

1st Annual Ithaca Spring Masters Meet at Ithaca College

Sponsored by the Ithaca College Swim Team and Sanctioned by Niagara District Masters Swimming for USMS, Inc.
Sanction # ND10-05

Date: Sunday March 28, 2010. Warm-up start at 9:30am, meet starts at 10:30am
Location: The Hill Center Pool at Ithaca College, Ithaca, New York. The pool is a six lane, 25-yard facility with a full readout Colorado Timing System, and Competitor 6" Gold Medal lane lines.
Meet Director: Kevin Markwardt, 1049 Hill Center, Ithaca College, Ithaca, NY 14850, (607) 274-3181, Kmarkwardt@ithaca.edu
Eligibility: Open to all registered USMS/CASA swimmers 18 years of age and older as of 3/28/10
Fees: \$20 per swimmer. Includes 5 individual events and relays. Results will be mailed for additional \$4. Deck entries will be accepted. Deck entry fee \$24.
Entries: All entries should be received by the Meet Director by Monday, Monday, March 15th 2010.
Check In: Events 400 yards or longer, and all relays, require check-in and will be deck seeded.

NAME _____ USMS/CASA# _____
 ADDRESS _____
 SEX ____ AGE ____ Date of Birth _____ Phone(H) _____ (W) _____

Event#	Event Name	Seed Time	Event#	Event Name	Seed Time
1.	200 Medley Relay	_____	11.	100 Butterfly	_____
2.	200 Freestyle	_____	12.	50 Backstroke	_____
3.	100 Ind. Medley	_____		10 Minute Warm-up	
	10 Minute Warm-up		13.	100 Freestyle	_____
4.	100 Backstroke	_____	14.	200 Ind. Medley	_____
5.	50 Freestyle	_____	15.	50 Breaststroke	_____
6.	200 Butterfly	_____		10 Minute Warm-up	
	10 Minute Warm-up		16.	200 Backstroke	_____
7.	100 Breaststroke	_____	17.	50 Butterfly	_____
8.	400 Ind. Medley	_____	18.	200 Breaststroke	_____
9.	500 Freestyle	_____		10 Minute Warm-up	
	10 Minute Warm-up		19.	1000 Freestyle	_____
10.	200 Free Relay	_____			

Entry Procedures

Please send entry form to the Meet Director (address listed above). Include the following with Entry Form:

- A photocopy of your USMS/CASA Registration
- A check or Money Order, payable to Ithaca College
- A signed Waiver Form (see below)

Waiver

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 the USMS (Rule Book Article 203-1).

Signature of Participant: _____ Date: _____