



13th Annual Wilton Wahoo Masters Summer Sizzler Meet

SUNDAY, JULY 21, 2013

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction # XX-XXXX

- FACILITY** Wilton Family YMCA, 404 Danbury Road, Wilton, CT Phone: 203-762-8384. The Wilton YMCA pool is a 50 meter six lane OUTDOOR pool with moveable bulkheads. The meet will be run as a 50 meter, 5 lane meet, with 1 lane designated a warm-up/down lane.
- WARMUP** Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).
- ELIGIBILITY** Open to all USMS-registered swimmers age 18 and older. Age determining date for this meet is Dec. 31, 2013. Include a legible copy of your current 2013 USMS registration card with entry form.
- SCHEDULE** Warm-up 8:00am; meet start 9:00am; pool must be cleared by 1:00pm. **Deck entries must be in by 8:00am!! No deck entries will be accepted after this time.** At 1pm, the Wahoo Masters will host a BBQ with burgers, hot dogs, delicious salads and soft drinks. The BBQ is free to meet participants, \$5 for guests or \$10 per family.
- SEEDING** Events will be run in heats, slowest to fastest, regardless of age or sex.
- EVENT LIMIT** Swimmers are permitted to enter a MAXIMUM of four (4) individual events & three (3) relay events. **The 400 freestyle will be limited to a maximum of 3 heats or 15 swimmers.**
- RELAY ENTRIES** Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men or three women & one man. Mixed relays going for a USMS record must be two women and two men. The 200 Medley relay, 4x200 Free relay and 4x100 Free relay may be run in 1 Heat.
- RECORD TIMES** A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official **PRIOR TO YOUR EVENT.**
- AWARDS** No awards will be given out.
- ONLINE ENTRY** Register at https://www.clubassistant.com/club/meet_information.cfm?c=1798&smid=4845. Credit card will reflect a charge by "Club Assistant.com Event Billing". Entries close midnight, July 16, 2013.
- ENTRY TIMES** Enter long course meter times for all events.
- ENTRY FEES** All mail in entries must be **RECEIVED BY** Tuesday, July 09, 2013. **Online event entry is strongly recommended for speed, accuracy and convenience.** Entry fee is **\$30.00** for online or mail in entry **RECEIVED BY** 07/09/2013. Late and/or deck entries are **\$50.00**. Please make check or money order payable to: **WILTON Y WAHOOS**. **Entry fees are non-refundable and non-transferrable.**
- MAIL ENTRY TO:** Wilton Wahoo Masters, c/o Jeff Sargent, Masters Coach, 404 Danbury Road, Wilton, CT 06897. **Mailed entries must be RECEIVED (not postmarked) by Tuesday, July 9, 2013.** No telephone or fax entries will be accepted. Include all contact information so we can reach you to resolve any discrepancy. Include meet entry fee payment, executed entry form, and a legible copy of your current 2013 USMS registration card.
- QUESTIONS:** Direct inquiries to Meet Director (email: wahoomasters@att.net)
- DIRECTIONS:** From I-95 North & South take Exit 15, follow signs to Rte 7 north (Danbury). Stay on connector to end. Turn right at light, then at 2nd light take a left at light onto Rte. 7 north, and continue about 4 miles. Y is on right, across from Wilton High School. For directions from other areas, please visit the Wilton Y website at: <http://www.wiltonymca.org>



SUNDAY, JULY 21, 2013

13th Annual Wilton Wahoo Masters Summer Sizzler Meet

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction # XX-XXXX

INDIVIDUAL EVENT ENTRY FORM

Warm-up 8am, Start 9am, BBQ @1pm following the conclusion of the meet. Age determining date for this meet is December 31, 2013. Enter long course meter times. You are permitted to enter a maximum of four (4) individual events. Please print neatly. Include all contact information should we need to reach you to resolve a discrepancy. Include a legible copy of your current 2013 USMS registration card and meet entry payment. Make checks payable to **Wilton Y Wahoos**. **Individual entries must be RECEIVED (not postmarked) by Tuesday, July 9, 2013.**

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 800 LCM Free Relay*	_____	13	Mixed 400 LCM Freestyle	_____
4	Mixed 200 LCM IM	_____	14	Mixed 50 LCM Butterfly	_____
5	Mixed 100 LCM Butterfly	_____	15	Mixed 100 LCM Backstroke	_____
6	Mixed 50 LCM Backstroke	_____	16	Mixed 200 LCM Freestyle	_____
7	Mixed 100 LCM Freestyle	_____	17	Mixed 50 LCM Freestyle	_____
8	Mixed 100 LCM Breaststroke	_____	18	Mixed 400 LCM Medley Relay*	_____
9	Mixed 400 LCM Free Relay	_____			
12	Mixed 50 LCM Breaststroke	_____			

Relays can be pre-entered or entered day of meet. Please use attached "Relay Entry Form" for pre-entered relays. All relay entries are due by 8:30 AM. The 4X100 Free Relay, 4x200 Free Relay and 4X100 Medley Relay may be swum in one heat.

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 THIS MEET 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, THE TOWN OF WILTON 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. (Rule book article 204.1)

SIGNATURE _____ DATE _____

PRINT NAME _____ GENDER (circle one) male female

ADDRESS/CITY/STATE/ZIP _____

EMAIL ADDRESS _____ DATE OF BIRTH: ____/____/____

AGE: _____ (as of 12/31/13) USMS #: _____ [please attach copy of card]

DAY TELEPHONE (_____) _____ - _____ EVE TELEPHONE (_____) _____ - _____

LMSC (i.e.: Conn Masters): _____ CLUB (i.e.: Wilton Wahoo Masters): _____



LMSC: _____

CLUB: _____

Event 1-3

800 Free Relay

Male, Female, Mixed	_____	_____	_____
A, B, C, etc.	_____	_____	_____
Entry Time	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____

Event 9 - 11

400 Free Relay

Male, Female, Mixed	_____	_____	_____
A, B, C, etc.	_____	_____	_____
Entry Time	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____

Event 18 - 20

40 Medley Relay

Male, Female, Mixed	_____	_____	_____
A, B, C, etc.	_____	_____	_____
Entry Time	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____
Name, Age, Sex	_____	_____	_____