

**Sunday 23 November 2008 Short Course Meter Fall Classic
with a 10th Anniversary Commemorative Trophy Relay
hosted by AquaFit Masters at the Nassau County Aquatic Center
Sanctioned by the Metropolitan LMSC for USMS, Inc. #068-12**

FACILITY	Ten (10) short course meter lanes; deep water competition course; electronic timing system with scoreboard display. Adjacent short course meter lanes for continuous warm-up and cool down throughout the meet. NO DIVING permitted during warm-up except in designated one-way sprint lanes. Driving directions, mass transit options, parking info, local hotels, and all meet-related information is posted in the "Events" section of the AquaFit Masters website at www.aquafitmasters.com .
ELIGIBILITY	Open to all USMS-registered swimmers age 18 and older; age determining date for this meet is December 31, 2008. A legible copy of your current 2008 or 2009 USMS registration card MUST be included with entry. NOTE: If you are a newly registered 2009 member of USMS and have not yet received your 2009 USMS registration card, then an email from your LMSC Registrar to the event director providing name, USMS registration number, gender, date of birth and club affiliation is acceptable.
SCHEDULE	Warm-Up 7:30-8:25AM / Meet Start 8:30AM / Meet Finish 12:45PM. Time line will be posted on the AquaFit website two (2) days before meet and should only be used as an approximate guideline.
ENTRY LIMIT	Swimmers are permitted to enter a MAXIMUM of five (5) individual events and one (1) relay. Entries will be accepted on a first-come, first-served basis until the 4.25 hour meet time limit is reached.
ENTRY TIMES	Enter SHORT COURSE METER times for all individual and relay events. No "NT" entries will be accepted for the 400 SCM Individual Medley or 400 SCM Freestyle events. An automated online entry time conversion utility can be linked to through the AquaFit Masters "Events" website section.
EVENT CHECK-IN	Positive check-in is required for the 400 SCM Freestyle by 9:45AM on event day. Swimmers who do NOT check in will be SCRATCHED from this event.
SEEDING	Events will be contested in heats, slowest to fastest, with men and women swimming together based on entry time. All 50-100-200 SCM events will be pre-seeded; the 400 SCM Freestyle and Trophy Relay will be deck-seeded on event day shortly after 9:45AM check-in/deck entry deadline. Meet heat sheets will be posted on the AquaFit website two (2) days before event date.
ENTRY ERRORS	Online heat sheet discrepancies should be brought to the attention of the computer operator IN WRITING ON EVENT DAY during WARM-UP time period. Suggestion: Make a copy of your meet entry and bring copy along with you to swim meet for reference.
SPECIAL RELAY	A special (funky and fun!) TROPHY RELAY commemorating AquaFit Masters' Tenth Anniversary. This is an unofficial relay event (results will not be reported to USMS for Top Ten tabulation) - but TROPHIES will be awarded to each member of the first place team. Relays are to be DECK ENTERED by 9:45AM on event day. See page three for relay entry form and complete details.
SPLIT TIMES	Any swimmer who intends to post a USMS Top Ten, USMS National Record, or FINA World Record split time attempt during an individual event must submit request IN WRITING PRIOR TO CONCLUSION of swim meet. Exception: Initial BACKSTROKE distance split time request must be submitted IN WRITING PRIOR TO SWIM. Split time request forms will be available at meet; submit to computer operator.
AWARDS	Awards for first through third place in all individual events by gender and age group, e.g. 18-24, 25-29, 30-34, 35-39, and so forth. No awards will be mailed or available for pick-up AFTER event day.
ENTRY FEE	\$30 entry fee payable by check or money order to AQUAFIT. Entry fees are NON-REFUNDABLE.
DEADLINE	Entry form, entry fee, and copy of current USMS registration card must be RECEIVED (not postmarked) by 6:00PM on Thursday 13 November 2008. Mail entry at least FIVE (5) business days before deadline. No telephone, fax, electronic, event day or late entries accepted. Fill in ALL CONTACT INFO on entry form to enable us to reach you if entry limit is exceeded or to resolve a pre-meet entry discrepancy.
SEND TO	AquaFit, 734 Franklin Avenue #383, Garden City, NY 11530.
CONFIRMATION	Include a stamped, self-addressed return envelope for entry receipt confirmation.
QUESTIONS	Direct inquiries to Lisa Baumann (Tel 516-294-7946 / E-Mail aquafitinc@aol.com)

Page Two - Sunday 23 November 2008 SCM Fall Classic - Individual Event Entry Form
 Warm-Up 7:30-8:25AM / Meet Start 8:30AM / Meet Finish 12:45PM

Enter SHORT COURSE METER times for all events. Automated entry time conversion utility can be linked to through the AquaFit "Events" website section at www.aquafitmasters.com. Swimmers are permitted to enter a maximum of five (5) individual events plus one (1) relay. Age determining date for this meet is December 31.

