

The 1st Annual Gary Isherwood Memorial Masters Meet

June 24th, 2017 – SCY– Bangor YMCA, 17 Second St, Bangor, ME

Saturday 6/24, 9:00 AM Warm up / 10:00 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). 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 500 Free		2
3		Mixed 50 Back		4
5		Mixed 100 Breast		6
7		Mixed 200 Butterfly		8
9		Mixed 50 Free		10
11		Mixed 400 IM		12
13		Mixed 50 Breast		14
15		Mixed 100 Butterfly		16
17		Mixed 200 Back		18
19		Mixed 100 Free		20
21		Mixed 200 IM		22
23		Mixed 200 Free		24
25		Mixed 50 Butterfly		26
27		Mixed 100 Back		28
29		Mixed 200 Breaststroke		30
31		Mixed 100 IM		32
33		Mixed 1000 Free		34

Who swims masters swimming?
Anyone 18+

People of all ages and abilities. Fitness Swimmers, former competitive swimmers, beginner swimmers, and triathletes,

Check us out on Mainemasters.org

"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"



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. The meet is a fundraiser for the Bangor YMCA Barracudas. To register as a Maine Master contact: Tim Lecrone, 15 Elmhurst St, Waterville, ME 04901 (207) 649-4406 or online at <http://www.usms.org/reg/> **Pick MESC**

Directions: From I-95 North or South: Take Exit 183 toward the airport. Merge onto Hammond St for 1.2 miles. Take a slight right onto Union St for .2 miles. Then take the third right onto 2nd St. YMCA is immediately on the right.

Facility: 6-lane pool, adjacent lanes for warm-up and cool down and electronic timing will be used.

Recognition: The proceeds from Maine Masters Swimming T-Shirts at this meet and any donations will go towards The Gary Isherwood Memorial Scholarship Fund.

Meet Director: Matt Cook – mcook@bangory.org

Contact Person: Matt Cook 207-941-2808

Fees: Entries postmarked by Monday June 21st \$20 for 5 individual events plus relays. Later entries will be accepted until 9:30am the day of the meet \$25 for 5 events. Make checks payable to Bangor YMCA.

Send Entries To: Matt Cook, Aquatics Director, Bangor YMCA, 17 Second St, Bangor, ME 04401

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: BANGOR YMCA, 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"

Signature of the Participant

Date