



**Mid-county YMCA/St. Louis Area Masters
Fall Short Course Meters Meet
December 7, 2003
at the Mid-County YMCA
1900 Urban Drive, Brentwood, MO 63144**

Sanctioned by Ozark association for USMS, Inc., sanction # 4782

Location: Mid-County YMCA. Located just south of Interstate 64/Hwy 40.

Time: Sunday, December 7th, 2003. Warm-ups 3:00 pm, Meet 3:30 pm.

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 2003 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 five events, excluding relays. Relays will be deck entered. Results will be submitted for top ten consideration.

Fees: Fee is \$20.00 for all Masters Members. Please make checks payable to St. Louis Masters Swimming. **DO NOT SEND CASH.**

Entry Date: In order to be seeded in proper heats, entries must be received by December 1, 2003. Deck entries will be accepted, **when lanes are available.** Mail entries to **Matt Shirley, 2204A Cherrywood Ln, Scott AFB, IL 62225**

Facility: The pool is a 6 lane, 25-meter pool equipped with non-turbulent lane lines. If possible, five lanes will be used for competition, with one outside lane available for swim down. Diving well will be open for warm up as well.

Meet Info: If you have any questions, please contact Matt Shirley 618-746-2589

Order of Events:

1	200m Freestyle Relay	12	200m Freestyle
2	50m Backstroke	13	400 Medley Relay
3	100m Breastroke	14	200m Backstroke
4	200m Butterfly	15	50m Breastroke
5	200m IM	16	100m Butterfly
6	400m Freestyle	17	100m Freestyle
7	200m Medley Relay	18	100 IM
8	100m Backstroke	19	50m Freestyle
9	200 Breastroke	20	400/800m Freestyle Relay
10	50m Butterfly	21*	800m/1500m Free
11	400m IM		* One or other, not both, please specify

* One or the other. Not both. Please specify which you wish to swim on entry form