

Sunday 12 February 2012 Valentine's Day SC Yard Masters Meet
(Formerly Trigger Aquatics Meet)
Hosted by C. W. Post Masters Swimming at C. W. Post Pratt Recreation Center Pool
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #062-02

- FACILITY** Six (6) short course yard competition lanes; electronic timing system and scoreboard display. One lane will remain open during the meet for continuous warm-up and cool down. **NO DIVING** permitted during warm-up except in designated one-way sprint lane(s).
- ELIGIBILITY** Open to all USMS-registered swimmers age 18 and older. **A legible copy of your current 2012 USMS registration card MUST be included with fully executed meet entry form.**
- SCHEDULE** Warm-Up: 8:00-8:55AM • Meet Start: 9:00AM
- ENTRY TIMES** Enter **YARD** times for all events. Swimmers are permitted to enter a maximum of five (5) individual events plus one (1) relay event.
- EVENT SEEDING** Events will be contested in heats, slowest to fastest. All events will be pre-seeded except for the 500 Free (see positive check-in details below). Individual event heat sheets will be distributed just prior to meet start time.
- 500 FREESTYLE** Event #17 Mixed 500 yard Freestyle requires **POSITIVE CHECK-IN BY 10:00AM**. If you do not check in, **YOU WILL BE SCRATCHED** from the event. The 500 Free will be seeded after check-in ends.
- SPLIT TIMES** Any swimmer who intends to post a USMS Top Ten or USMS National Record split time during an event please NOTE: Individual event split times request must be submitted in writing prior to the conclusion of the meet; initial backstroke distance in individual backstroke events must be submitted in writing PRIOR to the swim. Submit written request(s) to the computer operator at the meet. Split time request forms will be available on event day.
- RELAY** Event #1 Mixed 200 Yard Valentine's Day Freestyle Relay is to be DECK-ENTERED at the meet **NO LATER THAN 8:30AM**. **Relay results will not be reported to USMS for top ten or records consideration**. See page three for complete relay details.
- AWARDS** Commemorative event shirts for all participants. Unique chocolate specialty awards for first through third place in all individual events. **No awards will be mailed after the meet has concluded.**
- ENTRY FEES** **\$30.00** check or money order payable to Long Island University. Entry fees are NON-REFUNDABLE.
- ENTRY DEADLINE** Entries must be **RECEIVED** (not postmarked) by **6:00PM on Monday 6 February 2012**. You are urged to mail your entry at LEAST five (5) business days before deadline and bring a COPY of your entry form with you to the meet. No telephone, fax, electronic or late entries will be accepted. Fill in all contact information to enable us to reach you if entry limit has been exceeded or to resolve a discrepancy. Entry problems that cannot be resolved prior to the entry deadline will be returned.
- CONFIRMATION** Include email address (preferred) OR stamped self-addressed envelope for entry receipt confirmation.
- MAIL TO** Maureen Travers, 50 Jerusalem Avenue, Levittown, NY 11756
- QUESTIONS** Direct inquiries to Maureen Travers (phone 516-299-3371 or e-mail maureen.travers@liu.edu)
- DIRECTIONS** Driving directions can be found online at www.liu.edu/CWPost/About/Visit/Directions.aspx. Once on campus, follow signs to the Pratt Recreation Center.

Sunday 12 February 2012 Valentine's Day SC Yard Masters Meet INDIVIDUAL EVENT ENTRY FORM

Enter YARD times for all events. You are permitted to enter a maximum of five (5) individual events. Please print neatly and clearly. Fill in all contact information should we need to reach you to resolve a discrepancy.

Include a legible copy of your 2012 USMS registration card and the \$30.00 meet entry fee payment.

Warm-up: 8:00-8:55AM • Meet Start: 9:00AM

#	Event Description	Entry Time (Yards)
1	Mixed 200 yard Valentine's Day Relay	<i>use page 3 relay entry form</i>
2	Mixed 200 yard Freestyle	_____
3	Mixed 50 yard Butterfly	_____
4	Mixed 200 yard Breaststroke	_____
5	Mixed 100 yard Backstroke	_____
6	Mixed 100 yard Individual Medley	_____
7	Mixed 200 yard Butterfly	_____
8	Mixed 50 yard Freestyle	_____
9	Mixed 400 yard Individual Medley	_____
10	Mixed 200 yard Backstroke	_____
11	Mixed 50 yard Breaststroke	_____
12	Mixed 100 yard Freestyle	_____
13	Mixed 200 yard Individual Medley	_____
14	Mixed 100 yard Butterfly	_____
15	Mixed 50 yard Backstroke	_____
16	Mixed 100 yard Breaststroke	_____
17	Mixed 500 yard Freestyle	_____

Entry must be **RECEIVED** by **6:00PM on Monday 6 February 2012** • Enclose a legible copy of your 2012 USMS registration card
Check or money order payable to **Long Island University** • MAIL to Maureen Travers, 50 Jerusalem Avenue, Levittown, NY 11756

LIABILITY RELEASE: "I, 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 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 HEARBY 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 CLUB 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 _____

PRINT NAME _____ GENDER (circle one): M F

DATE OF BIRTH ____/____/____ AGE ____ (on 02/12/12) CLUB _____

DAY PHONE (_____) _____ - _____ EVE PHONE (_____) _____ - _____

YOUR EMAIL ADDRESS _____

Sunday 12 February 2012 Valentine's Day SC Yard Masters Meet
RELAY ENTRY FORM

Enter YARD times. AGE determining date for relay purposes is 12 February 2012.
Swimmer ORDER may NOT change once entry is submitted. Deck-enter relay(s) by 8:30AM.
All relay swimmers MUST be INDIVIDUALLY entered in meet to be eligible for relay participation.
Relay must contain 2 men + 2 women. Aggregate age of relay members must total 160 years or more.

Event #1 - Mixed 200 Yard Valentine's Day 160+ Freestyle Relay

Entry Time: _____ Team Name: _____

	Swimmer First & Last Name	Gender	Age
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____

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1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____