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#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 200 SCM Freestyle	_____	10	Mixed 100 SCM Breaststroke	_____
2	Mixed 400 SCM Individual Medley No "NT" entries accepted	_____	11	Mixed 400 SCM Freestyle No "NT" entries accepted Check-in ENDS at 9:45AM	_____
3	Mixed 50 SCM Butterfly	_____	12	Commemorative Trophy Relay	- deck enter at meet - see page 3 for details
4	Mixed 100 SCM Backstroke	_____	13	Mixed 200 SCM Individual Medley	_____
5	Mixed 200 SCM Breaststroke	_____	14	Mixed 100 SCM Butterfly	_____
6	Mixed 50 SCM Freestyle	_____	15	Mixed 200 SCM Backstroke	_____
7	Mixed 100 SCM Individual Medley	_____	16	Mixed 50 SCM Breaststroke	_____
8	Mixed 200 SCM Butterfly	_____	17	Mixed 100 SCM Freestyle	_____
9	Mixed 50 SCM Backstroke	_____			
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\$30.00 entry fee by check or money order payable to **AQUAFIT**
 must be **RECEIVED** (not postmarked) by **6:00PM** on **Thursday 13 November 2008**.
 A LEGIBLE copy of your current (2008 or 2009) USMS registration card must accompany
 this fully executed entry form. MAIL entry form, entry fee 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 NAME _____

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

CLEARLY PRINT E-MAIL ADDRESS _____

Page Three - Sunday 23 November 2008 SCM Fall Classic - Relay Entry Form
 Warm-Up 7:30-8:25AM / Meet Start 8:30AM / Meet Finish 12:45PM

Join AquaFit Masters in celebrating our TENTH ANNIVERSARY by participating in this special, funky & fun commemorative TROPHY RELAY. Use this page to enter your relay team. Now here are the rules and details (read through carefully) . . .

This is an unofficial relay event. In other words, relay results will not be included with the rest of the meet results when sent to USMS for top ten reporting because this isn't a "legitimate" event recognized by USMS. But, TROPHIES will be awarded to ALL members of the FIRST PLACE relay team. Read on . . .

ANY swimmers from ANY club(s) can join forces to create an SIX (6) member relay team. Each person may only swim once. The only two restrictions are that each relay team member is already individually entered in this meet - AND - that each relay team must be comprised of three (3) men + three (3) women of any age. Got it so far?

Okay, now you get to pick a funny team name . . . go ahead, use your imagination . . . amuse us with your creativity!

Next, figure out who is going to swim what . . . but be careful . . . once you submit your relay entry, you are not permitted to make changes (hint: use PENCIL!). There is a specific swimmer order and stroke designation as indicated below. In addition, each relay stroke must be swum LEGALLY (including start, turn and finish).

Finally, calculate your ENTRY TIME, fill in all information below, and hand in at registration desk by 9:45AM. Be sure that all relay team members are present at the meet, that each swimmer knows what he or she is swimming, and in what order.

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**** EVENT # 12 - 400 SCM COMMEMORATIVE TROPHY RELAY ****

ORDER	PRINT FIRST & LAST NAMES	GENDER (M or F)
Swimmer #1 50 BACK	_____	_____
Swimmer #2 50 BRST	_____	_____
Swimmer #3 50 FLY	_____	_____
Swimmer #4 50 FREE	_____	_____
Swimmer #5 100 I. M.	_____	_____
Swimmer #6 100 FREE	_____	_____

Relay Name _____ Entry Time _____

REMEMBER: Relay entry must be submitted by 9:45AM on event day!
 Relay TROPHIES will be awarded immediately following event. Have fun - and get those cameras ready!