

**Saturday 10 March 2012 AQUAPALOOZA II SC Meter Masters Swim Meet**  
**Hosted by Team New York Aquatics at Flushing Meadows Corona Park Aquatic Complex**  
**Sanctioned by the Metropolitan LMSC for USMS, Inc., Sanction #062-01**

- FACILITY** Eight (8) short course meter competition lanes, electronic timing system and scoreboard display. Adjacent lanes will remain open throughout the meet for continuous warm-up and cool down. **NO DIVING** is permitted during warm-up except in designated one-way sprint lane(s).
- DIRECTIONS** <http://www.nycgovparks.org/park-features/fmcp/aquatic-center/directions>
- 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 **SC Meter** times for all events. Swimmers are permitted to enter a maximum of four (4) individual events plus three (3) relay events.
- SEEDING** Events will be contested in heats, slowest to fastest, strictly based on entry time (not by age or gender). All individual events will be pre-seeded except for the 400 SCM Freestyle (see positive check-in details below). Individual event heat sheets will be distributed just prior to meet start time.
- 400 FREESTYLE** Event #4 Mixed 400 SCM Freestyle requires **POSITIVE CHECK-IN BY 9:00AM**. If you do not check in, **YOU WILL BE SCRATCHED** from the event. The 400 SCM Freestyle will be seeded after check-in ends.
- SPLIT TIMES** Any swimmer who intends to post a USMS Top Ten, USMS National Record or FINA World Record split time during an event please NOTE that individual event split time request must be submitted in writing prior to conclusion of the meet. BUT initial backstroke distance split in individual backstroke events and relay lead-off split 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 at the meet on event day.
- RELAY** All relays are to be DECK-ENTERED at the meet NO LATER THAN 8:30AM. See relay entry form for complete details. Event #19 FUN Relay can comprised of athletes from any team and does not require pre-deck entry.
- AWARDS** Commemorative event shirts for all participants.
- DEADLINE** **Online meet registration closes at MIDNIGHT on Thursday 8 March 2012. Mail-in entry must be RECEIVED (not postmarked) by 6:00PM on Monday 5 March 2012.** You are urged to mail your entry at LEAST five (5) business days before deadline and bring a COPY of your entry form to the meet. No telephone, fax, electronic or late entries will be accepted. Fill in all contact information to enable us to reach you to resolve a discrepancy. Entry problems that cannot be resolved prior to the entry deadline will be returned.
- REGISTRATION** You may register online or via snail mail. Online registration requires the use of a credit card (VISA or M/C only); registration link can be found at [www.tnya.org](http://www.tnya.org). To register via mail, submit fully executed entry form, legible copy of 2012 USMS registration card, and **\$35.00** check or money order payable to **Team New York Aquatics Club**. Entry fees are NON-REFUNDABLE.
- MAIL TO** Team New York Aquatics c/o Mark D'Ambrosi, 345 West 55 Street, Apt 9F, New York, NY 10019.
- QUESTIONS** Direct inquiries to Christopher Barrett Politan ([Christopher.barrett1578@gmail.com](mailto:Christopher.barrett1578@gmail.com) or 202.360.9932) or Warren Perry ([warrenperry3@gmail.com](mailto:warrenperry3@gmail.com))

**Saturday 10 March 2012 AQUAPALOOZA II SC Meter Swim Meet**  
**INDIVIDUAL EVENT ENTRY FORM**  
**Warm-up: 8:00-8:55AM • Meet Start: 9:00AM**

Enter short course meter (SCM) times for all events. You may enter and swim a maximum of four (4) individual events.  
 Please print neatly and clearly. Fill in all contact information should we need to reach you to resolve a discrepancy.

#	Event Description	Entry Time
1	Men 400 SCM Medley Relay	~ use relay form ~
2	Women 400 SCM Medley Relay	~ use relay form ~
3	Mixed 400 SCM Medley Relay	~ use relay form ~
4	Mixed 400 SCM Freestyle	_____
5	Mixed 200 SCM Individual Medley	_____
6	Mixed 100 SCM Breaststroke	_____
7	Mixed 100 SCM Freestyle	_____
8	Men 200 SCM Freestyle Relay	~ use relay form ~
9	Women 200 SCM Freestyle Relay	~ use relay form ~
10	Mixed 200 SCM Freestyle Relay	~ use relay form ~
	~ ~ 10 minute BREAK ~ ~	
11	Mixed 200 SCM Freestyle	_____
12	Mixed 100 SCM Butterfly	_____
13	Mixed 50 SCM Freestyle	_____
14	Mixed 100 SCM Backstroke	_____
	~ ~ 10 minute BREAK ~ ~	
16	Men 400 SCM Freestyle Relay	~ use relay form ~
17	Women 400 SCM Freestyle Relay	~ use relay form ~
18	Mixed 400 SCM Freestyle Relay	~ use relay form ~
19	Mixed UNOFFICIAL 200 Fun Relay	see <a href="http://www.tnva.org">www.tnva.org</a> for info

