

**Saturday-Sunday, March 2-3, 2013 Metropolitan Yard Team Championships**  
**Presented by the Metropolitan LMSC and hosted by Excel Swimming**  
**Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #063-02**

Venue	Nassau County Aquatic Center ("NCAC") located in Eisenhower Park in East Meadow on Long Island. Conveniently accessible from all major area highways and within 5-10 minutes of several Long Island Railroad stations. 80,000 square foot complex with spectator grandstand area; stretch 68-meter pool with three bulkheads configured for 10-lane short course yard competition course with two-meter minimum depth; adjacent short course lanes available throughout meet for continuous warm-up and cool down; Colorado electronic timing system and scoreboard display. Originally constructed to host the 1998 Goodwill Games, the NCAC has also been the site of Speedo Northeast Junior National Championships, USA Swimming National Championships, US Open and FINA World Cup events, USMS New York State and Colonies Zone Championships, and the Men's & Women's NCAA Division 1 Championships.
Directions	Directions, mass transportation options, local map and parking at <a href="http://www.excelswimming.com/About/Directions.htm">www.excelswimming.com/About/Directions.htm</a>
Lodging	List of hotels within 5-10 minutes of event venue at <a href="http://www.excelswimming.com/About/Hotels.htm">www.excelswimming.com/About/Hotels.htm</a>
Eligibility	Open to all 2013 USMS-registered swimmers age 18 and older regardless of residency or LMSC or Club affiliation. Age determination date for this meet is age as of Sunday, March 3, 2013. Note: You can not register with USMS prior to your 18 <sup>th</sup> birthday.
USMS	Retrieve your USMS registration number/card at <a href="https://www.clubassistant.com/club/usms_member_card_request.cfm">https://www.clubassistant.com/club/usms_member_card_request.cfm</a> Not a USMS member? No problem - register with USMS for this meet at <a href="http://www.usms.org/reg/">http://www.usms.org/reg/</a>
Rules	2013 USMS rules govern this meet. NO DIVING permitted during warm-up except for designated one-way sprint lanes. Swimmers must enter the water in a cautious and controlled manner. Failure to comply with no diving rule may result in expulsion from meet.
Schedule	SAT MAR 2: Warm-Up 12:00PM to 1:00PM Meet Start 1:15PM Projected Finish 3:45PM SUN MAR 3: Warm-Up 8:15AM to 9:15AM Meet Start 9:30AM Projected Finish 1:00PM
Check-In	SAT MAR 2: Positive check-in by 12:30PM is required for ALL Saturday events; if you do not check in, you will be scratched. SUN MAR 3: Positive check-in by 8:45AM required for Event #9 Mixed 200 Free; if you do not check in, you will be scratched.
Awards	Individual events: Medals for first through third place and ribbons for fourth through sixth place. Relay events: Medals for first through third place for all relay team members. Special first place TEAM AWARDS presented in the following divisions: Large Team (25 or more swimmers), Medium Team (13-24 swimmers), and Small Team (12 or fewer swimmers).
Scoring	TEAM awards scoring: 8-6-4-3-2-1 points for 1 <sup>st</sup> through 6 <sup>th</sup> place in individual events, and 16-12-8 points for top three relay places.
Seeding	All events will be contested in heats, slowest to fastest, according to entry time (not by age or gender); "NT" (no time) entries will be seeded in the first/slowest heat. All Saturday events will be DECK-SEEDED after positive check-in and relay deck entry has closed. All Sunday events (with the exception of the individual 200 Freestyle and all relays) will be PRE-SEEDED.
Entry Limit	SAT MAR 2: Swimmers are permitted to enter and swim a maximum of two (2) individual and one (1) relay events. SUN MAR 3: Swimmers are permitted to enter and swim a maximum of five (5) individual and four (4) relay events.
Entry Times	Enter YARD times for all events. IMPORTANT: "NT" (no time) entry is NOT permitted in ANY Saturday event.
Splits	Any swimmer who intends to post a USMS national record or top ten split time must submit written official split time request to the computer operator before conclusion of meet. Exception: Relay lead-off and initial backstroke distance split requests must be submitted at meet to computer operator BEFORE SWIM. A supply of split time request forms will be available at meet.
Relays	SAT MAR 2: Relay deck entry ENDS at 12:30PM. SUN MAR 3: Deck entry ENDS at 8:45AM for Events #5-8 (400 Free Relay & 200 Medley Relays). Deck entry deadline for Events #23-26 (400 Medley & 200 Free Relays) will be determined after meet registration has closed and posted online with meet time line 3-4 days before event date. RELAYS ARE FREE! All relays are to be deck-entered on event date. Relay age group is determined by age of youngest relay team member. Swimmers must be individually entered in meet to be eligible for relay participation. All relay team members must be USMS-registered with the same club. Unattached swimmers are ineligible for relays. Make sure all swimmers are present before submitting relay entry. Swimmer order may not change once relay entry is submitted. A large supply of relay entry forms will be available at meet.
Entry Fee	\$40.00 flat entry fee for entire meet. Entry fee is non-refundable and non-transferable.
Online	Event organizers strongly recommend use of online meet registration for speed, convenience and accuracy. VISA, M/C and DISCOVER accepted. Credit card statement will reflect a charge by ClubAssistant.com Event Billing. Online event registration at: <a href="https://www.ClubAssistant.com/club/meet_information.cfm?c=1356&amp;smid=4220">https://www.ClubAssistant.com/club/meet_information.cfm?c=1356&amp;smid=4220</a>
By Mail	\$40.00 entry fee payable by check or money order (no cash accepted) to <b>Metropolitan LMSC</b> . MAIL to: Lisa Baumann/Metro Champs, 734 Franklin Avenue #383, Garden City, NY 11530. All forms of delivery service (USPS, FedEx, UPS, Airborne, etc.) accepted.
Deadlines	<b>Online registration CLOSES at 11:59PM on Saturday, February 23, 2013. Paper mail-in entry must be RECEIVED (not postmarked) by 7:00PM on Thursday, February 21, 2013. IMPORTANT REMINDER: Entry deadlines are during the traditional Presidents' Day school break/holiday vacation week - plan ahead, mail or register online early - don't miss out! NO online, mail, phone, fax, email or hand-delivered late entries accepted - no exceptions!</b>
Heat Sheets	Pre-meet heat sheets and psych lists will be posted online 3-4 days before event weekend at <a href="http://www.excelswimming.com">www.excelswimming.com</a>
Results	Available within 48 hours of meet conclusion at <a href="http://www.metroswim.org">www.metroswim.org</a> and <a href="http://www.excelswimming.com">www.excelswimming.com</a>
Food	With the exception of bottled water and sports drinks, facility rules prohibit food or beverages on pool deck or in locker rooms. A concession stand is located on the facility second level, with beverage and snack machines in lobby area and water fountains on pool deck.
Questions	Direct inquiries via email to Event Director Lisa Baumann <a href="mailto:excelswimming@aol.com">excelswimming@aol.com</a>

