

Ithaca Masters Long Course Swim Meet

Saturday July 14, 2012

Sanction # 042-S002

Directions: Enter the main entrance of campus off 96B. This is Alumni Circle. Go around Alumni Circle to Grant Egbert Boulevard. Take Grant Egbert Boulevard to the 1st stop sign. Continue straight to the second stop sign at Grant Egbert Boulevard East. Make a left on to Grant Egbert Boulevard East. Follow Grant Egbert Boulevard East to the stop sign. Continue straight. You will then be on Lyceum Drive. As you come up the hill, the A&E Center will be on your right. Go to the south entrance of the building.

Fees: There is a flat meet fee of \$25 per swimmer. Includes up to 5 individual events and relays.

Entries: There will be no deck entries. Entries are due by Monday, July 9th. Results will be posted on the Niagara website.

Instructions: Please fill out the swimmer info section. Please sign the disclaimer below. All swimmers must include a copy of their current USMS card. Fill in the seed time for your events or NT. Heats will be swum at the meet director's discretion. All USMS and MSC registered swimmers 18yrs old as of 7/14/12 are eligible. Please make checks out to: Ithaca College.

Send entry and payment to: **Kevin Markwardt, A&E Center, 953 Danby Rd, Ithaca NY 14850-7000.**

Contact Kevin Markwardt for questions 607-351-7540 or e-mail kmarkwardt@ithaca.edu

Name: _____ Club: _____ USMS# MSC# _____
Address: _____ City: _____ State: _____ Zip: _____
Sex: _____ Age as of 12/31/12 _____ E-mail _____
Phone # _____

| Event # | Event Name | Seed Time | Event # | Event Name | Seed Time |
|---------|-------------|-----------|---------|-------------|-----------|
| 1 | 800 Free | | 10 | 200 Fly | |
| 2 | 200 Free | | 11 | 200 Back | |
| 3 | 50 Back | | 12 | 50 Breast | |
| 4 | 200 I.M. | | 13 | 50 Fly | |
| 5 | 100 Fly | | 14 | 100 Free | |
| 6 | 100 Breast | | 15 | 200 Breast | |
| 7 | 50 Free | | 16 | 100 Back | |
| 8 | 200 M Relay | | 17 | 400 Free | |
| 9 | 400 I.M. | | 18 | 200 F Relay | |

Meet Info: Warm-up for the 800 Free will start at 8am. The 800 will start at 9am. A second warm-up will start upon completion of the 800 for a minimum of a half hour. Event #2 will not start before 10:30 to allow for late arrivals. There will be a 15 min break after event 8, 200 Medley Relay, during which the pool will be open for warm-up. The pool, which opened in the Fall of 2011, is 9 lanes 50 meter, minimum depth 8 foot. Lane 9 will be available for warm-up during the entire meet.

WAIVER: Must be signed and returned.

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 those risks. AS A CONDITION OR MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR AN ACTIVITY 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 LOCLAS MASTERS SWIMMING COMMITTEES, THE CLUB, 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: _____

Sanctioned by Niagara District Masters Swimming for USMS, Inc: 22 Woodridge Dr. Mendon NY