



## Wilton Wahoo Masters National Prep Meet

SUNDAY, March 20, 2016

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction # 054-S007

- FACILITY** Wilton Family YMCA, 404 Danbury Road, Wilton, CT Phone: 203-762-8384. The Wilton YMCA pool is a covered 50 meter six lane pool with moveable bulkheads. The meet will be run as a 25 yard, 6 lane meet. There will be a separate warm-up/down pool. The length of the competition course is in compliance and on file with USMS articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.
- WARMUP** Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).
- ELIGIBILITY** Open to all USMS-registered swimmers age 18 and older. Age determining date for this meet is March 20, 2016. Include a legible copy of your current 2016 USMS registration card with entry form.
- SCHEDULE** Warm-up 8:00 am; meet start 9:00 am; pool must be cleared by 1:00 pm. **Deck entries must be in by 8:00 am!! No deck entries will be accepted after this time.**
- SEEDING** Events will be run in heats, slowest to fastest, regardless of age or sex.
- EVENT LIMIT** Swimmers are permitted to enter a MAXIMUM of three (3) individual events & two (2) relay events. **The 500 freestyle will be limited to a maximum of 2 heats or 12 swimmers. Positive check in required for the 500 free.**
- RELAY ENTRIES** Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men or three women & one man. Mixed relays going for a USMS record must be two women and two men. The 4x200 Free relay and 200 Free relay may be run in 1 Heat.
- RECORD TIMES** A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official **PRIOR TO YOUR EVENT.**
- ONLINE ENTRY** Register at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1798&smid=7311](https://www.ClubAssistant.com/club/meet_information.cfm?c=1798&smid=7311). **Credit card will reflect a charge by "Club Assistant.com Event Billing". Entries close midnight, March 15, 2016.**
- ENTRY TIMES** Enter short course yard times for all events.
- ENTRY FEES** All mail in entries must be **RECEIVED BY** Tuesday, March 15, 2016. **Online event entry is strongly recommended for speed, accuracy and convenience.** Entry fee is **\$30.00** for online or mail in entry **RECEIVED BY 03/15/2016.** Late and/or deck entries are **\$50.00.** Please make check or money order payable to: **WILTON Y WAHOOS.** **Entry fees are non-refundable and non-transferrable.**
- MAIL ENTRY TO:** Wilton Wahoo Masters, c/o Kevin Cullinan, Masters Coach, 404 Danbury Road, Wilton, CT 06897. **Mailed entries must be RECEIVED (not postmarked) by March 15, 2016.** No telephone or fax entries will be accepted. Include all contact information so we can reach you to resolve any discrepancy. Include meet entry fee payment, executed entry form, and a legible copy of your current 2016 USMS registration card.
- QUESTIONS:** Direct inquiries to Meet Director (email: <mailto:kcullinan@riverbrookymca.org>)
- DIRECTIONS:** From I-95 North & South take Exit 15, follow signs to Rte 7 north (Danbury). Stay on connector to end. Turn right at light, then at 2<sup>nd</sup> light take a left at light onto Rte. 7 north, and continue about 4 miles. Y is on right, across from Wilton High School. For directions from other areas, please visit the Wilton Y website at: <http://www.wiltonymca.org>



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INDIVIDUAL EVENT ENTRY FORM

Warm-up 8:00 am, Start 9:00 pm. Age determining date for this meet March 20, 2016. Enter short course meter times. You are permitted to enter a maximum of three (3) individual events and 2 (two) relay events. Please print neatly. Include all contact information should we need to reach you to resolve a discrepancy. Include a legible copy of your current 2016 USMS registration card and meet entry payment. Make checks payable to Wilton Y Wahoos. Individual entries must be RECEIVED (not postmarked) by Tuesday, March 15, 2016.

Table with 4 columns: # EVENT, ENTRY TIME, # EVENT, ENTRY TIME. Rows 1-16 listing various swimming events like 800 SCY Free Relay, 200 SCY IM, etc.

Relays can be pre-entered or entered day of meet. Please use attached "Relay Entry Form" for pre-entered relays. All relay entries are due by 8:00 AM. The 4x200 Free relay and 200 Free relay may be run in 1 Heat.

LIABILITY RELEASE: 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.

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

PRINT NAME \_\_\_\_\_ GENDER (circle one) male female

ADDRESS/CITY/STATE/ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ DATE OF BIRTH: \_\_\_/\_\_\_/\_\_\_

AGE: \_\_\_\_\_ (as of 03/20/16) USMS #: \_\_\_\_\_ [please attach copy of card]

DAY TELEPHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EVE TELEPHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

LMSC (i.e.: Conn Masters): \_\_\_\_\_ CLUB (i.e.: Wilton Wahoo Masters): \_\_\_\_\_



LMSC: \_\_\_\_\_

CLUB: \_\_\_\_\_

**Event 1-3**

**800 Free Relay**

Male, Female, Mixed	_____	_____	_____
A, B, C, etc.	_____	_____	_____
Entry Time	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____

**Event 16 - 18**

**200 Free Relay**

Male, Female, Mixed	_____	_____	_____
A, B, C, etc.	_____	_____	_____
Entry Time	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____