**SAT-SUN MAR 2-3, 2013 METRO YARD TEAM CHAMPS  
\*\*INDIVIDUAL EVENT ENTRY FORM\*\***

Enter YARD times for ALL events. NO "NT" (no time) entries accepted for Saturday events. Online event registration option is strongly recommended for speed, convenience & accuracy at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1356&smid=4220](https://www.ClubAssistant.com/club/meet_information.cfm?c=1356&smid=4220)

SATURDAY, MARCH 2, 2013 EVENTS		SUNDAY, MARCH 3, 2013 EVENTS		SUNDAY, MARCH 3, 2013 EVENTS	
#	Event Description	Entry Time	#	Event Description	Entry Time
1	Mixed 1650 yard Free <i>No "NT" entry accepted; 12:30pm check-in required</i>	_____	5	Mixed 400 yd Free Relay <i>Deck-entry due 8:45AM</i>	- - - - -
2	Mixed 400 yard I. M. <i>No "NT" entry accepted; 12:30pm check-in required</i>	_____	6	Men 200 yd Medley Relay <i>Deck-entry due 8:45AM</i>	- - - - -
3	Mixed 800 yd Free Relay <i>Deck-entry due 12:30pm</i>	- - - - -	7	Women 200 yd Medley Relay <i>Deck-entry due 8:45AM</i>	- - - - -
4	Mixed 500 yard Free <i>No "NT" entry accepted; 12:30pm check-in required</i>	_____	8	Mixed 200 yd Medley Relay <i>Deck-entry due 8:45AM</i>	- - - - -
			9	Mixed 200 yard Free <i>8:45AM check-in deadline</i>	_____
			10	Mixed 50 yard Breast	_____
			11	Mixed 200 yard Back	_____
			12	Mixed 100 yard Fly	_____
			13	Mixed 200 yard I. M.	_____
			14	Mixed 50 yard Free	_____
			15	Mixed 100 yard Breast	_____
			16	Mixed 50 yard Back	_____
			17	Mixed 200 yard Fly	_____
			18	Mixed 100 yard I. M.	_____
			19	Mixed 100 yard Free	_____
			20	Mixed 200 yard Breast	_____
			21	Mixed 100 yard Back	_____
			22	Mixed 50 yard Fly	_____
			23	Mixed 400 yd Medley Relay <i>Deck enter at meet</i>	- - - - -
			24	Men 200 yd Free Relay <i>Deck enter at meet</i>	- - - - -
			25	Women 200 yd Free Relay <i>Deck enter at meet</i>	- - - - -
			26	Mixed 200 yd Free Relay <i>Deck enter at meet</i>	- - - - -

**\$40.00** entry fee payable by check or money order to **Metropolitan LMSC**. Mail with LEGIBLE copy of 2013 USMS registration card and fully executed enrollment form to: Lisa Baumann/Metro Champs, 734 Franklin Avenue #383, Garden City, NY 11530.

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

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_ GENDER (circle one): MALE FEMALE  
*as indicated on your 2013 USMS registration card*

BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_ CLUB ABBREVIATION \_\_\_\_\_  
*mm dd yy yy (on 03/03/13) as per USMS registration card*

DAY PHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EVE PHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

CLEARLY PRINT YOUR EMAIL ADDRESS \_\_\_\_\_

>Entry must be RECEIVED by 7:00PM on Thursday, February 21; online registration remains open until 11:59pm on Saturday, February 23<