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|  | **The 2017 MLAC Masters** **Spring Meet****January 27th, 2018** |  |

**RECOGNIZED BY:** Allegheny Mountain LMSC pending

**HOSTED BY:** Mt. Lebanon Aqua Club

**TYPE OF MEET:** 25 yard timed finals.

**DATE, TIMES & WARM-UP:**
Saturday, January 27th 2018
Warm-up: 2:00pm
Meet Start: 3:00pm

**LOCATION:** Mt. Lebanon High School, 155 Cochran Road, Pittsburgh, PA 15228

**POOL SPECS:** Eight lane 25 yard pool. 4-1/2’ – 13’ deep

**TIMING EQUIPMENT: Daktronics** timing system with scoreboard and one stop watch per lane as backup.

**ELIGIBILITY:** Open to all USMS registered swimmers and swimmers over 18 years of age.

**SEEDING:** Times will be seeded Short Course Yards. No conversions by meet management. Please enter times for SCY.

**SCRATCHES:** No penalty for scratching on the block.

**ENTRY LIMIT:** Five (5) individual events, plus relays. No limit to the number of relays entered - indicate as "A", "B", "C", etc. Swimmers over entered will be removed from their last event.

**ENTRY FEES:** Individual Events: $5.00 each Relays: $10.00 per relay

**RELAY ENTRIES:** Entries for relays will be due the morning of the session. Entry deadlines will be announced during warm up sessions. Entries will be due by 2:20PM during warm-ups. Relays will be seeded after the deck entry deadline.

**RELAY RULES:** For a relay to count towards USMS Top Ten Times, no swimmer can swim more than one leg of a relay. Mixed relays must be two men and two women. All swimmers must be registered with the same club/team.

**Couples Relay:** Mixed relay must consist of two couples.

**Family Relay:** Must be from the same family.

**ENTRY DEADLINE:** All individual entries sent via USPS must be received by January, 25th 2018, 5:00 pm. Yes! Deck entries will be accepted. Check made payable to “Mt. Lebanon Aqua Club”. The LIABILITY RELEASE must be signed without alterations.

**CHECK IN:** Swimmers are considered checked in for all individual events.

**AWARDS:** Ribbons 1st through 3rd places.

**SCORING:** Individual: 9-7-6-5-4-3-2-1. Relays are double points.

**RULES:** Current USMS Swimming Rules and Regulations will govern the meet.

**INFORMATION:** Official Website: www.mlacswimming.com

**Entries:** Mike Kristufek @Mt. Lebanon Aqua Club 835 Irwin Drive Pittsburgh PA 15236

**Meet Director:**  Mike Kristufek coachmikek@mlacswimming.com

**EVENT SCHEDULE: ENTER YOUR SEED TIME FOR YOUR EVENTS**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ M / F**

**#1 – 2 200 mixed medley relay\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#3 – 4 200 Freestyle\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#5 – 6 200 IM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#7 – 8 50 Free\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***10 min Break***

**# 9 – 10 50 breaststroke\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#11 – 12 100 Butterfly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#13 – 14 50 Backstroke\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#15 – 16 100 Freestyle\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***10 min Break***

**#17 – 18 500 Freestyle\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#19 – 20 200 mixed free relay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#21 – 22 100 backstroke\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**#23 – 24 50 butterfly\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***10 min Break***

**#25 – 26 100 IM\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

#27 – 28 **100 breaststroke**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

#29 – 30 **400 Freestyle Relay** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Recognized by: Allegheny Mountain LMSC #pending

Location: Mt. Lebanon High School 155 Cochran Road, Pittsburgh, PA 15228

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2018 USMS Member #\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State\_\_\_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_

Birth Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on 1-27-2018\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Affiliation\_\_\_\_\_\_\_\_\_\_\_

Meet Fee $ 5.00 per Individual Event Fee and $10.00 per relay. Check made payable to “Mt. Lebanon Aqua Club”

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.

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. (Rule book article 204.1)

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Mail your entry, copy of 2018 USMS card, and check to: Mt. Lebanon Aqua Club 835 Irwin Drive Pittsburgh PA 15236. Remember to make checks out to “Mt. Lebanon Aqua Club”**