

# 2013 Lighthouse Masters Meet

April 28<sup>th</sup> – Don Richards Pool; Cape Elizabeth, Maine

**Sunday 4/28 , 8:00 AM Warm up / 9:00 AM Start**

*Print seed times clearly! Use a colon between minutes and seconds.*

*Circle the event number you wish to enter and enter a seed time (select up to 5 individual events). Seeding will be from slow to fast regardless of age. ENTRIES WITH NO SEED TIMES WILL BE CONSIDERED INCOMPLETE. Heat sheets will be posted. Separate results by age group will be posted after each event.*

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		200 Medley Relay		1
2		200 Free		2
3		200 IM		3
4		50 Free		4
5		100 Fly		5
6		200 Breast		6
7		200 Back		7
8		100 IM		8
9		50 Fly		9
10		500 Free		10
11		200 Fly		11
12		100 Back		12
13		100 Breast		13
14		100 Free		14
15		400 IM		15
16		50 Back		16
17		50 Breast		17
18		200 Free Relay		18
		*Relays will be deck seeded time permitting.		



Maine Masters  
MaineMasters.org

The proceeds of the meet will be donated to ALS-TDI a non-profit dedicated to developing new treatments for ALS/Lou Gehrig's disease.

[www.als.net](http://www.als.net) (For more information on ALS-TDI and ways to donate)

## Participant Information

Name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender **M** **F**

Emergency Contact (name/phone) \_\_\_\_\_

☐ Maine Masters (MESC) ☐ Non-USMS swimmer ☐ 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 (# pending).** Although we encourage meet swimmers to be a member of USMS, all swimmers are welcome and encouraged to experience adult swim competition. To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299. Or go to [www.usms.org/reg/](http://www.usms.org/reg/) and pick MESC

**Directions:** Take exit 6A Forest Ave off I-295. Turn slight right onto US route 1. Turn left onto State Street/ME 77 South. Continue to follow ME 77. 345 Ocean House Road Cape Elizabeth, ME 04107

**Facility:** 6 lanes, 25 yard competition pool with electronic timing

**Awards:** Time cards with individual results will be available for participants

**Meet Director:** Alina Perez-Smith

**Contact:** [aperezsmith@gmail.com](mailto:aperezsmith@gmail.com)

**Fees:** The meet fee is \$20 and needs to be postmarked by Wednesday April 24th. Late entries and deck entries will be accepted until 8:30am the day of the meet for an additional \$5 fee until. Make checks payable to Cape Elizabeth Community Services.

**Send Entries To:** Alina Perez-Smith 14 Littlejohn Road Cape Elizabeth ME 04107

## 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**