

## **SUSSEX COUNTY YMCA PRESENTS**

**"SWIM STRONG- LIVE LONG"**

### **ADULT MINI MEET**

Sussex County YMCA  
Hardyston, NJ

Saturday, October 17, 2009

**New Swimmer Orientation Meeting 2:00-2:30**  
**2:30pm – Check-in**

**Recognized by New Jersey Masters Swimming for USMS, Inc. # 079-R03**

**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:** 2:00 New Swimmer Orientation Meeting, 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, except the 500 Free. 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+.

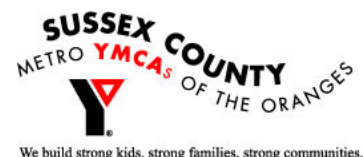
**Eligibility:** Open to any adult interested in participating in a swim meet. Swimmers must be 18 years of age on the date of the meet. If you are a member of USMS, a copy of you USMS card needs to be submitted with your entry form.

**Awards:** Ribbons for 1<sup>st</sup> through 3<sup>rd</sup> places; all others will get a label with their official time.

**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 Friday, October 9, 2009, NO exceptions. Any entries received after October 9<sup>th</sup> will be returned.**



We build strong kids, strong families, strong communities.

# Adult Mini Meet-October 17, 2009

## Entry Form

**Entry form must be received by Friday, October 9, 2009.**

(In order for your results to be posted to the NJ Masters Swimming you must include a copy of your USMS card.)

**Name:** \_\_\_\_\_ **Age as of 10/17/09:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

\_\_\_\_\_ **E-Mail Address:** \_\_\_\_\_

\_\_\_\_\_ **Evening**

\_\_\_\_\_ **Phone:** \_\_\_\_\_

\_\_\_\_\_ **USMS number(if applicable)**

**Day time Phone:** \_\_\_\_\_

**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)

**PLEASE PLACE A COPY OF  
USMS CARD**

**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).

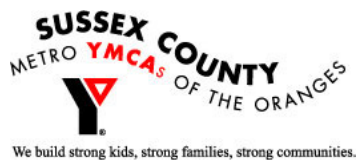
Event	Entry Time	Event	Entry Time
1. 200 Free	_____	6. 100 Free	_____
2. 50 Fly	_____	7. 50 Back	_____
3. 50 Free	_____	8. 50 Breast	_____
4. 100 Back	_____	9. 500 Free*	_____
5. 100 IM	_____	*10 minute max	_____

**Entry Fee**                      **\$10.00**

**# of Events x \$5.00**      \$ \_\_\_\_\_

**Pre-purchase**  
**T-Shirt \$10.00**      \$ \_\_\_\_\_

**Total enclosed:**              \$ \_\_\_\_\_



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

\_\_\_ Check (payable to Sussex County YMCA)

Credit Card (circle one):

VISA   MC   Discover   AMEX

Card # \_\_\_\_\_ Exp Date: \_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_