



U.S. MASTERS SWIMMING

2010 Annual New Jersey Masters Swimming

100 x 100s

hosted by: NJ LMSC Volunteer Board

Who: 2010 USMS Registered NJ Masters Swimmers*

When: Sunday, February 7, 2010

Where: Rutgers University Sonny Werblin Aquatic Center,
Piscataway, NJ

[Directions to Sonny Werblin Pool](#)

Time: 8:00AM – 12:00PM NOON, Mandatory Check-In by 8:10AM

Course: 8 Lanes, 25 yards

Fee: Free

The NJ LMSC would like to extend an invitation to all 2010 USMS Registered NJ Masters swimmers to attend the 2010 Annual New Jersey Masters Swimming 100 x 100s. Please plan on arriving by 7:30AM in preparation for the 8:00AM deck instructions. The event will begin promptly at 8:15AM. The eight lanes will be organized by either a structured group pace or a consensus "open" format. Starting blocks will be labeled accordingly, with either a target 100 yard pace time (fastest interval) or as "open" format. In the lanes designated for "open" swim, the set and pace will be determined by the lane participants. Please be sure to select the lane that matches your skill level. There is no requirement to complete the full 10,000 yards. Depending upon turnout and the collective lane agreement, there may be an option for some to swim 50's instead of 100's. Use of equipment is reserved to the discretion of the lane participants. Personal water bottles and/or fitness drinks are recommended to maintain adequate hydration. Please be mindful of the safety of yourself and the other swimmers – enter the water feet first and observe proper lane etiquette when swimming. Have fun, encourage each other, and most of all thanks for helping to contribute to another successful running of the New Jersey Masters Swimming 100 x 100s!

***Please Note:** This workout is only open to 2010 USMS NJ LMSC registered Members. Proof of registration will be confirmed at check-in with a current roster supplied by the NJ LMSC Registrar.

