

**SUNDAY 18 MAY 2008 AT FLUSHING MEADOWS CORONA PARK AQUATIC CENTER, QUEENS  
 "ANNUAL SC METER NYC PARKS MASTERS MEET & COMMISSIONER'S TROPHY RELAY"**

*Sanctioned by the Metropolitan LMSC for USMS, Inc. # 068-07*

**Location:** Flushing Meadows Corona Park Aquatic Center, Queens      **Mail to:** John H. Hutchins  
**Time:** Warm-up 8:45 am, Start 9:45 am      City of New York Parks & Recreation  
**Meet Director:** John H. Hutchins (718) 760-6969, Extension. 0      Aquatics Division  
**Eligibility:** Open to all USMS-registered swimmers age 18 & older      Passerelle Building/Flushing Meadows Park  
**Course:** 8 lane pool, Colorado Electronic Scoreboard and Timing System      Corona, N.Y 11368

**Entries:** All entries must be **received (not postmarked) by Friday 2 May 2008**. All entries must be made on this sheet with the SIGNED LIABILITY STATEMENT and COPY OF YOUR 2008 USMS REGISTRATION CARD. You may enter up to four individual events and the relay. All events are **FREE including the Commissioner's Trophy Relay**. Entries will be accepted on a first received basis.  
**Seeding:** Events are pre-seeded and will be swum slow to fast except the 400 FREE, which is deck-seeded and requires a positive check-in.  
**Awards:** Custom ribbons 1st through 3rd Place.  
**Warm-up:** USMS warm-up procedures will be in effect. Separate warm-up & cool down section available throughout the meet.

**Spectators:** Only swimmers, coaches, officials, and timers will be allowed on the deck.      **Parking:** Located across from the pool underneath the Van Wyck Expressway ramp.

**Facility Note:** No Smoking is allowed in the Building. No food or glass bottles on the pool deck. Swimmers and spectators are restricted to designated areas of the facility. All rules and regulations of the center must be followed.      **Directions:** *By Subway:* Take the # 7 train to Shea Stadium/Willets Point station. The Flushing Meadow Corona Park Aquatic Center is about a seven-minute walk down the ramp from the station and to the left on Meridian Road. *By Car:* Call the Citywide Aquatics Office for information.

<b>Attach (Staple)</b>	Print Name _____	USMS ID# _____
	(As it appears on USMS Registration Card)	
<b>Copy of 2008</b>	Day Phone _____	Male: <input type="checkbox"/> Female: <input type="checkbox"/>
<b>USMS Card Here</b>	Eve Phone _____	Email: _____
	Date of Birth ____/____/____	Age (as of 12/31/08) _____ Club Abbreviation: _____

- A. COMMISSIONER'S TROPHY RELAY** – The results of the CTR are unofficial and will not be accepted for "top ten times".
- \* Mixed 200 meter freestyle relay.
  - \* Sum of the ages: any 4 swimmers, must be 2 men and 2 women, whose ages total not less than 160 years.  
 Example: 3 x 30 years = 90 1 x 70 years = 70. Total 160 years.
  - \* Submit: Team members names, ages, male/female, club name, seedtime (meters) or no time, and swimmer order.  
 Entries limited to first 18 relay teams.
  - \* Awards: Trophies – 1st through 6th place team members; also t-shirts – 1st through 6th place team members.
  - \* This event is open to any four entrants meeting the above stated requirements.
  - \* Swimmers must be registered with USMS.
  - \* See Relay Entry form on second page.
- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| 1. Mixed 200 METER FREESTYLE _____    | 8. Mixed 50 METER FREESTYLE _____     |
| 2. Mixed 200 METER BUTTERFLY _____    | 9. Mixed 100 METER BREASTSTROKE _____ |
| 3. Mixed 200 METER I.M. _____         | 10. Mixed 100 METER I.M. _____        |
| 4. Mixed 200 METER BACKSTROKE _____   | 11. Mixed 100 METER FREESTYLE _____   |
| 5. Mixed 200 METER BREASTSTROKE _____ | 12. Mixed 50 METER BACKSTROKE _____   |
| 6. Mixed 50 METER BUTTERFLY _____     | 13. Mixed 100 METER BUTTERFLY _____   |
| 7. Mixed 100 METER BACKSTROKE _____   | 14. Mixed 50 METER BREASTSTROKE _____ |
|                                       | 15. Mixed 400 METER FREESTYLE _____   |

RELEASE FROM LIABILITY  
 "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 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, OR 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 \_\_\_\_\_  
 (You must attach a copy of your 2008 USMS registration card to your entry.)

**City of New York  
 Parks & Recreation**



**Michael R. Bloomberg, Mayor  
 Adrian Benepe, Commissioner**

**Sunday 18 MAY 2008**  
**Commissioner's Trophy Relay Entry Form**

**Mixed 200 Meter Freestyle Relay**

Entry Time: \_\_\_\_\_ Club Name: \_\_\_\_\_

Swimmer First & Last Name (Order may not change)	Gender	Age
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#1	_____	_____
#2	_____	_____
#3	_____	_____
#4	_____	_____

Total: \_\_\_\_\_

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#4	_____	_____

Total: \_\_\_\_\_