

MetroWest YMCA Sponsors 25th Annual Valentines Love to Swim Classic
Saturday, February 20, 2016
Keefe Technical High School 750 Winter Street, Framingham, MA



Participant Information			
Last Name	First Name	MI	
DOB	Gender (circle)	Male	Female
Street Address			
City/Town		State, Zip	
Email			
Phone			
Team/Workout Group			

USMS # _____ (optional)

Important Meet Information

**** This is a RECOGNIZED meet and serves as a fundraiser for Metrowest Master Swim Club. You DO NOT need to be USMS reg to participate Facility – Keefe Tech High School 750 Winter St Framingham MA (6 lane x 25 yard Competition Pool w/manual timing)**

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

medals 1st – 3rd places in each age group

Meet Director – Rita Polatin – ritapolatin@aol.com

- **Warmup/Meet start Times – 5:30pm/6:00pm**

Fee - \$25.00 per swimmer mail in (\$35.00 on deck reg)

Deck Entries – Deck entries will be accepted from 4:30pm to 5:30pm the day of the meet. Fee Refunds only if the swim meet is canceled due to bad weather.

**Make Checks Payable to “Metrowest YMCA” and mail entries and payments to:
 Rita Polatin, 9 Coachman Lane, Natick, MA 01760**

Event #	Female Entry Time	Event	Male Entry Time	Event #
1		200 Medley Relay		1
2		200 Freestyle		3
4		100 Backstroke		5
6		100 Breast stroke		7
8		100 IM		9
10		50 Backstroke		11
12		50 Freestyle		13
14		400 IM		15
16		50 Three Arm		16
17		50 Push/Pull		17
18		50 Breast Stroke		19
20		100 Free Style		21
22		50 Butterfly		23
24		200 Free Style Relay		24

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 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 negligence, active or passive, of the Following: United States Masters Swimming, Inc, the Local Masters Swimming Committees; SRA Management Group, Inc, or any other individuals officiating At the meet or supervising such activities. In addition, I agree to abide by and Be governed by the rules of USMS.”