



SUSSEX COUNTY YMCA PRESENTS

"SWIM STRONG- LIVE LONG"

ADULT MINI MEET

Sussex County YMCA
Hardyston, NJ
Saturday, April 4, 2009
2:30pm – Check-in

Recognized by New Jersey Masters Swimming for USMS, Inc. # 079-R02

Facility: The Sussex County YMCA six lane 25 yard pool. Timing will be done with a Colorado Timing System with manual backup.

Directions:

From Route 23: Go to Hamburg, take Route 94 South to Wits End Road on right (approx. 2 miles). Follow Wits End Road to YMCA driveway.

From Intersection of Routes 15 & 94: Go North on Route 94 towards Hamburg. Follow Route 94 to Wits End Road on left (approx. 5 miles). Follow Wits End Road to YMCA driveway.

Schedule: 2:30-Check-in, 3:00-3:30pm Warm-up, 3:30pm start

Warm-ups: No diving is permitted during warm-up, except in the designated one-way sprint lane(s).

Entry Limit: Swimmers may register for a maximum of 4 events.

Seeding: All events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" will be seeded in the slowest heat.

Age Groups: Individuals: 18-24, 25-29, 30-34, etc. through 90+.

Eligibility: Open to any adult interested in participating in a swim meet. Swimmers must be 18 years of age on the date of the meet. If you are a member of USMS, a copy of you USMS card needs to be submitted with your entry form.

Awards: Ribbons for all events.

Timing: In the unlikely event that a malfunction occurs in the automatic timing system, the meet will continue on schedule with the use of alternate (stopwatch) timers.

Entry Fees: \$10.00 per swimmer to register and \$5.00 per event.

Registration: All entries must be received by Monday, March 30, 2009. Absolutely no deck entries !



We build strong kids, strong families, strong communities.

Adult Mini Meet-April 4, 2009

Entry Form

Deadline: Received by Monday, March 30, 2009.

(A copy of your USMS card must be included with your entry if you are a USMS member)

Name: _____ **Age as of 4/04/09:** _____
Sex: _____

Address: _____

Day time Phone: _____

Evening Phone: _____

E-Mail Address: _____

USMS number(if applicable) _____

RELEASE OF LIABILITY BY PARTICIPANT:

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. (Rule Book Article 203.1)

Signature: _____ **Date:** _____

Please enter your best short course **yard** times for each event you wish to swim (put "NT" in the blank for No Time).

Event	Entry Time	Event	Entry Time
1. 200 IM	_____	6. 100 Free	_____
2. 100 Breast	_____	7. 50 Back	_____
3. 50 Free	_____	8. 100 Fly	_____
4. 100 Back	_____	9. 50 Breast	_____
5. 50 Fly	_____	10. 500 Free- New!	*15 minute max

Entry Fee \$10.00

of Events x \$5.00 \$ _____

Total enclosed: \$ _____

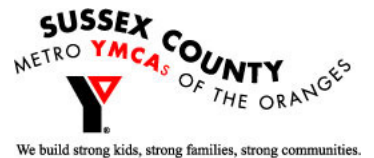
___ Check (payable to Sussex County YMCA)

Credit Card (circle one) VISA MC Discover AMEX

Card # _____ Exp Date: ____/____

Signature _____

Sussex County YMCA
15 Wits End Rd
Hardyston, NJ 07419
Phone: 973 209-9622 / Fax: 973 209-1483



Office Use only: Member/Non-Member Receipt # _____ Staff Initial _____