

**Sunday 7 March 2010 Tenth Annual Spring Fling Yard Swim Meet hosted by AquaFit Masters
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #060-06**

- Facility** Nassau County Aquatic Center ("NCAC") located in Eisenhower Park on Long Island. Originally constructed in 1998 for the International Goodwill Games, the NCAC is a world-class facility featuring a stretch 68-meter by 25-meter pool. Swim meet will be held in a ten-lane 25-yard all deep water competition course; Colorado electronic timing system with scoreboard display; non-turbulent Competitor lane lines. Adjacent short course lanes available for continuous warm-up and cool down throughout meet. NO DIVING permitted during warm up or cool down except in designated one-way sprint lanes. Area map, driving directions, mass transportation options, local hotels and additional information is posted online at www.aquafitmasters.com.
- Schedule** Warm-Up 8:00-8:55AM / Start Time 9:00AM / Projected Finish Time 1:15PM.
- Eligibility** Open to USMS-registered swimmers age 18 or older; age determining date for this meet is March 7, 2010. A legible copy of your 2010 USMS registration card MUST be included with entry. Club affiliation is determined by USMS registration and may not change once entry is submitted (unless swimmer is switching to unattached status).
- USMS** Need to renew USMS registration for 2010? You can do so quickly and easily online with a credit card by logging on to www.clubassistant.com/club/usms.cfm. Lost your 2010 USMS registration card? You can obtain a PDF copy of your current card via email at www.clubassistant.com/club/usms_member_card_request.cfm.
- Awards** Custom medals for 1st through 3rd place and ribbons for 4th through 6th place in all individual events; medals for 1st through 3rd place in all relay events. No awards will be mailed after conclusion of meet.
- Relays** Relays are to be deck-entered at the meet (relay entry forms will be available on event day). Make sure all swimmers are present before submitting entry. Swimmers must be individually entered in the meet for relay participation. Only swimmers from the same club can compete together on relay teams; unattached swimmers are ineligible for relays.
- Entry Limit** Swimmers may enter and compete in a maximum of four (4) individual events and one (1) relay event. Entries will be accepted on a first-received basis until meet exceeds 4.25 hour time line or until deadline, whichever comes first.
- Seeding** All individual and relay events will be contested in heats, slowest to fastest, with men and women swimming together based on entry time. "NT" (no time) entries will be seeded in the first/slowest heat of an event, except in the 1000 yard free for which "NT" entries are NOT accepted. Lap counter CARDS will be provided by meet host, but swimmers are responsible for providing their own lap counters. All 50, 100, 200 and 400 yard events will be pre-seeded. Positive check-in is required for the 1000 yard free at the meet; if you do not check in, you will be scratched. The 1000 yard free and relay events will be deck-seeded on event day after positive check-in or relay deck-entry deadline has closed. Pre-meet reports (heat sheets, psych list, timeline, roster) will be posted on the AquaFit website 3-4 days in advance.
- Splits** Any swimmer who intends to post a USMS top ten or national record attempt split time during an event must submit request in writing on event day prior to conclusion of meet. Exception: Backstroke or relay lead-off split request must be submitted in writing PRIOR to event swim. Official split time request forms will be available at the meet and should be submitted to computer operator on event day.
- Deadline** \$30 flat entry fee by check or money order to AQUAFIT. Entry fees are non-refundable once entry deadline has closed. Entry RECEIPT deadline is 6:00PM on Thursday 25 February 2010 or until 4.25 hour time line is exceeded, whichever comes first. Mail entry at LEAST five business days prior to deadline, or even earlier if you plan on entering the 1000 yard free. No telephone, fax, electronic or late individual entries accepted. Fill in all contact information on entry form should we need to reach you to resolve a discrepancy.
- Mail Entry** Mail entry form, payment and 2010 USMS card copy to: AQUAFIT, 734 Franklin Avenue #383, Garden City, NY 11530. All forms of delivery service accepted Monday-Friday from 9:00AM to 7:00PM and Saturday from 9:00AM to 5:00PM. Include a stamped, self-addressed return envelope for entry receipt confirmation. Direct inquiries to event director Lisa Baumann via email at aquafitinc@aol.com or cell phone 516-521-2596.

