***Dr. Bill Ross Memorial Masters Swim Meet***

 ***Saturday, November 12, 2016*** 

**Hosted by Metropolitan Masters Swimming at Nassau County Aquatic Center**

**Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # 066-S007**

**FACILITY** Ten (10) lane 25 meter pool. Swimmers will compete in ten (10) lanes; electronic timing system and alpha scoreboard display. **NO DIVING** permitted during warm-up except in designated one-way sprint lane(s).

**ELIGIBILITY** Open to all USMS-registered swimmers age 18 and older. **A legible copy of your current 2016 USMS registration card MUST be included with fully executed meet entry form.**

**SCHEDULE** Warm-Up: 12:00 PM – 12:55 PM • Meet Starts: 1:00 PM.

**ENTRY TIMES** Enter **METER** times for all events. Swimmers are permitted to enter a maximum of five (5) individual events.

**EVENT SEEDING** Events will be contested in heats, slowest to fastest. All events will be pre-seeded except for the 400’s and 800. Individual event heat sheets will be distributed prior to warm-up time.

**AWARDS** Medals will be awarded for all 1st to 3rd place finishers in each category. Giveaways to all registered swimmers.

**ENTRY FEES** $30.00 Entry fees are NON-REFUNDABLE. All proceeds donated to pancreatic cancer research.

**ENTRY DEADLINE** On-line entry deadline, via Club Assistant, is midnight Eastern Time on Thursday, November 9, 2016.

<https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=8153>

Paper/mailed **entries must be RECEIVED (not postmarked) by 6:00PM on Saturday November 5, 2016.** You are urged to mail your entry at LEAST five (5) business days before deadline and bring a COPY of your entry form with you to the meet. No telephone, fax, electronic or late entries will be accepted. Fill in all contact information to enable us to reach you if entry limit has been exceeded or to resolve a discrepancy. Entry problems that cannot be resolved prior to the entry deadline will be returned.

**MAIL TO LMSC Treasurer 247 Adams Road Hewlett Harbor NY** **11557**

**QUESTIONS** Direct inquiries to Bob Kolonkowski rpk248@netzero.com or Steve Shtab sshtab@aol.com

**DIRECTIONS From East & West on the North Shore:** Take the Grand Center Parkway/Northern State Parkway to Meadowbrook Parkway SOUTH to Exit M3 Stewart Avenue. Stay in LEFT exit ramp lane and then turn RIGHT at stop sign at end of exit ramp. Turn LEFT at first traffic light heading EAST on Stewart Avenue. At the end of Stewart Avenue, do NOT enter Eisenhower Park. Instead, turn RIGHT driving SOUTH on Merrick Avenue. First traffic light is Charles Lindbergh Boulevard. At SECOND traffic light, turn LEFT into pool parking lot #1A

**From East & West on the South Shore:** Take the Southern State Parkway to Meadowbrook Parkway NORTH to Exit M5 Hempstead Turnpike EAST. Immediately move over to LEFT turn lanes and turn LEFT at first traffic light. Drive NORTH on Merrick Avenue alongside Eisenhower Park. Pas the first parking lot and Safety Town. At second Park entrance (Aquatic Center sign is posted at entrance), turn RIGHT at traffic light into pool parking lot.

**Saturday, November 12, 2016 SCY Masters Meet**

**INDIVIDUAL EVENT ENTRY FORM**

Enter METER times for all events. You are permitted to enter a maximum of five (5) individual events. Please

print neatly and clearly. Fill in all contact information should we need to reach you to resolve a discrepancy.

Include a legible copy of your 2016 USMS registration card and the $30.00 meet entry fee payment.

Warm-up: 12:00 PM Meet Start: 1:00 PM

 **Event Description Entry Time Event Entry Time**

1. Mixed 200 SC Meter Freestyle Relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. Mixed 200 SC Meter Backstroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Mixed 200 SC Meter Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 11. Mixed 50 SC Meter Breaststroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Mixed 50 SC Meter Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 12. Mixed 100 SC Meter Backstroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Mixed 200 SC Meter Breaststroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 13. Mixed 200 SC Meter Individual Medley \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Mixed 50 SC Meter Backstroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 14. Mixed 100 SC Meter Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Mixed 100 SC Meter Individual Medley \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 15. Mixed 100 SC Meter Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Mixed 200 SC Meter Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 16. Mixed 100 SC Meter Breaststroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Mixed 50 SC Meter Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 17. Mixed 400 SC Meter Individual Medley \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. Mixed 400 SC Meter Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 18. Mixed 800 SC Meter Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entry must be **RECEIVED** by **6:00PM on Saturday, November 7, 2016.** • Enclose a legible copy of your 2016 USMS registration card. Check or money order payable to **Metropolitan Swimming Mail to: LMSC Treasurer 247 Adams Road Hewlett Harbor NY** 11557

**LIABILITY RELEASE: “**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 HEARBY 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 NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GENDER (circle one) M F

DATE OF BIRTH \_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_ AGE \_\_\_\_\_\_ *(as of 12/31/2016)* CLUB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DAY TEL (\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ EVE TEL (\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 EMAIL ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

