

5th Annual GREATER PORTLAND SWIM MEET

Sunday, November 11th, 2012 *1600 Forest Avenue, Portland ME*

Harold Paulson Pool at the Riverton Community Center

Recognized by Maine Masters Swim Club of the NE-LMSC for USMS, Inc.

Sponsored by the Greater Portland Swimmers and the City of Portland. All proceeds from this year's event will go to benefit the recreation department's swimming programs. Over \$2,500 have been raised from this swim meet in the past years.

Sunday 11/11/12, 10am to 11am *Starts & Turns Clinic*

Mike Schmidt (MESC President) and Doug Pride (MESC Vice-President) are back to conduct the Free Clinic on starts and turns. These two Blue Lobsters had held multiple records in many swimming events throughout Maine, New England, and USMS.

Sunday 11/11/12, 11am *Warm-up* , 12noon *Start Time*

Print seed times (for SCM Pool) clearly! **Swim the 800 Free or 1500 Free but not both**

Select up to 5 individual events. Relays will be deck seeded. Seedings will be from slow to fast regardless of age and gender. Heat sheets will be available and posted at the start of the meet. Separate results for men and women by age group for each event.

This is a USMS recognized meet and opens to all swimmers ages 18+

PARTICIPANT INFORMATION

Full Name: _____
 Address: _____
 E-Mail: _____
 Phone No.: _____ Birthdate: _____ Age on 12/31/12: _____
 USMS ID #: _____ USMS Club: _____
 Gender: M or F Going to Starts & Turns Clinic? YES or NO
 Emergency Contact, Phone #: _____

Entry Fees: \$25 for up to 5 individual events, must be received by Fri 11/9

Deck entries will be accepted until 11am on Sun 11/11 for an additional \$5 fee

Directions: From I-295 Take exit 6B to merge onto US-302 (Forest Ave).

Continue to follow US-302 for 3.5 miles to 1600 Forest Ave (on left).

The Pool is at the Community Center, behind the Riverton School.

Make checks payable to: **MESC (Maine Masters Swim Club)**

Send questions and completed entry forms to:

Son Nguyen, 6 Libby Street, Scarborough ME 04074

To register with MESC, please contact: Son Nguyen, 207-615-1299

EVENTS (in SCM) Seed Times

400 Free Relays	deck entry
Mixed 400 Free	_____
Mixed 400 IM	_____
Mixed 100 Free	_____
Mixed 100 Breast	_____
Mixed 100 Back	_____
Mixed 100 Fly	_____
Mixed 100 IM	_____
200 Free Relays	deck entry
Mixed 200 Free	_____
Mixed 200 Breast	_____
Mixed 200 Back	_____
Mixed 200 Fly	_____
Mixed 200 IM	_____
Mixed 50 Free	_____
Mixed 50 Breast	_____
Mixed 50 Back	_____
Mixed 50 Fly	_____
800 Free Relays	deck entry
Mixed 800 Free**	_____
Mixed 1500 Free**	_____



U.S. MASTERS SWIMMING

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 OF DAMAGES, INCLUDING ALL CLAIMS FOR LASS 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:** _____