**3rd Annual Edge Spring Fling Masters Meet**

Saturday May 7th, 2016

Warm up: 12pm/ Meet Start 1pm

The Edge, Williston, VT

Recognized USMS Swim Meet # 026-R008

**Contacts:**

Meet Director: Kimberly Fry [KimF@EdgeVT.com](mailto:KimF@EdgeVT.com)

802-482-5920

Aquatic Director: Bethe Oogle [BetheP@EdgeVT.com](mailto:BetheP@EdgeVT.com)

802-860-3343 x21

**Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age as of May 7th, 2016:\_\_\_\_\_\_\_\_\_\_\_**

**Gender: Please circle one- Male/Female**

**USMS #** (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LMSC:** \_\_\_\_\_\_\_\_\_\_\_\_ **Workout Group/Club:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fees:** $20 for up to 5 individual events. Payment must be received by March 21st, 2015. Make checks payable to The Edge Masters Swim Club. The day of entry fee is $30.

**Send entry form** **(including signed release), payment, and copy of your USMS membership card if applicable to:**

Kimberly Fry

26 Firefly Lane

Hinesburg, VT 05461

[KimF@edgevt.com](mailto:KimF@edgevt.com) 802-482-5920

**Individual Entry Form**

Entries due by Saturday April 30th. The cost is $20 for up to five events. Day of entries will be permitted for an increased fee of $30. Relays are not included in the 5 events and can be entered at the meet. All of the events will be seeded slowest to fastest regardless of age or gender. Participants entering on the day of will be seeded in the first heat for their events regardless of seed time. Please submit short course yard times. If you are a USMS member please submit a copy of your membership card. If you are not a USMS member, you are still eligible to participate since this is a recognized USMS Swim Meet.

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event Entry Time**

**#1** 100 Yard Back ­­­­­­­­­­­­­­­­--------------------------

**#2** 50 Yard Breast ---------------

**#3** 100 Yard Fly ---------------

**# 4** 50 Yard Free ---------------

**#5** 500 Yard Free ---------------

5 minute break

**#6** 200 Yard Breast ---------------

**#7**100 Yard IM ---------------

**# 8** 200 Yard Back ---------------

**#9** 200 Yard Free Relay Sign up at meet

**#10** 50 Yard Fly ----------------

**#11** 200 Yard Free \_\_\_\_\_\_\_\_\_\_

**#12** 400 Yard IM \_\_\_\_\_\_\_\_\_\_\_

5 minute break

**Event Entry Time**

**#12** 200 Yard IM ----------------

**#13** 100 Yard Breast ----------------

**#14** 200 Yard Fly ­­­\_\_\_\_\_\_\_\_\_\_

**#15** 50 Yard Back ----------------

**#16** 100 Yard Free ----------------

**#17** 200 Yard Medley Relay Sign up at meet

**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. 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 ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.”

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Additional Meet Information**

**Schedule:** The pool will open for warm up at 12pm and the meet will begin at 1pm.

**Location and Directions:** The Edge, 115 Wellness Dr., Williston, VT 05495 <http://edgevt.com/>. From I-89 N take exit 12 for Vermont 2A; Turn right onto VT 2A N/St. George Rd; Turn left onto Marshall Ave; Turn right onto Wellness Dr. From I-89 S take exit 12 for Vermont 2A; Turn left onto VT 2A N/St. George Rd; Turn left onto Marshall Ave; Turn right onto Wellness Dr.

**Facility:** The pool is a 6 lane, 25 yard pool. There is also a smaller, warmer pool available for warm-up/cool-down during the meet. Since the warm-up pool is not 25 yards, the meet schedule includes scheduled warm-up/cool-down breaks periodically throughout the meet in the competition pool. Hand-held times will be used for this meet. 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

**Eligibility:** Since this is a recognized USMS swim meet, anyone age 18 and older is eligible to participate. It is not a requirement to be a USMS member. However, only those participants who are current USMS members are eligible for USMS top ten times and national records. If you are a USMS member please submit a copy of your current membership card with your entry form to verify eligibility of submission for USMS top ten times and national records.

**Check –in:** All swimmers must check-in at the designated table no later than 11:30am.

**Meet Entries:**

The meet entry fee is $20. All entries must include completed entry form, payment, and a copy of your USMS membership card if you are a member. Meet entry forms may either be e-mailed to KimF@edgevt.com or mailed to Kimberly Fry, 26 Firefly Lane, Hinesburg, VT 05461. All entry times must be submitted in short course yards. Swimmers can swim a maximum of 5 events not counting relays. Checks and Money Orders made payable to The Edge Masters Swim Club. **All meet entries and payment must be received by Saturday April 30th. Day Of Entries will be accepted at the check-in table no later than 11:15am for an increased entry fee of $30.**

**Seeding:** Events will be seeded slowest to fastest regardless of gender and age. If you do not have a time, you can enter No Time and you will be placed in the first heat for that event. **We will do our best to accommodate Day Of Entry requests. However, we highly recommend registering prior to April 30th to ensure you are placed in an appropriate heat and can swim the events you select.**

**Relays:** We will hold a 200 free relay event as well as a 200 medley relay event. Relay entries will be submitted during the meet at least four events prior to the relay event. Relays can be all men, all women, or mixed (2 men and 2 women).

**Record Times:** If you intend to post a National Record time it is your responsibility to notify a meet official prior to your event.

**Concessions:** There will be refreshments available in the lobby. All proceeds will support the Edge Swim Club.

**Awards:** No place awards will be given. However, there will be fun participation awards!

**Rules:** Current USMS rules will apply.

**Hotels:** There are many accommodation options within a couple miles of the Edge facility. Some of these include:

Residence Inn Burlington, 35 Hurricane Lane, Williston, (802) 662-8302 ()

Courtyard Burlington Williston, 177 Hurricane Lane, Williston, (802) 879-0100 ()‎

Fairfield Inn Burlington, Williston, 2844 St George Rd, Williston, (802) 879-8999

Holiday Inn Burlington, 1068 Williston Rd, South Burlington, (802) 863-6363 ()‎

La Quinta Inn and Suites, 1285 Williston Rd, South Burlington, (802) 865-3400 ()‎