**2014 Last Chance Meters Meet (SCM)**

hosted by YW Masters of Adams County & the YWCA Gettysburg Sharks Swim Team Gettysburg, PA
**Saturday, November 8, 2014**(Warm-Up at 9 A.M., Meet starts at 10 A.M.)

USMS Sanction #

**Location:** YWCA Gettysburg & Adams County Natatorium
 909 Fairfield Rd
 Gettysburg, Pa 17325

**Entries:** **Only online entries accepted through Club Assistant (https://www.ClubAssistant.com/club/meet\_information.cfm?c=2214&smid=5623).** Online entries will close MondayNovember 3rd. The meet is open to all Masters Swimmers holding a valid 2014 or 2015 USMS registration card. Age group is determined by the age as of December 31, 2014. 2014 USMS rules and regulations apply.

Registration fee is $25 with no deck entries allowed (with the exception of relays). There is a $5/individual event and $8/relay fee. Every swimmer on a relay must be in at least one individual event. We will have a civil war (deck entered) 100 meter fun relay. Swimmers are to start from the wall and not the starting blocks. Swimmers are to swim any stroke for 25 meters wearing a civil war cap, then, hand it to the next swimmer, until all four swimmers have completed their 25 meters. The relay with the fastest time will be awarded a trophy.

**Facility:** Indoor, 25 meters, six lanes pool with anti-turbulent lane lines and Colorado timing system touch pads. One lane will be a dedicated warm-up and cool-down lane. Starting blocks at the deep end of the pool (12 ft), the shallow end is 3ft 6 inches. Parking is available and there is seating for 70 people on bleachers. Everyone is welcomed to bring their own folding chair. A community room across from the pool will be available for another 75 people. Men’s and women’s locker rooms and lockers are available. You are welcomed to bring your own lock. Facility is accessible for adaptive swimmers. The length of the competition course is in compliance and on file with USMS in accordance with article 105.1.7.

**Seeding:** Events and heats will be seeded slowest to fastest, mixed gender and age groups. Heats will be posted on lobby wall. Positive check-in is required for all events.

**Psych Sheets:** Psych sheets will be available on our website [www.ywcagettysburg.org](http://www.ywcagettysburg.org) under the Aquatics tab after entry deadline and posted on lobby wall.

**Awards:** First, second and third ribbons will be awarded for each event.

**Results:** Available on-line at [www.ywcagettysburg.org](http://www.ywcagettysburg.org), and phone apps. Results for sanctioned events will be submitted for Top-Ten recognition and national records.

**Directions:** From the South:
I-270 North
US-15 North
PA-116 West/Fairfield Rd

From the North:
US-15 South
US 30 West/York Rd and W. Middle St. to PA-116 West/Fairfield Rd

 From the East:
I-76 West
US-15 South
US 30 West/York Rd and W. Middle St. to PA-116 West/Fairfield Rd

**Accommodations:** There are 29 hotels/B & B’s in Gettysburg. Here are a few:

 Quality Inn-Larson’s 717-334-3141 (.4 mi)
1863 Inn of Gettysburg 717-334-6211 (1.2 mi)
James Gettys Hotel 717-337-1334 (.9 mi)
Federal Pointe Inn 717-334-7800 (.5 mi)
The Gettysburg Hotel 800-678-8946 (.9 mi)
Courtyard Marriott Gettysburg 866-460-7456 (4.0 mi)

A list of local eateries in the Gettysburg area will be available at check-in. There will also be a snack bar available. Only cash will be accepted at the snack bar.

 **Questions:** Meet Director: Cora Rhoads 717-334-9171 ext. 129 or crhoads@ywcagettysburg.org

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Saturday, November 8, 2014**Sanctioned by DVLMSC for USMS, INC.

PRINT NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender\_\_\_\_\_\_\_\_\_\_\_\_ AGE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE OF BIRTH\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CITY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STATE\_\_\_\_\_\_\_\_ ZIP\_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TEAM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or UNATTACHED\_\_\_\_\_\_\_\_\_\_\_ USMS# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Seed Time

1. 200 m Freestyle -----------------------------------

2. 50 m Backstroke -----------------------------------

3. 100 m Breaststroke -----------------------------------

4. 50 m Butterfly -----------------------------------

5. 200 m Freestyle (Mixed) Relay (deck entered before 9:30) xxxxxxxxxxxxxxxxx

6. 200 m Freestyle (Men) Relay (deck entered before 9:30) xxxxxxxxxxxxxxxxx

7. 200m Freestyle (Women) Relay (deck entered before 9:30) xxxxxxxxxxxxxxxx

8. 50 m Freestyle -----------------------------------

9. 100 m Backstroke -----------------------------------

10. 50 m Breaststroke -----------------------------------

11. 100 m Individual Medley -----------------------------------

12. 100 m Freestyle -----------------------------------

13. 200 m Medley (mixed) Relay (deck entered before 9:20) xxxxxxxxxxxxxxxxx

14. 200 m Medley (Men) Relay (deck entered before 9:20) xxxxxxxxxxxxxxxxx

15. 200 m Medley (Women) Relay (deck entered before 9:20) xxxxxxxxxxxxxxxxx

16. 100 m Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*17. 100 m Civil War (mixed) Relay (deck entered before 9:30)xxxxxxxxxxxxxxxxx (unofficial race)

**RELEASE OF LIABILITY BY PARTICIPANT:**

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)

SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_