

Ellsworth Black Fly Masters Swim Meet

April 21st 2012 – Down East Family YMCA- Ellsworth, Maine

Saturday 21st, 11:30 AM Warm up / 12:30 PM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and enter a seed time (select up to 5 individual events). Seeding will be from slow to fast regardless of age and gender. ENTRIES WITH NO SEED TIMES WILL BE CONSIDERED INCOMPLETE. Heat sheets will be posted. Separate results by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 500 Free*		1
2		Mixed 50 Fly		2
3		Mixed 200 Back		3
4		Mixed 100 Breast		4
5		Mixed 50 Free		5
6		Mixed 200 IM		6
7		Mixed 100 Fly		7
8		Mixed 100 Back		8
9		Mixed 50 Breast		9
10		Mixed 100 Free		10
11		Mixed 100 IM		11
12		Mixed 200 Fly		12
13		Mixed 50 Back		13
14		Mixed 200 Breast		14
15		Mixed 200 Free		15
16		Ellsworth Relay #		16

If you register as a New Maine masters USMS member at the meet, the entry fee will be waived.

* Swimmers must provide their own counters.

This Relay is a social event to be determined by the Meet Director

Yes

Great! How do I sign up?

So if I'm joining Maine Masters for the first time my Entry fee for this meet is Free?

You can register online <http://www.usms.org/reg/> pick MESC Or right at the Ellsworth meet.

For more Maine masters info check out Mainemasters.org



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-USMS 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 (pending). Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition.

Directions: The pool address is 238 State Street, Ellsworth, Maine – call (207) 667-3086 for directions.

Facility: 6 lanes, 25 yard competition pool with electronic timing

Awards: Time cards with individual results will be available for participants

Meet Director: Matt Montgomery

Contact: Scott Redmon at scott@acadiasails.com or (207) 288-0212

Fees: The meet fee is \$ 15 for Masters members and \$20 for non-masters members if postmarked by Monday April 16th. Add \$5 to the total for deck entries. Deck entries will be accepted until 11:30 AM the day of the meet. **If you register as a New Maine masters USMS member at the meet, the entry fee will be waived.** Membership is \$46 for the entire year and includes lot of goodies such as USMS swimming magazine, Maine masters newsletters, plenty of swimming opportunities, and being part of a team made up of enjoyable swimmers of all ages and abilities. Make checks payable to Down East Family YMCA.

Send Entries To: Down East Family YMCA, PO Box 25, Ellsworth, ME 04605

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: 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 ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS"

Signature of the Participant

Date