108-1194 Phone: (734) 973-6100	5.77 mi.	Courtyard By Marriott 3205 Boardwalk St. Ann Arbor, MI Phone: (734) 995-5200
3.11 mi.	Days Inn 2380 Carpenter Rd. Ann Arbor, MI 48108-1195 Phone: (734) 971-0700	5.79 mi.	Studioplus At Ann Arbor 3265 Boardwalk St. Ann Arbor, MI Phone: (734) 997-7623
3.42 mi.	Baymont Inn & Suites 2376 Carpenter Rd. Ann Arbor, MI Phone: (734) 477-9977	5.79 mi.	Fairfield Inn 3285 Boardwalk St. Ann Arbor, MI Phone: (734) 995-5200
4.79 mi.	Lamp Post Inn 2424 E. Stadium Blvd. Ann Arbor, MI 48104-4813 Phone: (734) 971-8000	5.83 mi.	Hampton Inn 925 Victors Way Ann Arbor, MI Phone: (734) 665-5000
5.11 mi.	Red Arrow Motel 5577 Plymouth Rd. Ann Arbor, MI Phone: (734) 662-9944	5.92 mi.	Residence Inn 800 Victors Way Ann Arbor, MI Phone: (734) 996-5666
5.47 mi.	Hawthorn Suites Hotel 3535 Green Ct. Ann Arbor, MI Phone: (734) 327-0011	6.00 mi.	Exec-U-Suites 3135 S. State St. Ann Arbor, MI Phone: (734) 662-0441
5.61 mi.	Red Roof Inn 3621 Plymouth Rd. Ann Arbor, MI Phone: (734) 996-5800	6.01 mi.	Extended Stayamerica 1501 Briarwood Cir Ann Arbor, MI Phone: (734) 332-1980
5.64 mi.	Holiday Inn 3600 Plymouth Rd. Ann Arbor, MI Phone: (734) 769-9800	6.02 mi.	Red Roof Inn 3505 S. State St. Ann Arbor, MI Phone: (734) 665-3500
		6.05 mi.	Motel 6 3764 S. State St. Ann Arbor, MI Phone: (734) 665-9900
		6.09 mi.	Holiday Inn Express Hotel & Ste 600 Hilton Circle Ann Arbor, MI Phone: (734) 761-2929
		6.19 mi.	Lost Beach Resort 616 Church St. Ann Arbor, MI Phone: (734) 761-7444