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## United States Masters Swimming 2009 Metropolitan LMSC Swimmer Registration

New Member

Renewal

All fields required. Form will be returned if information is missing. Please write clearly.  
Register with same name you will use for competition.

Last Name		First Name		M
Street Address				Apt#
City		State	Zip+4	
Preferred Phone ( ) -	DATE OF BIRTH (mm/dd/yy) (Required)	Age	Sex Female ___ Male ___	
CLUB CODE (Required): (see second page for list of club codes)				
<p>The policy of the Metro LMSC is that member emails are used solely by the staff and officers of the MLMSC to send membership related information and are never given to any third party or used for any other purpose, commercial or otherwise. Please help us serve you better by sending updates/changes to the MLMSC registrar. Help us protect the member email community by using effective anti-spam, anti-virus, anti-spyware and firewall on your computer.</p>				
E-MAIL (Print Clearly)				

I coach Masters Swimming (required if applicable)

I am a certified USMS official

### Authorization

Waiver: "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 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 (Required)** \_\_\_\_\_ **Date:** \_\_\_\_\_

On rare occasions, USMS may need to inform me of an important issue, check here  to opt out.

A USMS sponsor may wish to offer you information emailed from the USMS National Office, check here  to opt out (**Email addresses are not supplied to the sponsor.**)

Annual Dues (November 1, 2008 – December 31, 2009)	<u><b>38.00</b></u>
Donation to US Masters Swimming Foundation / Legacy Fund (any amount)	_____
Donation to International Swimming Hall of Fame (any amount)	_____
<b>Total enclosed (check or money order only)</b>	_____

<b>Make check payable to:</b>	<b>METROPOLITAN LMSC</b>
<b>Mail to:</b>	<b>Maria D. Anderson, Registrar</b>
	<b>Metropolitan LMSC</b>
<b>Please use regular mail.</b>	<b>201 Chestnut St.</b>
	<b>Port Jefferson, NY 11777</b>

PLEASE ALLOW 2 WEEKS FOR PROCESSING  
Please direct all **registration** inquiries and correspondence to [metroswim@gmail.com](mailto:metroswim@gmail.com).  
General information is available at [www.metroswim.org](http://www.metroswim.org), or email [MetroChair@USMS.org](mailto:MetroChair@USMS.org).

# United States Masters Swimming Metropolitan Local Masters Swimming Committee

## Metropolitan LMSC Clubs and Teams as of November 2008

For contact information on specific clubs go to [www.metroswim.org](http://www.metroswim.org), or email the LMSC Chairman at [MetroChair@USMS.org](mailto:MetroChair@USMS.org)

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### METR – Metro Workout Group Codes

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APEX	Apex Masters	MMA	Merchant Marine Academy	TRS	Team Rockland Swimming
ALLL	Asser Levy Lanelions	MVA	Minisink Valley Aquatics	TTT	Team Total Training
BNLA	BNL Accelerators	NYYM	Brooklyn Dodge Y Masters	WMBM	Williamsburg Masters
CHEL	Chelsea Piers Masters	PREM	Premier Aquatics Masters	WPTM	West Point Masters
CIBB	Coney Island Brighton Beach Open Water Swimmers	SBR	SBR Multisports	WSYM	West Side YMCA Masters
MBYM	McBurney YMCA Masters	SOFM	South Fork Masters	VYMM	Vanderbilt Masters
MIDM	Middletown Masters	TMSC	Terriers Masters	YONM	Yonkers Masters
		TRIG	Trigger Aquatics	UNAM	Unattached (may swim relays with other metro swimmers)

### Non-METR Club Clodes

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AQFT	AquaFit Masters	EAST	East End Masters	REDT	Red Tide of NYC Masters
AGUA	Asphalt Green Masters	FISH	FISH Masters	SEAW	Seawolves Masters
BDGR	Badger Masters	HAAM	Happauge Athletic Assoc	TNYA	Team NY Aquatics
BCTM	BearCat Masters	HHB	Harlem Honeys and Bears	WM	Westchester Masters
BRAT	Bay Ridge Aquatics Team	HUMS	Huntington Masters	WSF	Westchester SwimFit (WM workout group)
CIY	Cross Island YMCA	NYAC	New York Athletic Club	UNAT	Unattached (no relay participation allowed)
CTRI	Columbia Tri-Group Masters	NYCH	NYC Hydras		
		OWS	Open Water Swimming		

Note: Non-METR Club swimmers may only swim on relays with members of the same club

### Where Your Annual Dues Go

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\$25.00 to USMS

USMS Magazine during the length of member year

To support the national organization

For insurance coverage (valid in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered AND in USMS sanctioned meets where all competitors are USMS registered.)

\$13.00 to Metropolitan LMSC (see [www.metroswim.org](http://www.metroswim.org) for a description of where your local dues go)

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Contact the Metropolitan LMSC Swim Office for Club and Team Registration forms:

Maria D. Anderson, Registrar  
Metropolitan LMSC  
201 Chestnut St.  
Port Jefferson, NY 11777

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Please direct all registration inquiries and correspondence to [metroreg@gmail.com](mailto:metroreg@gmail.com).  
General information is available at [www.metroswim.org](http://www.metroswim.org), or email [MetroChair@USMS.org](mailto:MetroChair@USMS.org).