

2011 Colonies Zone Long Course Meters Championship

June 24-26, 2011, Middlebury College, Middlebury VT

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 042-005-SLCM--2011

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 24, 11:00a.m. warm up, 12:00 p.m. start				
1		1500 Meter Freestyle		2
3		800 Meter Freestyle		4
Saturday June 25, 8:00 a.m. warm up, 9:00 a.m. start				
		400 Meter Freestyle (Men)		6
7		50 Meter Breaststroke		8
9		200 Meter Backstroke		10
11		100 Meter Freestyle		12
13		400 Meter Individual Medley		14
15		50 Meter Backstroke		16
17		200 Meter Breaststroke		18
19		100 Meter Butterfly		20
21,23	Deck Entry	400 Meter Free Relay	Deck Entry	22,23
Sunday June 26, 7:00 a.m. warm up, 8:00 a.m. start				
25		400 Meter Freestyle (Women)		
27		50 Meter Freestyle		28
29		200 Meter Butterfly		30
31		100 Meter Breaststroke		32
33		200 Meter Individual Medley		34
35		50 Meter Butterfly		36
37		200 Meter Freestyle		38
39		100 Meter Backstroke		40
41,43	Deck Entry	400 Meter Medley Relay	Deck Entry	42,43

YOU MAY ALSO REGISTER ONLINE AT <http://www.middleburymuffintops.org/lcmchamps>

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 12/31/11: _____ DOB: _____ 2011 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: _____

SATURDAY NIGHT SOCIAL: 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 25 at the Middlebury Inn.

Meet entry fee	= \$ 30.00	
# of individual events: _____ x \$ 5.00	= \$ _____	
Saturday Social: _____ x \$25.00	= \$ _____	
Total (payable to <i>Middlebury Muffintops</i>)	= \$ _____	

Mail to:
LCM Championship
321 N Bingham St
Cornwall, VT 05753

ENTRY DEADLINE:

Entries must be postmarked by Monday June 6, 2011 or received by Wednesday June 8, 2011.

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 17.

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: _____