



**2006 WATER SPIDER  
INVITATIONAL  
LONG COURSE  
JULY 22, 2006  
PANAMA CITY BEACH, FLORIDA**



Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No. 156-003

- HOSTED BY:** Emerald Coast Masters Swimming  
Meet Director: Lori Beaver  
105 HL Sudduth Drive  
Panama City, FL 32404  
Fax: 850-873-3530 Attn: Aquatics  
Phones: 850-874-9599 (home)  
850-832-9672 (cell)  
Email: [ecmswim@comcast.net](mailto:ecmswim@comcast.net)
- FACILITY:** Frank Brown Park Pool  
Panama City Beach, Florida  
50-meter outdoor, 8 lane competition pool  
Colorado electronic timing system  
6 lanes will be used for competition  
2 lanes will be designated for warm-up/warm-down  
9' deep tapering to 4' deep  
Water temp is expected to be 82 degrees
- RULES:** 2006 USMS Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern.
- ELIGIBILITY:** All swimmers must be registered with United States Masters Swimming, Inc. Please enclose a photocopy of your 2006 USMS registration with your entry materials. If not provided in advance, you will be asked to show a 2006 USMS registration card when you check in. Swimmers will be able to register with USMS at the meet.
- ENTRIES:** A swimmer may enter up to 5 individual events and 2 relays. Please submit entries on the attached form. Entry times will be assumed to be in LCM unless otherwise indicated. If you are using times for short-course yard or meters, please so indicate. We will convert your time and seed you based on long-course equivalent (converted LCM times will be shown on the heat sheets). NT entries will be seeded as slowest times.
- ENTRY DEADLINE:**  
Thursday, July 13, 2006.  
Entries must be received, not postmarked, by the deadline.  
Late entries will be accepted at the discretion of the Meet Director, plus a \$10 late entry fee, and only if such entries do not require additional heats.
- FEES:** \$25.00 per swimmer; includes all individual and relay entries.
- MAIL ENTRIES TO:**  
Sue Cottrill  
2003 Pentland Road  
Lynn Haven, FL 32444.  
Email: [scd2003@knology.net](mailto:scd2003@knology.net)
- SEEDING:** All events will be seeded slow to fast without regard to age or gender. Results will be tabulated by gender and age group as defined by USMS.
- HEAT SHEETS:** These will be available at the meet.
- RELAYS:** Scored Relays Team  
To be scored, relay team members must be registered with the same club. For purposes of awards and scoring, the age of all four relay members are added together and the total age of the group shall determine the age group in the following age categories: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399 (40-year increments as high as necessary).

### **Meet and Greet Relays**

We will also have “Meet and Greet” relay teams available. If you would like to participate in a relay but don’t think your team will have enough members to be scored, please check the “Meet and Greet” box on the entry form and we’ll put you together with other swimmers to make a relay team. Its great fun and you get to meet some new folks!! You can sign up for the “Meet and Greet” relays at the meet, but if we know how many are interested early, we can recruit others as needed to make sure everyone gets to participate.

**SCORING:** First 6 finishes in each event, by age and gender, will be scored as follows: Individual events 7-5-4-3-2-1; Relay events 14-10-8-6-4-2.

**AWARDS:** Awards will be given to the top point winner in each age group by gender.

### **EMERGENCY PHONE CONTACT:**

The phone number at the pool office is 850-236-2205. This number is for emergency purposes only during competition.

### **HOTEL ACCOMMODATIONS:**

It is tourist season in Panama City Beach, Florida, but there are rooms available. Below is a list of hotels available in Panama City Beach:

Boardwalk Beach Resort – they have a variety of lodging options, both on the beach and in town  
9450 S. Thomas Drive  
850-230-4607 – ask for Julie Dinkins and mention the Emerald Coast Masters Swim Meet

Holiday Inn Sunspree – this hotel is on the water  
11127 Front Beach Road  
850-234-1111

Hampton Inn  
2909 Thomas Drive  
850-236-8988

Sandpiper Beacon Beach Resort – this hotel is on the water and has some cool extras. (Tiki bar, lazy river, etc.)  
17403 Front Beach Road  
800-874-8828

### **DIRECTIONS TO POOL:**

The pool is located at Frank Brown Park, which is 1 mile east of Hwy 79 on Hwy 98 (also known as Back Beach Road).

Arriving in Panama City Beach from the east via Hwy 98, stay on Hwy 98. Frank Brown Park is on the right, just as the road expands to 6 lanes from 4 lanes.

Arriving in Panama City from the west on Hwy 98, stay on Hwy 98, proceed through the intersection at Hwy 79. Frank Brown Park is on the left, about 1 mile past the intersection.

Arriving in Panama City from the north via Hwy 79, turn left at Hwy 98 (Back Beach Road). Frank Brown Park is on the left, about 1 mile after you turn.

### **CONCESSIONS & SEATING:**

There is a concession stand at the swimming pool and it will be open for the swim meet. You will not be allowed to bring in coolers. There are two sets of bleachers at the pool and loads of grassy area. We recommend you bring folding chairs and umbrellas to the pool as it is expected to be hot and sunny. There is a wonderful kiddie pool that will be available for a separate daily admission fee (\$5/Florida Adult, \$3/Florida Child, \$10/Out of State Adult, \$6/Out of State Child).

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NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_  
                     Last                                      First                                      (As of 7/22/2006)

POSTAL ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ USMS REGISTRATION NO. \_\_\_\_\_  
     *(Legibility is a virtue)*                                      *(Please attach copy of 2006 USMS registration card)*

DAYTIME PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Entry Fees: Please make checks to:**

EVENING PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

**Gulf Coast Community College**

BIRTHDATE \_\_\_\_\_

Entire Meet entry fee: \$25.00 \_\_\_\_\_

CLUB NAME \_\_\_\_\_

CLUB ABBREVIATION \_\_\_\_\_

MEET AND GREET RELAY **ð**

SATURDAY JULY 22, 2006  
 Warm-ups at 7:30 a.m., competition at 8:30 a.m.

WOMEN				MEN
Event No.	Entry Time		Entry Time	Event No.
1	_____	400 Meter IM	_____	1
2	_____	100 Meter Free	_____	2
3	_____	200 Meter Fly	_____	3
4	_____	100 Meter Back	_____	4
5	_____	200 Meter Free	_____	5
6	_____	100 Meter Breast	_____	6
7	_____	200 Meter Back	_____	7
8	_____	400 Meter Free	_____	8
9	_____	100 Meter Fly	_____	9
10	_____	200 Meter Breast	_____	10
11	_____	200 Meter IM	_____	11
12	<u>deck enter</u>	400 Meter Free Relay (women)	_____	-
-	_____	400 Meter Free Relay (men)	<u>deck enter</u>	13
14	<u>deck enter</u>	400 Meter Mixed Medley Relay	<u>deck enter</u>	14

**THIS RELEASE MUST BE SIGNED**

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 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, 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, 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: \_\_\_\_\_