

# Nazareth Masters Short Course Meters Meet

## Sunday, October 7<sup>th</sup>, 2012 ---9am Warm-up/ 10am START

Sanctioned by Niagara District Masters Swimming, Inc. for USMS, Inc. Sanction # TBA

Eligibility: Currently registered with USMS/ MSC Swimmers, 18 years and older.

*Unregistered swimmers may join with a "One Event" membership.*

*Full Membership & One Event Forms can be found at: <http://www.niagamasters.org/join>*

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**Facility:** Nazareth College Pool-- 25m competition pool with 6 lanes and an Automatic Colorado Timing System.

Address is: 4245 East Avenue, Rochester, NY 14618

**Directions & Parking:** 490 to exit 25 (Route 31F). Take 31F to Route 96/ East Avenue and turn left. Nazareth College on right. Enter campus through the North Entrance and follow road through campus. Open Parking lot on your right just after the Otto Shults Center. Pool is located on the lower level of the Otto Shults Community Center.

**Entries:** *Pre-Entry deadline by Monday, October 1<sup>st</sup>.* Deck entries permitted until 9:30am day of competition.

Swimmers are limited to 5 individual events and 2 relays. You must be at least 18 years old to compete.

**Seeding:** All events will be seeded slowest to fastest by entry times. Ages & sexes will be combined. Swimmers in the 400m & 1500m Freestyles MUST check-in to be seeded.

**Relays:** Relay swimmers who are not registered for individual events must pay a \$5.00 fee to swim in relays. All relays will be deck entered.

**Age Groups Include:** 18-24, 25-29, 30-34, Etc. up to 100+

**Relay Age Groups (sum of ages):** 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359.

Competition age is the age you will be as of Dec. 31, 2012.

**Warm-up/Down Lane:** We will run the meet in 5 lanes in order to leave an open lane for continuous warm-up or warm-down during the meet.

**Awards:** Individual: Ribbons for places 1-3 per age group. Relays: Ribbons for 1<sup>st</sup> place.

**Snack Bar:** A snack bar will be held just outside the pool area to sell snacks and drinks.

**Entry Fees:** \$20.00 per swimmer flat rate fee. Deck entries and entries received after October 1<sup>st</sup> are a \$25.00 flat rate.

**Checks payable to: Nazareth Masters.** Mail entries with a copy of your current USMS 2012 card and check to: Nazareth Masters, Attn: Martie Staser, 4245 East Avenue, Rochester, NY 14618.

**Questions:** Meet Director, Martie Staser (585)-389-2198, [mstaser3@naz.edu](mailto:mstaser3@naz.edu)

### Order of Events for SUNDAY, OCTOBER 7<sup>th</sup>, 2012

**Warm up at 9:00am**

**Start at 10:00am**

- |  |   |
|--|---|
| 1. 400 Freestyle (check-in required)   | 10. 200m Individual Medley              |
| 2. 50m Butterfly                       | 11. 50m Breaststroke                    |
| 3. 100m Backstroke                     | 12. 100m Freestyle                      |
| 10 Min Break/ Warm-up                  | 10 Min Break/ Warm-up                   |
| 4. 200m Breaststroke                   | 13. 200m Butterfly                      |
| 5. 400m Individual Medley              | 14. 50m Backstroke                      |
| 6. 50m Freestyle                       | 15. 200m Medley Relay (deck entered)    |
| 10 Min Break/ Warm-up                  | 10 Min Break/ Warm-up                   |
| 7. 100m Butterfly                      | 16. 100m Breaststroke                   |
| 8. 200m Backstroke                     | 17. 200m Freestyle                      |
| 9. 200m Freestyle Relay (deck entered) | 18. 100m Individual Medley              |
| 10 Min Break/ Warm-up                  | 10 Min Break/ Warm-up                   |
|  | 19. 1500m Freestyle (check-in required) |

## Registration Form

(Fill in Completely. Return with your check and copy of your USMS/ MSC 2012 card)

Name: \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
Address: \_\_\_\_\_ 2012 USMS (or MSC)# \_\_\_\_\_  
City: \_\_\_\_\_ USMS/MSC Club Code (NIAG, SWMS, etc.) \_\_\_\_\_  
State: \_\_\_\_\_ Zip \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

EVENT	ENTRY TIME	EVENT	ENTRY TIME
1. 400m FREE	___:___.	11. 50m Breaststroke	___:___.
2. 50m Butterfly	___:___.	12. 100m Freestyle	___:___.
3. 100m Backstroke	___:___.	13. 200m Butterfly	___:___.
4. 200m Breaststroke	___:___.	14. 50m Backstroke	___:___.
5. 400m IM	___:___.	15. 200 Medley Relay (DECK ENTERED)	
6. 50m Freestyle	___:___.	16. 100m Breaststroke	___:___.
7. 100m Butterfly	___:___.	17. 200m Freestyle	___:___.
8. 200m Backstroke	___:___.	18. 100m IM	___:___.
9. 200m Freestyle Relay (DECK ENTERED)		19. 1500m Freestyle	___:___.
10. 200m IM	___:___.		

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

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

**MEET ENTRY FEE:** \$20.00 flat rate through Oct. 1<sup>st</sup>. \$25.00 after the deadline or on the day of competition. **Checks payable to: Nazareth Masters.** Mail entries with a copy of your current USMS/ MSC 2012 card and check to: Nazareth Masters, Attn: Martie Staser, 4245 East Avenue, Rochester, NY 14618.