



Manhattan Racing Trials 2008
Saturday 22 March 2008 at Asphalt Green
Sanctioned by Metropolitan LMSC for USMS, Inc. Sanction #068-03

FACILITY

Seven lane, 25-yard competition course with one 25 yard separate lane and two 20 yard lanes available for continuous warm up and cool down throughout the meet. **NO DIVING** permitted during warm up time period except in designated one-way sprint lane(s).

DIRECTIONS

Asphalt Green is conveniently located between 90th-92nd Streets and York Avenue in Manhattan. The entrance to the Asphalt Green AquaCenter is at 1750 York Avenue.

By Bus

Take the M86 or M31 to the York Avenue and 91st Street stop. The AquaCenter is across the street.

By Subway

Take the Lexington Avenue 4, 5, or 6 train to the 86th Street station. Walk east to York Avenue and north to 90th Street. For the AquaCenter continue north to 91st Street. You may also take the M86 bus from 86th and Lexington and get off at the 91st Street stop.

By Car

From Uptown: Travel south on the FDR Drive. Exit at 96th Street, and continue straight to York Avenue.

From Downtown: Travel north on the FDR Drive. Exit at 96th Street. Turn left at second stoplight. Continue straight to York Avenue.

Parking for guests is available at:

The Andover Garage, 1675 York Ave, between 88th and 89th Sts.

The Hamilton Garage, 1735 York Ave, between 89th and 90th Sts.

SCHEDULE

Warm up 10:00 am Meet Start 11:00 am.

ELIGIBILITY

Open to all swimmers age 18 and older who are current registered members of United States Masters Swimming. Include a legible copy of your 2008 USMS registration card with entry.

SEEDING

Swimmers will be seeded in heats according to entry time regardless of age or gender for all 200 yard events, 400 IM and the 500 yard freestyle. Swimmers will be seeded in heats according to entry time and gender for all 50 yard and 100 yard events and race in alternating heats. NO TIME (NT) entries will be seeded in the first/slowest heat. Day of meet Deck Entries seeded NT in the first available heat for each event regardless of age or gender.

CHECK-IN

Positive check-in is required for Event #10 400 IM and Event #19 Mixed 500 Yard Freestyle. Swimmers who do not check in will be scratched from the event!

ENTRY LIMIT

Swimmers are permitted to enter/swim a maximum of five (5) individual events plus two (2) relays.

RELAY NOTES

IMPORTANT NOTE: Relay event #1 is an UNOFFICIAL event. Although relay placings and times will be recorded relay event times/results will NOT be included in Hy-Tek Meet Manager results submitted for USMS Top Ten Tabulation (relay event age group designation is not part of USMS acceptable event format). **ANY FOUR SWIMMERS from ANY TEAM or CLUB may combine to swim relay together.**

ENTRY FEES

\$40 check or money order made payable to **ASPHALT GREEN**

\$50 check or cash with USMS card for Deck Entry.

DEADLINE

Entry must be RECEIVED (not postmarked) by Monday, March 17 2008. If you add your email address to the entry form you will receive a confirmation of receipt. No phone, faxed or electronic entries accepted.

MAIL TO

Mail \$40 entry fee, neatly printed entry form, signed and dated liability release, and a legible copy of your current 2008 USMS registration card to: **Patrick Cantrell, 1750 York Ave, 4th Floor, New York, NY 10128**

CONTACT

Direct inquiries to Meet Director Patrick Cantrell by email pcantrell@asphaltgreen.org

Individual Entry Form

Manhattan Racing Trials 2008

Saturday March 22, 2008 at Asphalt Green
Enter YARD times for all events. Please print neatly.
Warmup 10am Meet Start 11am

Event	Time	Event	Time
1. 200 Freestyle Relay	<i>Deck entered by Coach</i>	11. 200 Medley Relay	<i>Deck entered by Coach</i>
2. 200 Backstroke	_____	12. 200 Freestyle	_____
3. 50 Butterfly	_____	13. 100 Butterfly	_____
4. 100 Breaststroke	_____	14. 200 Breaststroke	_____
5. 50 Freestyle	_____	15. 100 Freestyle	_____
6. 200 Butterfly	_____	16. 50 Backstroke	_____
7. 100 Ind. Medley	_____	17. 200 Ind. Medley	_____
8. 100 Backstroke	_____	18. 400 Freestyle Relay	<i>Deck entered by Coach</i>
9. 50 Breaststroke	_____	19. 500 Freestyle	_____
10. 400 Ind. Medle	_____		

Entry Form must be RECEIVED by Monday March 17, 2008

Relays are DECK entered by Coach or Team Representative
You Must be entered in the Meet to Swim in A Relay
 Remember to enclose a copy of your 2008 USMS registration card

Pay with check or money order payable to ASPHALT GREEN

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 _____

Gender (circle one) Female Male

Age (as of March 22, 2008) _____ Club Name _____

Tel # _____ Email _____

MAIL entry to: Meet Director Patrick Cantrell, 1750 York Ave. 4th Floor, New York, NY 10128
 Remember to enclose a legible copy of your 2008 USMS registration card.
 Entry must be RECEIVED (not postmarked) by Monday March 17, 2008