**Nazareth Masters Short Course Meters Meet**

**Sunday, October 6th, 2013 ---9am Warm-up/ 10am START**

Sanctioned by Niagara District Masters Swimming, Inc. for USMS, Inc. **Sanction # 043-S006**

Eligibility: Currently registered with USMS/ MSC Swimmers, 18 years and older.

*Unregistered swimmers may join with a “One Event” membership.*

*Full Membership & One Event Forms can be found at: http://www.niagaramasters.org/join*

**Facility:** Nazareth College Pool-- 25m competition pool with 6 lanes and an Automatic Colorado Timing System.

Address is: 4245 East Avenue, Rochester, NY 14618

**Directions & Parking**: 490 to exit 25 (Route 31F). Take 31F to Route 96/ East Avenue and turn left. Nazareth College on right. Enter campus through the North Entrance and follow road through campus. Open Parking lot on your right just after the Otto Shults Center. Pool is located on the lower level of the Otto Shults Community Center.

**Entries:** ***Pre-Entry deadline by Monday, September 30th.*** Deck entries permitted until 9:30am day of competition. Swimmers are limited to 5 individual events and 2 relays. You must be at least 18 years old to compete.

**Seeding:** All events will be seeded slowest to fastest by entry times. Ages & sexes will be combined. Swimmers in the 400m & 800m Freestyles MUST check-in to be seeded.

**Relays:** Relay swimmers who are not registered for individual events must pay a $5.00 fee to swim in relays. All relays will be deck entered.

**Age Groups Include**: 18-24, 25-29, 30-34, Etc. up to 100+

**Relay Age Groups (sum of ages):** 72-99, 100-119, 120—159, 160-199, 200-239, 240-279, 280-319, and 320-359. Competition age is the age you will be as of Dec. 31, 2013.

***Warm-up/Down Lane:*** We will run the meet in 5 lanes in order to leave an open lane for continuous warm-up or warm-down during the meet.

**Awards:** Individual: Ribbons for places 1-3 per age group. Relays: Ribbons for 1st place.

**Snack Bar:** A snack bar will be held just outside the pool area to sell snacks and drinks.

**Entry Fees:** $20.00 per swimmer flat rate fee. Deck entries and entries received after September 30th are a $25.00 flat rate. ***Checks payable to: Nazareth Masters.*** Mail entries with a copy of your current USMS/ MSC 2013 card and check to: Nazareth Masters, Attn: Martie Staser, 4245 East Avenue, Rochester, NY 14618.

**Questions:** Meet Director, Martie Staser (585)-389-2198, mstaser3@naz.edu

**Order of Events for SUNDAY, OCTOBER 6th, 2013**

**Warm up at 9:00am**

1. 200m Individual Medley
2. 50m Breaststroke
3. 100m Freestyle

10 min Break/ Warm-up

1. 200m Butterfly
2. 50m Backstroke
3. 200m Medley Relays (deck entered)

1o min Break/ Warm-up

1. 100m Breaststroke
2. 200m Freestyle
3. 100m Individual Medley

10 min Break/ Warm-up

1. 800m Freestyle (check-in required)

**Start at 10:00am**

1. 400 Freestyle (check-in required)
2. 50m Butterfly
3. 100m Backstroke

10 min Break/ Warm-up

1. 200m Breaststroke
2. 400m Individual Medley
3. 50m Freestyle

10 min Break/ Warm-up

1. 100m Butterfly
2. 200m Backstroke
3. 200m Freestyle Relay s (deck entered)

10 min Break/ Warm-up

**Registration Form**

 **(Fill in Completely. Return with your check and copy of your USMS/ CSMA 2013 card)**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_Sex\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2013 USMS (or MSC)#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_USMS/MSC Club Code (NIAG, SWMS, etc.)\_\_\_\_\_\_\_\_\_\_\_\_\_

State:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EVENT ENTRY TIME EVENT ENTRY TIME

1. 400m FREE \_\_\_:\_\_\_.\_\_\_ 11. 50m Breaststroke \_\_\_:\_\_\_.\_\_\_
2. 50m Butterfly \_\_\_:\_\_\_.\_\_\_ 12. 100m Freestyle \_\_\_:\_\_\_.\_\_\_
3. 100m Backstroke \_\_\_:\_\_\_.\_\_\_ 13. 200m Butterfly \_\_\_:\_\_\_.\_\_\_
4. 200m Breaststroke \_\_\_:\_\_\_.\_\_\_ 14. 50m Backstroke \_\_\_:\_\_\_.\_\_\_
5. 400m IM \_\_\_:\_\_\_.\_\_\_ 15. 200 Medley Relays (DECK ENTERED)
6. 50m Freestyle \_\_\_:\_\_\_.\_\_\_ 16. 100m Breaststroke \_\_\_:\_\_\_.\_\_\_
7. 100m Butterfly \_\_\_:\_\_\_.\_\_\_ 17. 200m Freestyle \_\_\_:\_\_\_.\_\_\_
8. 200m Backstroke \_\_\_:\_\_\_.\_\_\_ 18. 100m IM \_\_\_:\_\_\_.\_\_\_
9. 200m Freestyle Relay (DECK ENTERED) 19. 800m Freestyle \_\_\_:\_\_\_.\_\_\_
10. 200m IM \_\_\_:\_\_\_.\_\_\_

“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 NEGLIEGENCE, 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MEET ENTRY FEE:** $20.00 flat rate through Sept. 30th. $25.00 after the deadline or on the day of competition. ***Checks payable to: Nazareth Masters.*** Mail entries with a copy of your current USMS/ MSC 2013 card and check to: Nazareth Masters, Attn: Martie Staser, 4245 East Avenue, Rochester, NY 14618.