

PenBay YMCA Family Fun Swim Meet

April 6th 2013 – Penobscot Bay YMCA, 116 Union St., Rockport, Maine

Recognized by NE-LMSC for USMS, Inc. Sanction Number xxx-xxxx-SSCY

Saturday 4/6, 12:00 Noon Warm up / 1:00 PM 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. Seedings will be from slow to fast regardless of age or sex. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted and available 15 minutes before the start of the meet. Separate results by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		400 Yard Individual Medley		1
2		200 Yard Free		2
3		25 Yard Butterfly		3
4		100 Yard Breast		4
5		50 Yard Free		5
6		25 Yard Back		6
7		50 Yard Breast		7
8		100 Yard Butterfly		8
9		200 Yard Individual Medley		9
10 Minute Break				
10		100 Yard Back		10
11		25 Yard Breast		11
12		50 Yard Back		12
13		100 Yard Free		13
14		25 Yard Free		14
15		50 Yard Butterfly		15
16		100 Yard Individual Medley		16
17		500 Yard Free		17
5 Minute Break				
18	<i>Deck Seed</i>	200 Yard Free Relay	<i>Deck Seed</i>	18
19		25 Yard Flutter Kick w/kickbd		19
20		50 Yard Dolphin Kick		20
21		200 Yard Free Pull		21
22		50 Yard Flutter Kick w/kickbd		22
23	<i>Deck Seed</i>	200 Yard Medley Relay	<i>Deck Seed</i>	23

Award Categories

- **Short Sprinter** (25 yds each stroke, 100 IM)
- **Sprinter** (50 yds each stroke, 200 IM)
- **Distance** (100 yds each stroke, 400 IM)

(Recognition given to best male and female swimmer by points in each category. Ties settled by lowest overall time. All events in a category must be swum to be eligible – Circle category entered)

- **Best Family Relay** (at least 3 family members in each relay)
- **Best Swimming Family** (total points for entire family earned throughout meet)

Family Name: _____

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)

[] 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. Swimmers of all ages may enter this meet, families and age group swimmers are encouraged to participate. To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 or visit <http://goo.gl/jLL1M>

Directions: *From south:* Take US Rt 1 north to Camden. At the 'stop' sign, turn right onto Union St. Proceed through Rockport-Camden white arch. The "Y" is .3 miles on the left. *From north:* Follow Rt 1 south through the Camden downtown. Turn left at the three way intersection (at the "Stop & Go") onto Union St., and proceed through the white arch. The "Y" is .3 miles on the left.

Facility: New 8 lane, 25 yard competition pool with electronic timing

Awards: Time cards with results for individual events. Special recognition for best swimmers in each "award category" under the event listing.

Meet Director: Ben St. Cyr

Contact: Ben St. Cyr <bstcyr@penbayymca.org> (207) 236-3375 ext. 221

Fees: The meet fee is \$5 for registered Masters Swimmers (\$10 for non-Masters Swimmers), and \$5 per individual event (maximum of 5 individual events). Make checks payable to **Penobscot Bay YMCA**. This meet is a fundraiser for swimming programs at the YMCA.

Send Entries To: Ben St. Cyr, Penobscot Bay YMCA, PO Box 840. Rockport, ME 04856 (entries must be postmarked by April 3rd or received by April 5th, deck entries will be charged a \$10 late fee)

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 _____