Mail-in entry must be **RECEIVED** by 6:00PM on Monday 5 March 2012. Include legible copy of your 2012 USMS registration card and \$35.00 check or money order payable to **Team New York Aquatics**.  
 Mail to Mark D'Ambrosi, 345 West 55 Street, Apt 9F, New York, NY 10019

**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 YOUR FULL NAME (same as your USMS reg card) \_\_\_\_\_

GENDER (circle one): M F      DOB (mm/dd/yyyy) \_\_\_\_/\_\_\_\_/\_\_\_\_      AGE \_\_\_\_ (as of 12/31/12)

CLUB NAME \_\_\_\_\_

DAY PHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_      EVE PHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

YOUR EMAIL ADDRESS \_\_\_\_\_

**Saturday 10 March 2012 AQUAPALOOZA II SC Meter Swim Meet**

**EVENTS #1, #2 & #3 - 400 SCM MEDLEY RELAY ENTRY FORM**

*ALL relays must be deck-entered by 8:30AM. Enter short course meter (SCM) times. Age determining date is December 31, 2012. Aggregate age of all four relay swimmers determines relay age group. All relay swimmers MUST be individually entered in meet and must be registered with the SAME club for relay participation eligibility. Swimmer ORDER may NOT change once entry is submitted.*

Circle one event: Event #1 Men Relay    Event #2 Women Relay    Event #3 Mixed Relay

Circle age group: 72-99    100-119    120-159    160-199    200-239    240-279    280-319

Entry Time: \_\_\_\_\_ Club Name: \_\_\_\_\_

	Print First & Last Name (mixed relay = 2 men + 2 women)	Gender	Age
#1 Back	_____	_____	_____
#2 Brst	_____	_____	_____
#3 Fly	_____	_____	_____
#4 Free	_____	_____	_____

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**Saturday 10 March 2012 AQUAPALOOZA II SC Meter Swim Meet**

**EVENTS #8, #9 & #10 - 200 SCM FREESTYLE RELAY ENTRY FORM**

*ALL relays must be deck-entered by 8:30AM. Enter short course meter (SCM) times. Age determining date is December 31, 2012. Aggregate age of all four relay swimmers determines relay age group. All relay swimmers MUST be individually entered in meet and must be registered with the SAME club for relay participation eligibility. Swimmer ORDER may NOT change once entry is submitted.*

Circle one: Event #8 Men Relay    Event #9 Women Relay    Event #10 Mixed Relay

Circle one age group: 72-99    100-119    120-159    160-199    200-239    240-279    280-319

Entry Time: \_\_\_\_\_ Club Name: \_\_\_\_\_

	Print First & Last Name (mixed relay = 2 men + 2 women)	Gender	Age
Swimmer #1	_____	_____	_____
Swimmer #2	_____	_____	_____
Swimmer #3	_____	_____	_____
Swimmer #4	_____	_____	_____

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**Saturday 10 March 2012 AQUAPALOOZA II SC Meter Swim Meet**

**EVENTS #16, #17 & #18 - 400 SCM FREESTYLE RELAY ENTRY FORM**

*ALL relays must be deck-entered by 8:30AM. Enter short course meter (SCM) times. Age determining date is December 31, 2012. Aggregate age of all four relay swimmers determines relay age group. All relay swimmers MUST be individually entered in meet and must be registered with the SAME club for relay participation eligibility. Swimmer ORDER may NOT change once entry is submitted.*

Circle one: Event #16 Men Relay    Event #17 Women Relay    Event #18 Mixed Relay

Circle one age group: 72-99    100-119    120-159    160-199    200-239    240-279    280-319

Entry Time: \_\_\_\_\_ Club Name: \_\_\_\_\_

	Print First & Last Name (mixed relay = 2 men + 2 women)	Gender	Age
Swimmer #1	_____	_____	_____
Swimmer #2	_____	_____	_____
Swimmer #3	_____	_____	_____
Swimmer #4	_____	_____	_____