



**Washington Univ./St. Louis Area Masters
Ozark Zone Short Course Yards Championships
March 20-21, 2004
at Washington University Pool
Washington Univ. Athletic Complex, St. Louis MO**

Sanctioned by Ozark association for USMS, Inc., sanction #4805

- Location:** Washington University Pool at the Washington University Athletic Complex
Corner of Forsyth and Big Bend in St. Louis. See back page for directions.
- Time:** Saturday, March 20th, and Sunday, March 21st, 8 am for registration and warm-up. Meet will start between 8:30 and 9:00 am based on the number of deck entries.
- Eligibility:** Persons eighteen (18) years old and older are welcome. Participants must have a USMS registration number or completed application to participate. USMS application forms will be available at the meet. All levels of swimming ability are welcome.
- Conduct:** The 2004 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded by time. Participants will be limited to six individual events per meet, no more than 5 per day, excluding relays. Relays will be deck entered. Results will be submitted for top ten consideration.
- Fees:** Fee is \$15.00 for pre-registration, \$20 to deck enter, for all Masters Members. Please make checks payable to St. Louis Area Masters. **DO NOT SEND CASH.**
- Entry Date:** To arrive on time pre-registration entries must be received by March 13, 2004. Deck entries will be accepted, for a higher registration fee. Mail entries to **Matt Shirley, 2204A Cherrywood Ln, Scott AFB, IL 62225.**
- Facility:** The pool is 8 lanes, 25 yards. There will be an area designated for continuous warm-up and cool down
- Meet Info:** If you have any questions, please contact Matt Shirley 618-746-2589

Order of Events:

Saturday

- 1 500y Free
- 30 Minute Break**
- 2 100y IM
- 3 50y Breast
- 4 100y Fly
- 5 200y Back
- 6 200/400y Medley Relay
- 7 100y Free
- 8 200y Breast
- 9 400y IM
- 10 50y Back

Sunday

- 11 1000y Free*
- 12 1650y Free*
- 30 Minute Break**
- 13 50y Fly
- 14 200y Free
- 15 100y Breast
- 16 200/400/800y Free Relay
- 17 100y Back
- 18 200y Fly
- 19 200y IM
- 20 50y Free

*One or the other; not both.

Directions: Coming from the East, take 64/40 West to the Clayton/Skinker exit (Huge Amoco sign towards the left). At light turn right on Skinker (Forest Park is on your right) and follow down to Forsyth. Turn LEFT on Forsyth. Before you get to the stoplight (which is Big Bend) there will be a drive on the right. Turn right and follow to complex.

Coming from the West. Take 64/40 East to the McCausland exit. Turn left and cross over Clayton Rd. Follow this road for approximately a mile to Forsyth Blvd, then turn left. Before stoplight (Big Bend) turn right into drive and follow to complex.

Coming from the South. take Big Bend or Hanley to Forsyth and turn right. The complex will be on your left directly after Big Bend Blvd. Turn into drive and follow to complex.

Directions from Lambert-St. Louis International Airport, from the Airport, take Highway 70 East to Highway 170. Go south on Highway 170 to Forest Park Parkway. Exit at Big Bend Road, turn right. At the next stop light turn left onto Forsyth Blvd and the complex is on the left.

AALLOOHHAA!! (OK, OK, wrong meet, but I can't help myself...)

For those who did not hear the team results from our first two meets of the 2003-04 indoor season:

Dec 03 SCM Meet

Wash U	153
IL Mas	116
Mid-Cnty Y	48
Parkway	44
Rec-Plex	35
Tm-StL	25
W-County Y	21
CSP	20
Fla Mav	20
Rockwood	19
Sugar Crk	18
Lebanon VMST	10
HEAT	6
SLU	5

Feb 04 AALLOOHHAA!! Mile Meet

Parkway	35
Rockwood	18
CSP	10
Tm-StL	10
Alton	6
IL Mas	5
Mid-Cnty Y	5
Rec-Plex	3
MO AC	3

So, what's it gonna be people? Can anyone stop the home team Wash U club as they power to another top showing over a full slate of events? Will Parkway build on the momentum from the mile meet and upset the favorite? Can IL Masters or Mid-County Y pull themselves up off the deck and stroke past everyone? What's up with the CSP revival? Who wants the SLAM team Championship? Who wants the Ozark Zone Team Championships? (When will I stop asking these idiot questions?)