



2009 New England LMSC Short Course Meters Championship and New England Masters Workout Group Challenge

December 11-13, 2009: Boston University, Boston MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 040-023-SSCM

Maximum of five individual events per day, plus relays: ENTER SHORT COURSE METERS SEED

| Print seed times clearly! Use a colon between minutes and seconds A seed time must be listed for each event entered | | | | |
|------------------------------------------------------------------------------------------------------------------------|----------------------------|--------------------------------------------------|--------------------------|----------|
| Evt. No. | Entry Time Women | *enter meters seed times* Event | Entry Time Men | Evt. No. |
| Friday 12/11, 4:30 p.m. warm up, 5:00 p.m. start | | | | |
| 1 | | 800 Meter Freestyle | | 2 |
| 20:00 cutoff for 800 free, see information sheet | | | | |
| Saturday 12/12, 9:00 a.m. warm up, 10:00 a.m. start | | | | |
| -- | ----- | 400 Meter Free: MEN | | 4 |
| 5 | | 100 Meter Individual Medley | | 6 |
| 7 | | 200 Meter Backstroke | | 8 |
| 9 | | 50 Meter Breaststroke | | 10 |
| 11 | | 200 Meter Free: WOMEN | ----- | -- |
| 13,15 | deck entry | 200 Meter Medley Relay | deck entry | 14,15 |
| 17 | | 100 Meter Butterfly | | 18 |
| 19 | | 50 Meter Backstroke | | 20 |
| 21 | | 200 Meter Breaststroke | | 22 |
| 23 | | 50 Meter Freestyle | | 24 |
| 25 | | 400 M. Ind. Medley WOMEN | ----- | -- |
| 27,29 | deck entry | 400 Meter Freestyle Relay | deck entry | 28,29 |
| Sunday 12/13, 9:00 a.m. warm up, 10:00 a.m. start | | | | |
| 31 | | 400 Meter Free: WOMEN | ----- | -- |
| 33 | | 50 Meter Butterfly | | 34 |
| 35 | | 200 Meter Individual Medley | | 36 |
| 37 | | 100 Meter Backstroke | | 38 |
| -- | ----- | 200 Meter Free: MEN | | 40 |
| 41,43 | deck entry | 200 Meter Freestyle Relay | deck entry | 42,43 |
| 45 | | 100 Meter Breaststroke | | 46 |
| 47 | | 200 Meter Butterfly | | 48 |
| 49 | | 100 Meter Freestyle | | 50 |
| -- | ----- | 400 M. Ind. Medley MEN | | 52 |
| 53,55 | deck entry | 400 Meter Medley Relay | deck entry | 54,55 |
| 57,59 | deck entry | 800 Meter Freestyle Relay | deck entry | 58,59 |

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------------------------------------------|
| Name _____ Gender: M F | | |
| Emergency Contact Name & Phone _____ | | |
| Age on 12/31/09 _____ DOB _____ Phone _____ | | |
| E-Mail _____ | | |
| Address _____ | | |
| 2009 or 2010 USMS# _____ | | |
| [] New England Masters-Workout Group: _____ | | |
| [] Great Bay Masters [] Maine Masters [] West Side SC [] Vermont Masters | | |
| The above clubs are members of the NELMSC; swimmers must be USMS registered but do not need to attach USMS card copy. | | |
| [] Other Club name: _____ LMSC _____ | | |
| Members of clubs outside the New England LMSC must attach a copy of your USMS card. | | |
| ALL INFORMATION ON THIS FORM IS MANDATORY FOR AN OFFICIAL ENTRY. | | |
| SWIMMERS WITH INCOMPLETE OR INCORRECT FORMS WILL BE PLACED ON THE MEET WEB PAGE PROBLEMS LIST AND ASSESSED A \$5 PROCESSING FEE. | | |
| COMMON PROBLEMS: MISSED SIGNATURE; UNDERPAYMENT; USMS NUMBER PENDING; NON-NELMSC SWIMMERS WITHOUT A USMS CARD COPY. | | |
| All problems must be resolved, and fees received, by 12/8, or entry will be rejected. | | |
| Meet web site: http://www.greatbaymasters.org/09scmchamp.php | | |
| Web site features meet information, updates, problem entry list, psych sheets, timelines, etc. PLEASE CHECK FREQUENTLY. | | |
| SAVE A STAMP, SAVE TIME: ENTER ON-LINE! | | |
| https://www.meetresults.com/entries/ | | |
| Meet entry fee _____ | = \$20.00 | Mail To: GBM |
| # individual events ____ X \$5.00 _____ | = \$ _____ | PO Box 1723 |
| \$20 late fee, if postmark after 11/18 _____ | = \$ _____ | Dover, NH 03821 |
| Total payable to Great Bay Masters: = \$ _____ | | Total payable to Great Bay Masters |
| ENTRY DEADLINE: Entries must be postmarked by Wednesday November 18, 2009 | | |
| LATE ENTRIES: If you miss the entry deadline above you may submit an entry form with an additional \$20 late fee. Late entries must be received no later than 6 p.m. Saturday December 5, 2009, and must include a valid 2009 or 2010 USMS ID number. | | |
| 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 _____ | |