



6th Bearcat Masters SC Meter Invitational
 Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # _____
 Saturday, October 26, 2013

Facility	Baruch College, 55 Lexington Avenue, New York, NY 10010 Six-lane, 25 Meter pool. Competition will be conducted in 5 SC Meter lanes, with 1 lane designated for continuous warm-up and cool down throughout the meet.
Warm-up	Diving IS NOT permitted during general warm-up. Starting blocks will be available for diving during designated period when lane(s) are opened for one-way sprints.
Eligibility	Open to all current USMS-registered swimmers age 18 and older. Age determination date for this sc meter meet is age as of December 31, 2013.
Schedule	800 Warm-Up 12:00PM -12:30PM * 800 Starts 12:45PM (Limited to 3 Heats) General Warm-up 2:00pm to 3:00pm * Meet Starts 3:15PM
Relays	All relays are to be deck-entered at meet at least 45 minutes prior to the event.
Seeding	Events will be run in heats, slowest to fastest, regardless of age or gender, and strictly based on entry time ("NT" entries will be seeded in the first/slowest heat).
Entry Limit	Swimmers are permitted to enter a total of five (6) individual events and two (2) relays for a MAXIMUM of eight (8) events.
Entry Times	Entry times must be submitted in short course meters (SCM) for all events.
Entry Fees	Meet entry fee is \$35.00 per swimmer. Make check or money order payable to: BEARCAT MASTERS. Entry fees are NON-REFUNDABLE and non-transferable.
Entry Deadline	Individual mail-in entries must be RECEIVED (not postmarked) by Wednesday October 23, 2013. Online meet registration CLOSSES at 10PM ET October 24, 2013. Swimmers are strongly urged to register online for speed and accuracy at: https://www.clubassistant.com/club/meet_information.cfm?c=1507&smid=4968 . No telephone, fax or late entries will be accepted. Include all personal contact information on entry form so we can resolve any entry discrepancy. Include meet entry fee via check or money order payable to Bearcat Masters, executed entry form and signed/dated liability release, and a legible copy of your 2013 USMS registration card.
Mail To	Joel Abreu, 2303 28 th Avenue Apt. 1A Astoria, NY 11102
Questions	All inquiries should be directed to Joel Abreu, Meet Director at 917-202-8235 or joel@bearcatmasters.org
Directions	Baruch College is located at 55 Lexington Avenue, New York, NY 10010 By subway: Take the 6, N/W, R, F, V, 1 or 9 trains to the 23 rd Street stop and walk east to Lexington Avenue. Turn left on Lexington and walk north one block. Baruch College is located on the northeast corner of Lexington Avenue and East 24 th Street.

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800 Warm-Up 12:00 to 12:30pm • 800 Start 12:45PM

General Warm-Up 2:00-2:55PM • Meet Start 3:15PM

#	Event Description	Entry Time	#	Event Description	Entry Time
1.	Mixed 800 Free	_____	11.	Women 200 SCM Freestyle Relay	<i>deck enter at meet</i>
2.	Women 200 SCM Medley Relay	<i>deck enter at meet</i>	12.	Men 200 SCM Freestyle Relay	<i>deck enter at meet</i>
3.	Men 200 SCM Medley Relay	<i>deck enter at meet</i>	13.	Mixed 200 SCM Freestyle Relay	<i>deck enter at meet</i>
4.	Mixed 200 SCM Medley Relay	<i>deck enter at meet</i>	14.	Mixed 200 SCM Backstroke	_____
5.	Mixed 200 SCM Freestyle	_____	15.	Mixed 100 SCM Breaststroke	_____
6.	Mixed 100 SCM Backstroke	_____	16.	Mixed 50 SCM Backstroke	_____
7.	Mixed 50 SCM Freestyle	_____	17.	Mixed 200 SCM Butterfly	_____
8.	Mixed 200 SCM Individual Medley	_____	18.	Mixed 100 SCM Freestyle	_____
9.	Mixed 100 SCM 100 Butterfly	_____	19.	Mixed 50 SCM Butterfly	_____
10.	Mixed 50 SCM Breaststroke	_____	20.	Mixed 200 SCM Breaststroke	_____
			21.	Mixed 100 SCM Individual Medley	_____

15 minute break general warm-up

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LIABILITY WAIVER:

"I, 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 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 HERBY 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 CLUB 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: _____

PRINT FIRST & LAST NAME _____

DOB ____ / ____ / ____ GENDER (circle one): M F CLUB ABBREVIATION _____
MM DD YYYY

USMS REG # _____ - _____ E-MAIL _____

DAY TEL (_____) _____ - _____ EVE TEL (_____) _____ - _____

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 exercising (training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of participation, I the undersigned, hereby assume all risk of injury to myself and absolve and hold harmless all coaches, members, officials, staff and administrators of Bearcat Masters and/or any other facility administering organizations including Baruch College from any and all claims for losses injuries and/or all consequential damages including attorney fees incurred as a result of any and all Bearcat Masters workouts, competitions, events and activities associated with Bearcat Masters, whether these losses, injuries and/or consequential damages occur as a result of my sole and/or partial negligence and/or that any and all coaches, members, officials, staff and administrators of Bearcat Masters and/or any other facility administering organizations including Baruch College. By signing below I here by agree to all terms in the "liability release":

SIGNATURE _____ DATE: _____

PRINT FIRST & LAST NAME _____