

# 2009 New England LMSC Short Course Yards Championship

March 21 & March 27-29, 2009, Harvard University, Boston MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 040-002-SSCY

Enter this meet online:  
<http://www.meetresults.com/nelmscscy/>

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Please print seed times clearly. Use a colon between minutes and seconds.  
A seed time must be listed for each event entered.

Max One Event

Maximum of four individual events per day, plus relays

No.	Entry Time Women	Event	Entry Time Men	No.
Saturday, March 21, 8:00am warm up, 9:00am start				
1A		1650 Free - Deep End		2A
1B		1650 Free - Shallow End		2B
3A		1000 Free - Deep End		4A
3B		1000 Free - Shallow End		4B
Friday March 27, 8:00am warm up, 9:00am start				
5		400 Yard Individual Medley		6
7		50 Yard Backstroke		8
9		200 Yard Freestyle		10
11		100 Yard Butterfly		12
13		200 Yard Breaststroke		14
15,17	N/A	400 Yard Freestyle Relay	N/A	16,17
Saturday March 28, 8:00am warm up, 9:00am start				
	N/A	500 Yard Freestyle-Men		18
19		200 Yard Butterfly		20
21		100 Yard Freestyle		22
23,25	N/A	200 Yard Medley Relay	N/A	24,25
27		100 Yard Backstroke		28
29		200 Yard Individual Medley		30
31		50 Yard Breaststroke		32
33,35	N/A	200 Yard Freestyle Relay	N/A	34,35
Sunday March 29, 8:00am warm up, 9:00am start				
37		500 Yard Freestyle-Women	N/A	
39		100 Yard Individual Medley		40
41		50 Yard Butterfly		42
43,45	N/A	800 Free Relay (unscored)	N/A	44,45
47		100 Yard Breaststroke		48
49		200 Yard Backstroke		50
51		50 Yard Freestyle		52
53,55	N/A	400 Yard Medley Relay	N/A	54,55

Name: \_\_\_\_\_ Sex:  Male  Female  
 Emergency Contact Name and Phone: \_\_\_\_\_  
 Age on 3/29/09 \_\_\_\_\_ DOB: \_\_\_\_\_ Phone: \_\_\_\_\_  
 E-Mail: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 2009 USMS Number: \_\_\_\_\_  
 New England Masters-Workout group: \_\_\_\_\_  
 Vermont Masters  Maine Masters  Great Bay Masters  West Side SC  
**Note: If you are a member of NEMSC and are not sure of the name of your workout group, go to the meet web site (listed below) to find the official name and/or abbreviation.**  
 Other club name: \_\_\_\_\_ LMSC: \_\_\_\_\_  
**Note: If you are not a member of the New England LMSC you must attach a copy of your 2009 USMS card to this form.**

**ALL INFORMATION IS REQUIRED FOR AN OFFICIAL ENTRY.  
INCOMPLETE FORMS WILL BE ASSESSED A \$5 PROCESSING FEE.**

**Save a stamp! Submit your entry online: <http://www.meetresults.com/nelmscscy/>**

**Shallow-End 1650 and 1000 Freestyle:** Swimmers who enter the shallow-end 1650 or 1000 freestyle (events 1B, 2B, 3B, 4B) agree to swim the event in the shallow end with an in-water start. Shallow-end 1650/1000 entries may take a \$2 entry fee credit.

Meet entry fee	= \$ 20.00	<b>Mail To:</b> NE LMSC SCY Entries PO Box 380782 Cambridge, MA 02238 <a href="mailto:nelmscscy@meetresults.com">nelmscscy@meetresults.com</a>
# Individual events ___ X \$5.00	= \$ _____	
Shallow end 1650/1000 (\$2 credit)	= \$ _____	
Total (payable to Cambridge Masters SC)	= \$ _____	

*No refunds will be issued for any reason.*

**ENTRY DEADLINE**

**Entries must be postmarked by February 17, or received by February 20.**

**MEET SIZE CAP:** The meet will be FULL at 750 swimmers. All entries received by the regular entry deadline will be accepted. LATE ENTRIES will be accepted only if the meet is not full.  
**LATE ENTRIES:** If you miss the entry deadline above, and the meet has not been declared FULL, you may submit an entry form with an additional \$20 late entry penalty. Late entries must be received by 6pm, Friday March 13, and *must* include a valid 2009 USMS ID number.

**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 of 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.

DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

**This form can be completed on your computer and printed out using Adobe Acrobat. Please download the original form from the meet web site.**