**Suburban Seahawks Club**

**Spring Fling Delaware Valley LMSC Championship Masters Meet**

**Sunday, March 20, 2016**

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| Recognized by: | United States Masters Swimming and Delaware Valley LMSC #086-xxxx |
| Liability: | In granting this sanction, it is understood and agreed that United States Masters Swimming, Inc., Delaware Valley LMSC, Suburban Seahawks Club and its officers and directors, and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes warm-up sessions.  |
| Hosted by: | Suburban Seahawks Masters |
| Meet Directors: | Vicki Townendoffice@sscswim.org610-325-3175--and--Kelly Eckelkdeckelott@yahoo.com484-444-0976 |
| Location: | The Charlie Kennedy NatatoriumSuburban Seahawks Club3615 Gradyville RoadNewtown Square, PA 19073 |
| Course: | 8-lane 25 yard pool with non-turbulent lane dividers. The depth of the pool at the starting blocks is 8 feet and turn end is 5 feet. Colorado start and automatic timing system with touch pads and 8-lane display board will be used. Race lanes will be lanes 3-8, with lane 1 as a continuous warm-up/warm-down lane throughout the meet.  |
| Eligibility: | Open to all USMS Registered swimmers 18 years and over. Age on the day of competition shall govern this meet. http://www.usms.org/reg/ |
| Seeding: | This meet will be seeded slowest to fastest, regardless of age and sex. NT will be accepted.  |
| Rules: | 1. This meet will be held in short course yards (SCY) and governed by 2016 USMS rules. 2. Events are pre-seeded, timed final events.3. The length of the competition is 25 yards, and is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.4. All swimmers are limited to FIVE (5) individual events and TWO (2) relays.5. Entries must be submitted using the swimmer’s best short course times. 6. The 500 free will be limited to 5 heats (40 swimmers). |
| Age Groups: | 18-24, 25-29, 30-34, 35-39, 40-44, etc., in 5-year increments. |
| Entries: | On-line meet entry open through March 14, 2016: <https://www.clubassistant.com/club/meet_information.cfm?c=2311&smid=7427> Entries may also be submitted by completing the attached Meet Entry Form and submitting it to the Suburban Seahawks Club no later than Monday, March 14, 2016. Paper entries are subject to an additional fee and must include a copy of the swimmer’s 2016 U.S.M.S. Registration Card, payment in full of meet fees, and a signed waiver/release. Please mail paper entries to the Suburban Seahawks Club, 3615 Gradyville Road, Newtown Square, PA 19073.**Entries must be submitted on-line or received in the SSC Office (at the above address) by close of business on Monday, March 14, 2016.**Fees must accompany meet entries and are non-refundable. Entries without payment will not be accepted.Deck entries will be accepted on the day of the meet, but must be submitted to the Meet Director no later than 11:45 a.m. on Sunday, March 20, 2016.  |
| Entry Fees: | Individual Events: $5.00 per eventElectronic Timing Fee: $10.00 per swimmerPaper Entry Fee (if applicable): $5.00 per swimmerRelay Events: $8.00 per relay team per event.Deck Entry Fees: $8.00 per eventMake checks payable to Suburban Seahawks Club |
| Awards/Scoring | Standard age group finishes apply. Standard relay gender and age group finishes also apply (Men, Women, Mixed and 18+, 25+, 35+, 45+, 55+, etc.).**Delaware Valley LMSC SCY Championship:** Top 12 point scorers from each USMS team will be totaled. The Team with the highest point total will be crowned DV LMSC Champion. The 12 swimmers’ points can come from all men, all women, or any combination.Individual places 1-8 scored as follows: 9-7-6-5-4-3-2-1.Relay places 1-8 scored as follows: 18-14-12-10-8-6-4-2. Relay scoring is limited to top 3 relays per team for each relay event; relay entries can be all men, all women, or mixed.  |
| Refreshments: | Refreshments will be available throughout the meet. |

In the event of inclement weather, go to ssc.org after 9:00 p.m. on Saturday, March 19th, 2016 to check for any last minute cancellations or delayed start times.

Suburban Seahawks Club

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Sunday, March 20, 2016

Warm-up 11:30 a.m. to 12:15 p.m.

Meet start: 12:30 p.m.

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| Event Number | Event |
| 1 | 200 Free Relay |
| 2 | 200 Free |
| 3 | 100 Fly |
| 4 | 200 Breast |
| 5 | 50 Free |
| 6 | 100 IM |
| 7 | 100 Back |
| 8 | 200 Fly |
| 9 | 50 Breast |
| 10 | 500 Free (limited to 5 heats) |
| 11 | 50 Back |
| 12 | 200 IM |
| 13 | 100 Free |
| 14 | 100 Breast |
| 15 | 200 Back |
| 16 | 50 Fly |
| 17 | 200 Medley Relay |

* Final results will be posted at the meet and online following the meet at DVmasters.org.
* Results for USMS-registered swimmers will be submitted to USMS for Top Ten consideration.

Suburban Seahawks Club—Charlie Kennedy Natatorium

Spring Fling Delaware Valley LMSC Championship Masters Meet

Entry Form

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| Entry Deadline | Entries must be submitted electronically <https://www.clubassistant.com/club/meet_information.cfm?c=2311&smid=7427>or in paper form so that they are received by Suburban Seahawks Club no later than Monday, March 14, 2016. You must include a copy of your USMS card to have your times count towards Top Ten. Go to DVMasters.org to register. |
| Entries and Fees: | All swimmers are limited to FIVE (5) individual events and TWO (2) relays. Individual events: $5.00/event. Relay events: $8.00/relay team/event. Deck entries (on day of meet, no later than 11:45 a.m. on March 20, 2016): $8.00/event. Electronic Timing Fee: $10.00/swimmer. Paper Entry Fee: $5.00/swimmer. |

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| Event # | Event | Seed Time (SCY) | Entry Fee |
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|  |  | Electronic Timing Fee | $10.00 |
|  |  | Paper Entry Fee  | $ 5.00 |
|  |  | **TOTAL** |  |

Entry Fees: Please make checks payable to Suburban Seahawks Club

Release from Liability

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 risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and to 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 (INCLUDING, BUT NOT LIMITED TO SUBURBAN SEAHAWKS CLUB AND ITS OFFICERS AND DIRECTORS), HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS.

SIGNED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINT NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AGE (on 3/20/16)\_\_\_\_\_ BIRTHDATE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SEX\_\_\_\_\_\_\_\_\_\_\_\_

CITY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_STATE\_\_\_\_\_\_\_\_\_\_\_\_\_ZIP\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-MAIL ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2016 USMS#\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PHONE NUMBER\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TEAM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMERGENCY CONTACT\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_