

6th Annual GREATER PORTLAND SWIM MEET

Sunday, November 24th, 2013 *1600 Forest Avenue, Portland ME*

Harold Paulson Pool at the Riverton Community Center

Sanctioned by Maine Masters Swim Club of the NE-LMSC for U.S. Masters Swimming, Inc.

Sunday 11/24/13, 9:30am to 10:30am *Starts & Turns Clinic*

The legendary Mike Schmidt and Doug Pride are back to conduct the starts and turns clinic.

These two Maine Masters had held multiple swimming records throughout Maine, New England, and USMS.

Sunday 11/24/13, 10am *Warm-up*, 11am *Start Time*

Print seed times (for SCM Pool) clearly! *Enter the 800 Free or 1500 Free but not both*****

Select up to 5 individual events. Relays will be deck seeded. Seedings will be from slow to fast regardless of age and gender. Heat sheets will be available and posted at the start of the meet. Separate results for men and women by age group for each event.

Swimmers must be registered with USMS for 2013 or 2014.

PARTICIPANT INFORMATION

Full Name: _____

Address: _____

E-Mail: _____

Phone No.: _____ Birthdate: _____ Age on 12/31/13: _____

USMS ID #: _____ USMS Club**: _____

***Club members outside of Maine must attach a copy of their current USMS ID Card.*

Gender: M or F Going to Starts & Turns Clinic? YES or NO

Emergency Contact, Phone #: _____

Fees: \$25 for up to 5 individual events, must be received by Fri 11/22.

Deck entries will be accepted until 10:30am on Sun 11/24 for a cost of \$30.

Directions: From I-295 Take exit 6B to merge onto US-302 (Forest Ave).

Continue to follow US-302 for 3.5 miles to 1600 Forest Ave (on left).

The Pool is at the Community Center, behind the Riverton School.

Make checks payable to: Maine Masters Swim Club

Send questions and completed entry forms to:

Son Nguyen, 6 Libby Street, Scarborough ME 04074

To register with Maine Masters, please call Son Nguyen, 207-615-1299

EVENTS (in SCM)

Seed Times

400 Free Relays

deck entry

Mixed 400 Free

Mixed 400 IM

400 Medley Relays

deck entry

Mixed 100 Free

Mixed 100 Breast

Mixed 100 Back

Mixed 100 Fly

Mixed 100 IM

200 Free Relays

deck entry

Mixed 200 Free

Mixed 200 Breast

Mixed 200 Back

Mixed 200 Fly

Mixed 200 IM

200 Medley Relays

deck entry

Mixed 50 Free

Mixed 50 Breast

Mixed 50 Back

Mixed 50 Fly

800 Free Relays

deck entry

Mixed 800 Free***

Mixed 1500 Free***



**U.S. MASTERS
SWIMMING**

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 OF 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:** _____