

Waldo County YMCA Spring Masters Meet

May 19th, 2012 – SCY– Waldo County YMCA, 157 Lincolnville Ave Belfast, ME

Saturday 5/19, 12:30 PM Warm up / 1:30 PM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 200 Free		2
3		Mixed 400 IM		4
5		Mixed 50 Free		6
7		Mixed 200 Butterfly		8
9		Mixed 100 Breaststroke		10
11		Mixed 50 Backstroke		12
13		Mixed 200 IM		14
15		Mixed 1000 Free		16
17		Mixed 100 Free		18
19		Mixed 50 Butterfly		20
21		Mixed 200 Backstroke		22
23		Mixed 50 Breaststroke		24
25		Mixed 500 Free		26
27		Mixed 100 Butterfly		28
29		Mixed 100 Backstroke		30
31		Mixed 100 IM		32
33		Mixed 200 Breaststroke		34
35, 37		200 Free Relay		36

Who swims masters swimming?
Anyone 18+

People of all ages and abilities.
Fitness Swimmers, former
competitive swimmers,
beginner swimmers, and
triathletes,

Check us out on
Mainmasters.org



MESC

Participant Information

Name _____

Address _____

E-Mail _____

Home Phone _____ USMS# _____

Age _____ DOB _____ Gender **M** **F**

Emergency Contact (name/phone) _____

Maine Masters (MESC) New England Masters (NEM) Non-Master Swimmer

Other Masters Club (please indicate club _____)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

This is a recognized meet. Membership to Maine Masters or Master swimming isn't required but is encouraged. The meet is a fundraiser for the Bluefish Swim Team. To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299 or online at <http://www.usms.org/reg/> **Pick MESC**

Directions: From I-95 North or South: Take Exit 113 to Route 3 for 44.6 miles. At the Reny's Plaza (on your left), turn right to merge onto Route 1 South. At traffic light, turn Right onto Lincolnville Ave (Route 52). YMCA is on the right, 1/4 mile down the road.

Facility: 6-lane pool, adjacent lanes for warm-up and cool down and electronic timing will be used.

Awards: Time cards with individual results will be available for participants

Meet Director: Susan Cooney - cooneyfineart@gmail.com

Contact Person: Erin Mank - aquatics@waldocountyymca.org 207-338-4598

Fees: Entries postmarked by Tuesday May 15th \$20 for 5 individual events plus relays. Later entries will be accepted until 1:00pm the day of the meet \$25 for 5 events. Make checks payable to Waldo County YMCA

Send Entries To: Erin Mank, Aquatics Director, Waldo County YMCA, 157 Lincolnville Ave Belfast, ME 04915

Waiver (must be signed by all participants)

"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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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"