Page Two Sunday 7 March 2010 Spring Fling Yard Meet Individual Entry Form

Warm-Up 8:00-8:55AM / Start Time 9:00AM / Projected Finish Time 1:15PM

Enter YARD times for all events. Maximum of four (4) individual events and one (1) relay event entry limit.

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 100 Yard Freestyle	_____	10	Mixed 50 Yard Butterfly	_____
2	Mixed 400 Yard Individual Medley	_____	11	Mixed 200 Yard Freestyle	_____
3	Mixed 50 Yard Breaststroke	_____	12	Mixed 200 Yard Medley Relay	<i>see relay entry form</i>
4	Mixed 100 Yard Backstroke	_____		<i>Deck enter at meet</i>	
5	Mixed 200 Yard Butterfly	_____	13	Mixed 200 Yard Free Relay	<i>see relay entry form</i>
6	Mixed 1000 Yard Freestyle	_____		<i>Deck enter at meet</i>	
	<i>No "NT" entries accepted.</i>		14	Mixed 200 Yard Breaststroke	_____
	<i>Positive check-in required</i>		15	Mixed 50 Yard Backstroke	_____
7	Mixed 200 Yard Individual Medley	_____	16	Mixed 100 Yard Butterfly	_____
8	Mixed 100 Yard Breaststroke	_____	17	Mixed 50 Yard Freestyle	_____
9	Mixed 200 Yard Backstroke	_____	18	Mixed 100 Yard Individual Medley	_____

=====

\$30.00 entry fee payable by check or money order to **AQUAFIT** must be **RECEIVED** (not postmarked) by **6:00PM on Thursday 25 February 2010**. A LEGIBLE copy of your 2010 USMS registration card must accompany this fully executed entry form. Mail entry form, entry fee payment and USMS card copy to: **AQUAFIT, 734 Franklin Avenue #383, Garden City, NY 11530**.

LIABILITY 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 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."

SIGNATURE _____ DATE _____

PRINT NAME _____ GENDER (circle one) male female

DATE OF BIRTH ____/____/____ AGE ____ CLUB ABBREVIATION _____
(as of 03/07/10)

DAY TEL (____) _____-____ EVE TEL (____) _____-____

CLEARLY PRINT E-MAIL ADDRESS _____

**Sunday 7 March 2010 Spring Fling Yard Meet
Event #12 Mixed 200 Yard Medley Relay Entry Form**

Relays are to be deck-entered at meet; a supply of relay entry forms will be available on event day. Enter YARD times. Make sure all swimmers are present before submitting entry. Relay team members must be individually entered in meet and must be USMS-registered with the same club for relay participation eligibility. Unattached swimmers are ineligible for relays. Age of youngest relay team member determines relay age group. Each mixed relay team must consist of two men and two women. Relay swimmer order may not change once entry is submitted. There is NO additional relay entry fee.

CLUB NAME _____ ENTRY TIME _____

SELECT RELAY AGE GROUP (circle one): 18+ 25+ 35+ 45+ 55+ 65+ 75+ 85+

PRINT FIRST & LAST NAMES _____ GENDER _____ AGE _____

#1 (BACK) _____

#2 (BRST) _____

#3 (FLY) _____

#4 (FREE) _____

=====

**Sunday 7 March 2010 Spring Fling Yard Meet
Event #13 Mixed 200 Yard Freestyle Relay Entry Form**

Relays are to be deck-entered at meet; a supply of relay entry forms will be available on event day. Enter YARD times. Make sure all swimmers are present before submitting entry. Relay team members must be individually entered in meet and must be USMS-registered with the same club for relay participation eligibility. Unattached swimmers are ineligible for relays. Age of youngest relay team member determines relay age group. Each mixed relay team must consist of two men and two women. Relay swimmer order may not change once entry is submitted. There is NO additional relay entry fee.

CLUB NAME _____ ENTRY TIME _____

SELECT RELAY AGE GROUP (circle one): 18+ 25+ 35+ 45+ 55+ 65+ 75+ 85+

PRINT FIRST & LAST NAMES _____ GENDER _____ AGE _____

Swimmer #1 _____

Swimmer #2 _____

Swimmer #3 _____

Swimmer #4 _____