

Mount Desert Island YMCA 4th Annual Masters Meet

Jan. 26, 2020 – Mount Desert Island YMCA, 21 Park Street, Bar Harbor, Maine

Recognized by NE-LMSC for USMS, Inc.

Sunday 1/26, 10:00 AM Warm up / 10:45 AM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 200 Free		1
2		Mixed 100 Breaststroke		2
3		Mixed 50 Backstroke		3
4		Mixed 200 Butterfly		4
5		Mixed 100 Backstroke		5
6		Mixed 100 IM		6
7		Mixed 50 Butterfly		7
8		Mixed 500 Free		8
9		Mixed 50 Breaststroke		9
10		Mixed 200 Backstroke		10
11		Mixed 50 Freestyle		11
12		Mixed 100 Butterfly		12
13		Mixed 200 IM		13
14		Mixed 100 Free		14
15		Mixed 200 Breaststroke		15
16	Deck Seeded	Mixed 200 Free Relay	Deck Seeded	16
17	Deck Seeded	Mixed 100 Medley Relay	Deck Seeded	17
18		Mixed 1650 Free		18

All competitive swimmers welcome, MDI YMCA swimmers, parents, and alumni are especially welcome. Check us out on Mainemasters.org

"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"



Participant Information

Name _____
 Address _____
 E-Mail _____
 Home Phone _____ USMS# _____
 Age _____ DOB _____ Gender **M** **F**
 Emergency Contact (name/phone) _____
 Maine Masters (MESC) New England Masters (NEM) Non-Master Swimmer
 Other Masters Club (please indicate club _____)
 Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

This is a recognized meet. Membership to Maine Masters or Master swimming isn't required but is encouraged. To register as a Maine Master online at <http://www.usms.org/reg/> **Pick MESC.** Any questions please contact Tim Lecrone at tlecrone@msn.com.

Directions: Follow US Rt 3 to Bar Harbor. At traffic signal, take a left onto Mt Desert St. At next stop sign, take a right onto Maine St and follow for 0.3mi. Turn right on Park St. YMCA is on the right, across from ball fields.

Facility: 6-lane pool, will use lanes 1-5 for competition with lane 6 available for continuous warm-up/warm-down. Colorado Timing will be used.

Awards: Time cards with individual results will be available for participants

Meet Director: Jim Willis – sharks@mdiymca.org

Fees: Entries received by Wednesday, January 22 will be pre-seeded and cost \$20 for 5 individual events plus relays. Later entries, including deck entries will be accepted until 10:15am 1/26 at a cost of \$25 for 5 events. Make checks payable to **MDI YMCA.**

Send Entries To: Jim Willis, MDI YMCA, 21 Park Street, Bar Harbor, ME 04609

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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: MDI YMCA, 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 of the Participant

Date