



22nd Annual Polar Bear Classic

Sunday, January 29, 2012

9:00 AM warm-up

10:00 AM meet start

Meet director: Jim Stites, (520) 621-4203.

Sanctions: Sanctioned by AZ LMSC for USMS Inc. Sanction number: 482-0001

Eligibility: Open to all registered Masters swimmers holding a valid 2012 USMS card. For further information on registration contact the AZLMSC Registrar, Katy James at katyjamesswims@gmail.com.

Rules: 2012 USMS rules apply. Limit of five (5) individual events. Breaks as requested. Age for the meet is your age on January 29, 2012. You may enter the 1000 or the 1650 but not both.

Entries and fees: Entries must be **received by** January 21, 2012. Flat rate fee of \$25.00 for a maximum of 5 events. Only enter events you plan to swim. Please use an Arizona LMSC consolidated entry card; fill it out completely front and back and be sure and enter seed times for all events you wish to swim. Consolidated entry cards are available online at www.azlmsc.org.

Mail check made out to Ford Aquatics, consolidated entry form, photocopy of 2012 USMS card to Jim Stites, PO Box 44233, Tucson, AZ 85733; questions, call Jim at (520) 621-4203.

Online Entry: http://www.active.com/event_detail.cfm?event_id=1999961 There is a \$5 discount for online entry. The online entry deadline is 1/22/12 at 11:59pm.

Long distance events: The 1000 and the 1650 events will be run slowest to fastest, ages and sexes combined. You may swim either the 1000 or the 1650 but not both. Positive check-in by 9:30AM is required for the 1000 and 1650 events.

Deck entries: \$7.00 surcharge plus \$7.00 for each event. Meet will be pre-seeded. Deck entries will be seeded into outside lanes on an as available basis (we will not add extra heats for deck entries). Deck entries will close at 9:30 AM sharp!

Event seeding: All events will be swum slowest entry times to fastest entry times.

Location: University of Arizona Hillenbrand Aquatic Center located on Campbell Avenue between 6th Street and Speedway (1827 E. Enke Dr., Tucson, AZ 85721). Outdoor, 18 lane, 25 yard pool operated at 82° F with non-turbulent lane lines and electronic timing. We will run 8 lanes for competition and set aside the other lanes for warm-up during the meet.

Questions????? Call the meet director: Jim Stites at (520) 621-4203

Order	Event
1	1000 Free
2	1650 Free
3	200 Free
4	50 Fly
5	200 Back
6	100 Breast

Order	Event
7	100 Free
8	200 IM
9	50 Back
10	200 Fly
11	100 IM
12	400 IM

Order	Event
13	50 Breast
14	100 Back
15	500 Free
16	100 Fly
17	200 Breast
18	50 Free
19	200 Relays (Medley and Free)

For 1000 & 1650: You may enter the 1000 OR the 1650, not both
Positive checkin by 9:30 AM is required for 1000 & 1650