

**Sunday 25 October 2009 Masters Yard Swim Meet**  
**Hosted by BMM Swimming at C.W. Post Pratt Recreation Center Pool**  
**Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #069-17**

<b>FACILITY</b>	Six short course yard competition lanes; electronic timing system and scoreboard display. One lane will remain open during the meet for continuous warm-up and cool down. <b>NO DIVING</b> permitted during warm-up except in designated one-way sprint lane(s).
<b>ELIGIBILITY</b>	Open to all USMS-registered swimmers age 18 and older. <b>A legible copy of your current 2009 USMS registration card MUST be included with your entry form.</b>
<b>SCHEDULE</b>	Warm-Up 8:00 AM-8:55 AM • Meet Start 9:00 AM • Approximate Finish Time 11:30 AM
<b>ENTRY TIMES</b>	Enter <b>YARD</b> times for all events.
<b>SEEDING</b>	Events will be contested in heats, slowest to fastest. All events will be pre-seeded. Individual event heat sheets will be posted online prior to event day. <b>Entry discrepancies or omissions should be brought to the attention of the computer operator IN WRITING on event day</b> (during warm-up time period and BEFORE meet start time). <u>The 500 Free will require a positive check in no later than 9:30 AM on event day.</u> The event will be seeded at that time.
<b>SPLIT TIMES</b>	Any swimmer who intends to post a USMS Top Ten, or USMS National Record split time during an event please NOTE: Individual event split time request must be submitted in writing prior to the conclusion of the meet; initial backstroke distance in individual backstroke events must be submitted in writing <u>PRIOR to the swim.</u> Submit written request(s) to the computer operator at the meet. Split time request forms will be available on event day.
<b>AWARDS</b>	Custom ribbons for first through third place in all individual events. <b>No awards will be mailed after the meet has concluded.</b>
<b>ENTRY FEES</b>	\$8.00 meet surcharge + \$4.00 per individual event via check or money order payable to <b>C.W. Post Athletics</b> . NOTE: Entry fees are NON-REFUNDABLE.
<b>ENTRY DEADLINE</b>	<b>Entries must be RECEIVED (not postmarked) by 6:00PM Thursday 15 October 2009.</b> You are urged to mail your entry at LEAST five (5) business days before deadline and bring a COPY of your entry form with you to the meet. No telephone, fax, electronic or late entries will be accepted. Fill in all contact information to enable us to reach you if entry limit has been exceeded or to resolve a discrepancy. Entry problems that cannot be resolved prior to the entry deadline will be returned.
<b>CONFIRMATION</b>	Include an email address (preferred) OR a stamped, self-addressed envelope for entry receipt confirmation.
<b>MAIL TO</b>	Maureen Travers, 50 Jerusalem Avenue, Levittown, NY 11756
<b>QUESTIONS</b>	Direct inquiries to Maureen Travers (516-299-3371 office or e-mail <a href="mailto:maureen.travers@liu.edu">maureen.travers@liu.edu</a> )
<b>DIRECTIONS</b>	Driving directions are available at <a href="http://www.liu.edu/directions">www.liu.edu/directions</a> . Once on campus follow signs to the Pratt Recreation Center.

**Sunday 25 October 2009 BMM Swimming Masters Yard Meet**  
**Warm-Up 8:00 AM-8:55 AM • Meet Start 9:00 AM • Approximate Finish Time 11:30 AM**

**INDIVIDUAL EVENT ENTRY FORM**

Enter YARD times for all events. You are permitted to enter a maximum of five (5) individual events.  
 Please print neatly and clearly. Include all contact information should we need to reach you to resolve a discrepancy.  
 Include a legible copy of your 2009 USMS registration card and the \$8.00 meet surcharge with your entry fee payment.  
**Entry must be RECEIVED (not postmarked) by 6:00 PM on Thursday 15 October 2009.**

#	EVENT	ENTRY TIME
1	Mixed 50 yard Freestyle	_____
2	Mixed 200 yard Breaststroke	_____
3	Mixed 100 yard Backstroke	_____
4	Mixed 200 yard Individual Medley	_____
5	Mixed 50 yard Butterfly	_____
6	Mixed 200 yard Backstroke	_____
7	Mixed 100 yard Breaststroke	_____
8	Mixed 200 yard Freestyle	_____
9	Mixed 50 yard Backstroke	_____
10	Mixed 100 yard Butterfly	_____
11	Mixed 50 yard Breaststroke	_____
12	Mixed 100 yard Freestyle	_____
13	Mixed 500 yard Freestyle	_____

**ENTRY FEE CALCULATIONS:**

\_\_\_\_\_ Individual Events x \$4.00= \_\_\_\_\_ Entry must be **RECEIVED** by 6:00 PM Thursday, 15 October 2009

Plus **MEET SURCHARGE +\$8.00** Enclose a legible copy of your 2009 USMS registration card

**TOTAL=** \_\_\_\_\_ Via check or money order made payable to **C.W. Post Athletics**

**LIABILITY RELEASE:** "I, 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 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 HEARBY 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 CLUB 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) M F  
 (use same first & last name as per your USMS registration – no nicknames)

DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_ CLUB ABBREVIATION \_\_\_\_\_  
 (as of 10/25/09)

DAY TEL (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EVE TEL (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

YOUR E-MAIL ADDRESS \_\_\_\_\_  
 (This will be used for your entry confirmation, please print clearly)