

# Bath YMCA Sprint Meet

Nov. 16th, 2014 – Bath Area Family YMCA, 303 Center Street, Bath, Maine

Recognized by NE-LMSC for USMS, Inc.

## Sunday 11/16, 10:00 AM Warm up / 11:00 AM 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		1
2		Mixed 100 Breaststroke		2
3		Mixed 50 Backstroke		3
4		Mixed 25 Butterfly		4
5		Mixed 100 Backstroke		5
6		Mixed 100 IM		6
7		Mixed 50 Butterfly		7
8		Mixed 25 Free		8
9		Mixed 200 Breaststroke		9
10		Mixed 200 Backstroke		10
11		Mixed 100 Butterfly		11
12		Mixed 200 IM		12
13		Mixed 50 Free		13
14		Mixed 25 Breaststroke		14
15		Mixed 100 Free		15
16		Mixed 200 Butterfly		16
17		Mixed 25 Backstroke		17
18		Mixed 50 Breaststroke		18
19	Deck Seeded	100 Medley Relay	Deck Seeded	19
20	Deck Seeded	100 Free Relay	Deck Seeded	20

Long Reach swimmers, parents, and alumni are especially welcome.

Check us out on Mainemasters.org



## 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. 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:** Follow US Rt 1 to Bath. From the N or S take Congress Ave Exit. Go east approx. .4 mile. Turn right on Center St. The "Y" is .3 mile on left.

**Facility:** 8-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:** Robert Nelson - ticoachme@gmail.com

**Fees:** Entries received by Wednesday, November 12th will be pre-seeded and cost \$20 for 5 individual events plus relays. Later entries, including deck entries will be accepted until 10:15am 11/16 at a cost of \$25 for 5 events. Make checks payable to Bath Area YMCA

**Send Entries To:** Diane Hicks, Aquatics Director, Bath Area YMCA, 303 Center Street Bath, ME 04530

## 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"