2014 Empire State Senior Games SCY Meet
Friday, June 6th- Saturday, June 7th 2014
Hosted by SUNY Cortland Swimming and Diving

Sanction: Recognized by Niagara District Masters Swimming # 044-R001

Location: Holsten Pool located on SUNY Cortland's campus. If using a GPS, enter "1 Folmer Dr. Cortland, NY 13045". The facility is a 6-lane 25 yard pool with a separate diving well. The competition will take place in 6 short course yard lanes, with the diving well being open for the entirety of the meet for warm-up and warm-down. *In the shallow end, the length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. In the deep end, the length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.*

Time: Friday, June 6th- Warm up and check in start at 8:00 am. The meet will start at approximately 9:00 am. On Saturday, June 7th, warm up and check in start at 8:00 am. The meet will start at approximately 9:00 am.

Eligibility: Open to registered USMS/MSC swimmers as well as people that have registered to participate in the Empire State Senior Games. To register for United States Masters Swimming, registration can be completed at http://www.usms.org/reg/

Fees: If only swimming as a part of USMS and NOT the Empire State Senior Games, a $25.00 entry fee will be charged. If you are participating as part of the Senior Games, fees are based upon what the Empire State Senior Games charge.

Events: Swimmers may enter a maximum of six (6) events. Caps and goggles are recommended. Meet will be two days – age groups 70-100 will be Friday, and age groups 50-69 will be on Saturday. Events will be swum slowest to fastest.

Entry Procedure: If participating in the Empire State Senior Games, please mail entry forms to the designated address specifically for the Games. If only swimming and not participating in the Games, please send entry form to the address listed below. ***If only swimming as a USMS registered swimmer, please make checks out to ASC Swim for $25.00 and attach a copy of your USMS/MSC registration card.***

USMS ONLY Swimmers, send entries to. Direct all questions as well to:
Brian Tobin
2125 Park Center
Cortland, NY 13045

brian.tobin@cortland.edu

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Name:_____ USMS/MSC #_____

Sex:_____ Age:_____ Date of Birth:_____ Email: _____

Telephone #: (   ) _____ Address: _____

Event #	Event Name	Seed Time
1	500 Yard Freestyle	
2	100 Yard I.M.	
3	50 Yard Backstroke	
4	200 Yard Breaststroke	
5	100 Yard Butterfly	
	Break for Awards	
7	50 Yard Freestyle	
8	100 Yard Backstroke	
9	200 Yard I.M.	
	Break for Awards	
11	100 Yard Breaststroke	
12	50 Yard Butterfly	
13	200 Yard Backstroke	
	Break for Awards	
15	100 Yard Freestyle	
16	50 Yard Breaststroke	
17	200 Yard Freestyle	
	Final Awards	

Waiver

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 NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC. THE LOCAL MASTERS SWIMMING COMMITTEESS, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition to abide by and be governed by the rules of the USMS (Rule Book Article 204-1).

Signature of Participant:_____   Date:_____