

**Sunday, April 21, 2013 NYC Parks Masters Yard Swim Meet and 29th Annual
Commissioner's Trophy Relay at Flushing Meadows Corona Park Aquatic Center
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #063-04**

Location/Venue Flushing Meadows Corona Park Aquatic Center in Queens. Ten-lane, 25-yard competition course. Colorado Electronic Timing with scoreboard display. Adjacent short course lanes will be available throughout meet for continuous warm-up and cool down.

Meet Director John H. Hutchins (718-760-6969 extension 0). Direct any inquiries to the Citywide Aquatics Office at 718-760-6969.

Parking/Directions Vehicle parking located across from pool main entrance in open lot beneath Van Wyck Expressway ramp. Driving directions and mass transportation available online at www.nycgovparks.org/park-features/fmcp/aquatic-center/directions.

Schedule / Warm-Up Eligibility / USMS Warm-Up 8:45-9:40AM. Meet Start Time 9:45AM. **NO DIVING** permitted during warm-up except in designated one-way sprint lanes. Open to all 2013 USMS registered swimmers age 18 and older as of April 21, 2013. For USMS registration or renewal, or to retrieve a copy of your current USMS registration card, go to www.usms.org/reg.

Check-In / Seeding **All swimmers are required to check in by 9:15AM on event day.** Swimmers who do not check in by deadline will be scratched from the meet. All events will be deck-seeded after check-in has closed with heat sheets posted on pool deck. Events will be contested in heats, slowest to fastest, with seeding strictly based on entry time (not by age or gender). **NT entries** will be seeded in the first heat.

Entries / Limit / Fee Swimmers should enter YARD times for all events, and may enter/swim a maximum of four (4) individual events plus one (1) relay. **All events are FREE, including the special Commissioner's Trophy Relay.**

Trophy Relay Awards See page two Commissioner's Trophy Relay entry form for complete eligibility, participation details and further information. Custom ribbons for 1st through 3rd place in all individual events awarded by gender and age group (18-24, 25-29, 30-34, 35-39, and so forth in five-year increments). Special trophies and shirts awarded to all 1st through 6th place Commissioner's Trophy relay team members.

Deadline / Mail To No online event registration. This fully executed paper entry form with legible copy of 2013 USMS registration card must be **RECEIVED** by **Friday, April 5.** Include a stamped, self-addressed envelope if you wish entry receipt confirmation. Mail to: John Hutchins, City of New York Parks & Recreation, Aquatics Division, Passerelle Building, Flushing Meadows Park, Corona, NY 11368.

Facility Note No smoking permitted in building. No food or glass bottles on pool deck. Swimmers and spectators restricted to designated areas of facility. Facility rules and regulations must be followed. Only swimmers, coaches, officials and timers permitted on deck during meet.

INDIVIDUAL EVENT ENTRY FORM

#	Event Description	Yard Entry Time	#	Event Description	Yard Entry Time
A	COMMISSIONER'S TROPHY RELAY	~ see page two ~	8	Mixed 50 Yard Freestyle	_____
1	Mixed 200 Yard Freestyle	_____	9	Mixed 100 Yard Breaststroke	_____
2	Mixed 200 Yard Butterfly	_____	10	Mixed 100 Yard Individual Medley	_____
3	Mixed 200 Yard Individual Medley	_____	11	Mixed 100 Yard Freestyle	_____
4	Mixed 200 Yard Backstroke	_____	12	Mixed 50 Yard Backstroke	_____
5	Mixed 200 Yard Breaststroke	_____	13	Mixed 100 Yard Butterfly	_____
6	Mixed 50 Yard Butterfly	_____	14	Mixed 50 Yard Breaststroke	_____
7	Mixed 100 Yard Backstroke	_____	15	Mixed 500 Yard Freestyle	_____

Print Name _____

DOB (mm/dd/yyyy) ____/____/____ Age on 04/21/13 ____ Gender (circle one): M F

2013 USMS Registration # _____ - _____ Club Abbreviation _____

Phone (____) _____ - _____ E-Mail _____

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 _____

City of New York
Parks & Recreation



Michael R. Bloomberg, Mayor
Veronica M. White, Commissioner

Sunday, April 21, 2013 29th Annual Commissioner's Trophy Relay Entry Form
>relay results will NOT be submitted to USMS for Top Ten or Record consideration<

All swimmers must be individually entered in meet for relay participation eligibility. Any four swimmers (2 men + 2 women) from any club(s) may swim together on relay. Make sure that all relay team members are present before submitting entry. Swimmer order may NOT change once relay entry is submitted. You can make up a fictitious relay team name. Aggregate age of all four swimmers' ages must equal or exceed 160 years. Enter YARD relay entry time. ALL relays should be entered at swim meet on event day by 9:15AM deadline. Relay entries will be limited to a total of 20 teams on a first-received basis.

Event A: 160+ Mixed 200 Yard Freestyle Relay

Entry Time: _____ Team Name: _____

	Neatly Print Swimmers' First & Last Names	Gender	Age
#1	_____	_____	_____
#2	_____	_____	_____
#3	_____	_____	_____
#4	_____	_____	_____
		TOTAL	_____

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