

2010 New England LMSC Long Course Meters Championship

June 25-27, 2010, Middlebury College, Middlebury VT

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 040-031-SLCM

Enter a maximum of **FIVE** individual events per day, plus relays.
Please enter **LONG COURSE METERS** seed times.

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

Event #	Seed Time Women	Event	Seed Time Men	Event #
Friday June 25, 11:00a.m. warm up, 12:00 p.m. start <i>If signing up for both 800 and 1500, please circle your preferred event</i>				
1		800 Meter Freestyle		2
3		1500 Meter Freestyle		4
Saturday June 26, 8:00 a.m. warm up, 9:00 a.m. start				
5		400 Meter Freestyle (Women)		--
7		200 Meter Butterfly		8
9		50 Meter Freestyle		10
11		100 Meter Backstroke		12
13		400 Meter Individual Medley		14
15		50 Meter Butterfly		16
17		200 Meter Breaststroke		18
19		100 Meter Freestyle		20
21,23	Deck Entry	400 Meter Medley Relay	Deck Entry	22,23
Sunday June 27, 7:00 a.m. warm up, 8:00 a.m. start				
--		400 Meter Freestyle (Men)		24
25		200 Meter Backstroke		26
27		100 Meter Butterfly		28
29		50 Meter Breaststroke		30
31		200 Meter Freestyle		32
33		50 Meter Backstroke		34
35		200 Meter Individual Medley		36
37		100 Meter Breaststroke		38
39,41	Deck Entry	400 Meter Freestyle Relay	Deck Entry	40,41

PLEASE PROVIDE ALL OF THE FOLLOWING INFORMATION AND SIGN AT THE BOTTOM. INCOMPLETE AND/OR INCORRECT ENTRY FORMS WILL NOT BE PROCESSED UNTIL ALL DISCREPANCIES HAVE BEEN RECTIFIED.

Name: _____ Gender: Male Female

Address: _____

Phone: _____ Email: _____

Citizenship: United States Canada Other _____

Age on 12/31/10: _____ DOB: _____ 2010 USMS #: _____

New England Masters: Workout Group: _____

If you are a member of New England Masters, but are not sure of the name of your workout group, go to the meet website to find the official name and/or abbreviation.

Other: Club Name _____ LMSC: _____

Please attach a copy of your 2010 USMS card.

SATURDAY NIGHT SOCIAL with Rowdy Gaines: Please add \$25.00 per person to your entry fee if you would like to attend the social to be held at 5pm on Sat., June 26 at the Middlebury Inn.

Meet entry fee = \$ 25.00

of individual events: _____ x \$ 5.00 = \$ _____

Saturday Social: _____ x \$25.00 = \$ _____

Total = \$ _____

(payable to *Middlebury Muffintops*)

Mail to:
Middlebury Muffintops
321 N Bingham St
Cornwall, VT 05753

ENTRY DEADLINE:

Entries must be postmarked by Monday June 7, 2010 or received by Wednesday June 9, 2010.

LATE ENTRIES: If you miss the entry deadline, you may submit an entry form with an additional \$15 penalty. Late entries must be received by 6:00 p.m. on Friday June 18.

MEET ENTRY CAP: If, in the judgment of the meet directors, the event timeline approaches the limitations of pool availability, no further entries will be accepted. *Please enter early!*

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 CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE PRESIDENT AND FELLOWS OF MIDDLEBURY COLLEGE, 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: _____

DATE: _____