

Stacy Moor Memorial Masters Swim Meet at RIT

Hosted by Rochester Area Masters and RIT Swim Team

SUNDAY, November 6, 2011

CHECK-IN 8:15* - WARM-UP 8:45 am* - MEET STARTS 9:30 am*

*Note: Eastern Standard Time

Name _____ USMS/MSC # _____

Sex _____ Age _____ Date of Birth _____ Email _____

Telephone # () _____ Address _____

| <u>Event #</u> | <u>Event Name</u> | <u>Seed Time</u> | <u>Event #</u> | <u>Event Name</u> | <u>Seed Time</u> |
|----------------|-------------------|------------------|----------------|---------------------|------------------|
| 1 | 400 IM | _____ | 10 | 500 yd Free | _____ |
| 2 | 200 yd Free | _____ | 11 | 100 yd Fly | _____ |
| 3 | 100 yd Back | _____ | 12 | 100 yd Free | _____ |
| 4 | 100 yd IM | _____ | 13 | 200 yd IM | _____ |
| 5 | 50 yd Free | _____ | 14 | 50 yd Breast | _____ |
| 6 | 200 yd Fly | _____ | 15 | 200 yd Back | _____ |
| 7 | 100 yd Breast | _____ | 16 | 50 yd Fly | _____ |
| 8 | 50 yd Back | _____ | 17 | 200 yd Breast | _____ |
| 9* | 200 yd Free Relay | _____ | 18* | 200 yd Medley Relay | _____ |
| | 10-minute warm-up | | | | |

Events will be mixed (men and women) and timed finals seeded slowest to fastest by time. Event 10 may be deck-seeded. Open to all USMS and CASA registered swimmers 18 and older as of November 6, 2011. **ONE DAY USMS** registrations **ONLY** will be available at the meet. *Relays **ONLY** may be deck-entered, at no charge*. Awards: 1st, 2nd and 3rd place finishers. Swimmers are limited to **5 individual events**, excluding relays.

INCLUDE PHOTOCOPY OF USMS REGISTRATION, CHECK MADE OUT TO RAMS AND SIGNED WAIVER. Entries must be received by Monday October 31, 2011

Entry Fee: 1-3 Events = **\$20** OR 4-5 Events = **\$25** TOTAL = \$ _____

SEND ENTRIES TO: Kay Turner/22 Woodridge Dr/Mendon NY 14506; (585) 582-1157; kayturn@rochester.rr.com
FACILITY: Judson Pool in the Gordon Field House on the RIT campus (Rochester NY). This is a new 8-lane, 25-yd pool with non-turbulent lane lines, electronic timing and separate diving pool for continuous warm-up/down. Take exit 46 off the NYS Thruway; proceed N to Exit 13 (Hylan Dr). Take a left onto Hylan and continue N to Jefferson Rd (Rt 252). Proceed west (left) 1 mi to first entrance to RIT main campus. Turn right and park in D-lot. For Mapquest directions, go to <http://inside.rit.edu/maps/>.

Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: #ND11-06

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 USMS. (Rule Book Article 203.1)

Signed: _____

Date: _____