

# 40<sup>TH</sup> ANNUAL POLANSKY Sweetheart SWIM MEET



**When:** Saturday, January 26, 2019  
Warm-ups at 8:15 a.m., meet starts at 9:00 a.m.

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**Who:** Any 2019 USMS Registered Swimmer.

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**Where:** Mountain View Aquatic Center (yards)  
3560 Mountain Lion Drive | Loveland CO

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**Directions:** I-25 to Loveland. Exit Hwy 34 west. Turn left on to Boyd Lake Drive and then right on to Mountain Lion Drive. Turn left into the Mountain View High School parking lot.

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**Seeding:** Swimmers will be seeded slowest to fastest, and by gender. Entries without times will be seeded in the first heats according to gender. Deck entries will be seeded as best as possible.

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**Age Groups:** USMS age groups (18-24, 25-29, ... etc.)

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**Relays:** Two relays will be offered at no additional fee

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**Entry Fees:** Pool Surcharge \$10  
Regular entry (received by Jan. 24)  
Deck entry (closes at 9:15 a.m.) \$4 per event \$6 per event

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**Sanction:** 329-XYZA – Short course yards. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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**Register Online** through club assistant at:  
LovelandMasters.com or at COMSA.org

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**Deadline:** All regular entries must be received by Jan. 24  
Entries submitted after 11:59 p.m. on Jan. 24 will be considered deck entries.

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**Check in:** All participants deck registering must sign the USMS Liability Release.

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**More Info:** Doug Garcia at 970-556-5186 (before 9 p.m.)  
dougarcia@usms.org

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**Hospitality:** Loveland Masters strives to make this a fun and relaxing event. We provide free snacks on deck, and after the meet we will have food trucks present in case you would like something more substantial before you join us at a Loveland micro-brewery to celebrate our accomplishments.

**Events:** Swimmers may participate in a maximum of five individual events.

Event #	Event
1 & 2	500 Freestyle
3 & 4	400 Individual Medley
Swimmers may swim the 500 or 400 IM, not both	

**Second Warm-up event 5 will not start before 10 a.m.**

5 & 6	200 Individual Medley
7 & 8	100 Freestyle
9 & 10	50 Breaststroke
11 & 12	100 Backstroke
13 & 14	100 Butterfly

**5 Minute Break**

<b>15 &amp; 16</b>	<b>200 Freestyle Relay</b>
17 & 18	50 Freestyle
19 & 20	100 Breaststroke
21 & 22	50 Backstroke
23 & 24	50 Butterfly
25 & 26	100 Individual Medley

**5 Minute Break**

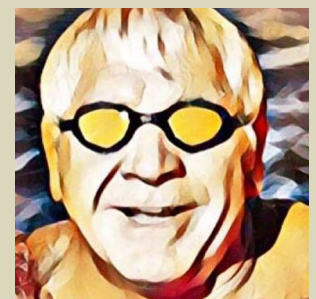
<b>Fun Relay</b>	
27 & 28	200 Freestyle
29 & 30	200 Butterfly*
31 & 32	200 Backstroke*
33 & 34	200 Breaststroke*

\*Events 29-34 may be swum in combined heats at the discretion of the meet director in order to manage timeline.

Women's events  
odd numbered

Men's events  
even numbered

On January 6, 2018, Loveland Masters Swimming founder Kevin Polansky passed away while doing what he loved best—swimming. Kevin's long career as a swimmer, coach, and ambassador for the sport of swimming will be missed. To memorialize his contributions, starting in 2019 Loveland Masters will rename the annual Sweetheart Swim Meet, to the Polansky Sweetheart Meet.



# PAPER ENTRY

( PLEASE PRINT CLEARLY )

Name \_\_\_\_\_

Birth date \_\_\_\_\_ Age \_\_\_\_\_  Male  Female

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_ Email address \_\_\_\_\_

USMS # \_\_\_\_\_ Club & Workout Group \_\_\_\_\_

- Circle the event numbers and record your seed time on the form below.
- Swimmers may swim a maximum of five individual events.
- Entries without a seed time will be seeded in the first heats according to gender.
- Women and Men will swim in separate heats.

Women	Men	Event	Seed Time	Women	Men	Event	Seed Time
Event #1	2	500 Freestyle		19	20	100 Breaststroke	
3	4	400 Individual Medley		21	22	50 Backstroke	
Swimmers may swim either the 500 or the 400 IM, not both.				23	24	50 Butterfly	
<b>Second Warm-up, event 5 will not start before 10 a.m.</b>				25	26	100 Individual Medley	
5	6	200 Individual Medley		<b>5 MINUTE BREAK</b>			
7	8	100 Freestyle		Fun Relay, Deck Entry			
9	10	50 Breaststroke		27	28	200 Freestyle	
11	12	100 Backstroke		29*	30*	200 Butterfly	
13	14	100 Butterfly		31*	32*	200 Backstroke	
<b>5 MINUTE BREAK</b>				33*	34*	200 Breaststroke	
15	16	200 Freestyle Relay		*Events 29-34 may be swum in combined heats at the discretion of the meet director in order to manage timeline.			
17	18	50 Freestyle					

**Mail Paper Entries to:** Doug Garcia  
1320 Saint John Place  
Fort Collins CO 80525