

3rd Ithaca Masters Long Course Swim Meet

Saturday July 12, 2014

Sanction #044-S007

Directions: Enter the main entrance of campus off 96B. This is Alumni Circle. Go around Alumni Circle to Grant Egbert Boulevard. Take Grant Egbert Boulevard to the 1st stop sign. Continue straight to the second stop sign at Grant Egbert Boulevard East. Make a left on to Grant Egbert Boulevard East. Follow Grant Egbert Boulevard East to the stop sign. Continue straight. You will then be on Lyceum Drive. As you come up the hill, the A&E Center will be on your right. Go to the south entrance of the building.

Fees: There is a flat meet fee of \$25 per swimmer. Includes up to 5 individual events and relays.

Entries: There will be no deck entries. Entries are due by Tue, July 8th. Results will be posted on the Niagara website.

Instructions: Please fill out the swimmer info section and sign the disclaimer below. All swimmers must include a copy of their current USMS card. Fill in the seed time for your events or NT. One event USMS registrations will be available at the meet. Heats will be swum at the meet director's discretion. All USMS and MSC registered swimmers 18yrs old as of 7/12/14 are eligible. Please make checks out to: **Ithaca College**.

Meet Info: The pool will be open for warm up from 8:30 - 9:50 am, Meet will begin at 10 am. Please check in and confirm your events when you arrive. There will be a 10 min break after event 17, the 200 Free Relay. There will a positive check-in for the 800 and it will be seeded during the break. The 800 heats will be run fastest to slowest. We will have a lane available for warm-up during the meet except during the 800. The pool is 9 lanes 50 meter, minimum depth 8 foot.

(d) 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.

Send entry and payment to:

Kevin Markwardt, A&E Center, 953 Danby Rd, Ithaca NY 14850-7000.

Contact Kevin Markwardt for questions 607-351-7540 or e-mail kmarkwardt@ithaca.edu

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Sanction

Name: _____ USMS# MSC# _____

Address: _____ City: _____ State: _____

Zip: _____ Sex: _____ Age as of 12/31/14 _____

E-mail _____

Phone # _____

Club: _____

Event #	Event Name	Seed Time	Event #	Event Name	Seed Time
1	200 Med Relay		10	200 Back	
2	200 Free		11	50 Breast	
3	50 Back		12	50 Fly	
4	200 I.M.		13	100 Free	
5	100 Fly		14	200 Breast	
6	100 Breast		15	100 Back	
7	50 Free		16	400 I.M.	
8	400 Free		17	200 Free Relay	
9	200 Fly		18	800 Free	

WAIVER: Must be signed and returned.

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 those risks. AS A CONDITION OR MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR AN ACTIVITY 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 LOCLAS 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: _____

Sanctioned by Niagara District Masters Swimming for USMS, Inc: 22 Woodridge Dr. Mendon, NY.

Send entry and payment to:

Kevin Markwardt, A&E Center, 953 Danby Rd, Ithaca NY 14850-7000.

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