

Stacy Moor Memorial Masters Swim Meet at RIT
Hosted by Rochester Area Masters and RIT Swim Team

SUNDAY, November 3, 2013

CHECK-IN & WARM-UP 8:15 am* - 500 Free STARTS 9:15 am* Meet will not restart before 10:30*

*Note: Eastern Standard Time

500 Free Check-in Deadline: 9:00 am

Name _____ USMS/MS # _____

Sex _____ Age _____ Date of Birth _____ Email _____

Telephone # () _____ Address _____

Event #	Event Name	Seed Time	Event #	Event Name	Seed Time
1	500 yd Free	_____	10	400 yd IM	_____
	Warm-up ~9:45		11	100 yd Free	_____
2	100 yd IM	_____	12	50 yd Fly	_____
3	200 yd Free	_____		10 min Break	
4	100 yd Back	_____	13	200 ydIM	_____
5	50 yd Breast	_____	14	200 yd Back	_____
6	200 yd Fly	_____	15	50 yd Free	_____
	10 min Break		16	100 Fly	_____
7	100 yd Breast	_____	17	200 yd Breast	_____
8	50 yd Back	_____	18*	200 yd Medley Relay	_____
9*	200 yd Free Relay	_____			

Meet sheet will be posted on our website sometime 11/2: <http://www.ramsh2o.com/>

Events will be mixed (men and women) and timed finals seeded slowest to fastest by time. Event 1 may be deck-seeded. Open to all USMS and MSC registered swimmers 18 and older as of November 3, 2013. **ONE DAY** USMS registrations **ONLY** will be available at the meet; online registrations at usms.org. *Relays **ONLY** may be deck-entered, at no charge*. Awards: 1st, 2nd and 3rd place finishers. Swimmers are limited to **5 individual events**, excluding relays.

INCLUDE PHOTOCOPY OF USMS/MSC REGISTRATION, CHECK MADE OUT TO RAMS AND SIGNED WAIVER. Entries must be received by Tuesday October 29, 2013

Entry Fee: 1-2 Events = \$20 OR 3-5 Events = \$25

TOTAL = \$ _____

SEND ENTRIES TO: Kay Turner/22 Woodridge Dr/Mendon NY 14506; (585) 582-1157; kayturn@rochester.rr.com

FACILITY: Judson Pool in the Gordon Field House on the RIT campus (Rochester NY). This is a new 8-lane, 25-yd pool with non-turbulent lane lines, electronic timing and separate diving pool for continuous warm-up/down. Take exit 46 off the NYS Thruway; proceed N to Exit 13 (Hylan Dr). Take a left onto Hylan and continue N to Jefferson Rd (Rt 252). Proceed west (left) 1 mi to first entrance to RIT main campus. Turn right and park in D-lot. For Mapquest directions, go to <http://inside.rit.edu/maps/>.

Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: 043-S007

WAIVER:

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. (Rule Book Article 203.1)

Signed: _____

Date: _____