



5th Annual Monumental Masters Mini Meet

Saturday, April 9, 2016. Warm-up at 9am, Meet starts at 10am
Bennington Recreation Center, 655 Gage Street, Bennington, VT 05201



Participant Information

Name				
Age	DOB	Gender (circle)	Male	Female
Street Address				
City/Town		State/Zip		
Email				
Phone		USMS #		
Team/Workout Group				
Emergency (Name, Phone)				

Important Meet Information

- This meet is **RECOGNIZED** by New England LMSC for USMS, Inc., and serves as a fundraiser to benefit the Bennington Marauders Swim Team. **Recognition #: 026-R007**
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.
- You DO NOT need to be USMS registered swimmer to participate
- **Meet Director** – Mike Leake: 802-733-2687 or mike@usms.org
- **Facility:** 6 lane x 25 yard competition pool with Dolphin Wireless Stopwatch System and backup manual timing
- One lane will be open for continuous **warm-up/cool-down** during the meet (to reduce chance for injuries, no diving is permitted in this lane)
- **Lap counters** will be provided for **500 Free**. Max. 2 heats for #17/18
- **Warm-up/Meet Start Times:** 9:00am/10:00am. Please check in at table
- Swimmers should **check-in** at table before the start of the meet
- **Fee - \$20.00 per swimmer.** Events will be pre-seeded, timed finals
- **Postmark entries by Tuesday, April 05, 2016.** Deck Entries are permitted until 9:30am, but **entries after April 5th = \$25 fee**
- You may **enter up to 4 events** (not including relays and 25 “Sprints”)
- Final results will be emailed to all participants following the meet
- **Directions:** Located two blocks north of Bennington’s historic Main Street (VT Rt 9) in southwestern Vermont.

Make checks payable to Bennington Marauders. Mail entries and payment to: Mike Leake, 504 Gage Street, Bennington, VT 05201

Event #	Female Entry Time (scy)	EVENT	Male Entry Time (scy)	Event #
1	Deck Seeded	200 Medley Relay	Deck Seeded	2
3		200 IM		4
5		100 Free		6
7		50 Fly		8
9		100 Back		10
11	Deck Seeded	25 Tarzan Sprint	Deck Seeded	12
13		100 Breast		14
15		50 Back		16
17		500 Free		18
19		100 IM		20
21		50 Free		22
23	Deck Seeded	25 Monument Kick Sprint	Deck Seeded	24
25		100 Fly		26
27		200 Free		28
29		50 Breast		30
31	Deck Seeded	200 Free Relay	Deck Seeded	32

Waiver (MUST be signed by all participants)

“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 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