

2010 New England LMSC Short Course Yards Championship

March 20 & March 26-28, 2010, Harvard University, Boston MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 041-004-SSCY

All USMS members can enter online:
<http://www.meetresults.com/nelmscscy/>

Save \$5.00! Enter online:
<http://www.meetresults.com/nelmscscy/>

Please print seed times clearly. Use a colon between minutes and seconds.
 A seed time must be listed for each event entered.

Max One Event

Maximum of four individual events per day, plus relays

No.	Entry Time	Event	Entry Time	No.
Women		*Cannot swim both 1000 and 1650	Men	
Saturday, March 20, 8:00am warm up, 9:00am start				
1A		1000 Free - Deep End		2A
1B		1000 Free - Shallow End		2B
3A		1650 Free - Deep End		4A
3B		1650 Free - Shallow End		4B
Friday March 26, 8:00am warm up, 9:00am start				
5		500 Yard Freestyle-Women	N/A	
7		100 Yard Backstroke		8
9		50 Yard Freestyle		10
11		200 Yard Butterfly		12
13		50 Yard Breaststroke		14
15		100 Yard Individual Medley		16
17,19	N/A	400 Yard Freestyle Relay	N/A	18,19
Saturday March 27, 8:00am warm up, 9:00am start				
21		400 Yard Individual Medley		22
23		50 Yard Butterfly		24
25		200 Yard Freestyle		26
27,29	N/A	400 Yard Medley Relay	N/A	28,29
31		200 Yard Backstroke		32
33		100 Yard Breaststroke		34
35,37	N/A	200 Yard Freestyle Relay	N/A	36,37
Sunday March 28, 8:00am warm up, 9:00am start				
	N/A	500 Yard Freestyle-Men		38
39		200 Yard Individual Medley		40
41		100 Yard Butterfly		42
43,45	N/A	800 Free Relay (unscored)	N/A	44,45
47		50 Yard Backstroke		48
49		200 Yard Breaststroke		50
51		100 Yard Freestyle		52
53,55	N/A	200 Yard Medley Relay	N/A	54,55

Name: _____ Sex: Male Female
 Emergency Contact Name and Phone: _____
 Age on 3/28/10 _____ DOB: _____ Phone: _____
 E-Mail: _____
 Address: _____
 2010 USMS Number: _____
 New England Masters-Workout group: _____
 Vermont Masters Maine Masters Great Bay Masters West Side SC
 Wellesley Masters Swimming Simon's Rock Pace Makers
Note: If you are a member of NEMSC and are not sure of the name of your workout group, go to the meet web site (listed below) to find the official name and/or abbreviation.
 Other club name: _____ LMSC: _____
Note: All paper entries must attached a copy of your 2010 USMS card to this form.
ALL INFORMATION IS REQUIRED FOR AN OFFICIAL ENTRY.
INCOMPLETE FORMS WILL BE ASSESSED A \$5 PROCESSING FEE.

Save \$5.00! Submit your entry online: <http://www.meetresults.com/nelmscscy/>

Shallow-End 1650 and 1000 Freestyle: Swimmers who enter the shallow-end 1000 or 1650 freestyle (events 1B, 2B, 3B, 4B) agree to swim the event in the shallow end with an in-water start. Shallow-end 1650/1000 entries may take a \$2 entry fee credit.

Meet entry fee (enter online to save \$5)	= \$ 25.00	Mail To: NE LMSC SCY Entries PO Box 380782 Cambridge, MA 02238 nelmscscy@meetresults.com
# Individual events ___ X \$5.00	= \$ _____	
Shallow end 1000/1650 (\$2 credit)	= \$ _____	
Total (payable to Cambridge Masters SC)	= \$ _____	
<i>No refunds will be issued for any reason.</i>		

ENTRY DEADLINE

Entries must be postmarked by February 16, or received by February 19.

MEET SIZE CAP: The meet will be FULL at 750 swimmers. All entries received by the regular entry deadline will be accepted. LATE ENTRIES will be accepted only if the meet is not full.
LATE ENTRIES: If you miss the entry deadline above, and the meet has not been declared FULL, you may submit an entry form with an additional \$20 late entry penalty. Late entries must be received by 6pm, Friday March 12, and *must* include a valid 2010 USMS card.

RELEASE: 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 of 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.

DATE _____ SIGNATURE _____

If you submit a paper entry form, we suggest you mail it via overnight Priority Mail and keep your tracking number. First Class mail has no delivery guarantee.