

2008 KINGSTON HURRICANE SWIM MEET
Saturday October 18, 2008

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 038-006
David Barra, General Chairman
- Host:** Kingston Swim Club
- Location:** Hurley Natatorium, Kingston High School, Kingston, NY
Short Course 25 Yard Pool, 6 lanes
- Directions:** Take NY State Thruway to Exit 19/Kingston. Take the third exit off the rotary onto Col Chandler Drive (587). Stay in the right lane and go straight through the first light (32 South). The road bears left and merges onto Broadway (32 South). Follow Broadway for 0.8 miles to the Kingston HS. Take the first entrance of the horseshoe drive past the front entrance of the school. The pool is straight ahead. Park in the lot near the pool, on Broadway or follow signs to additional parking.
- Time:** Warm-up at 12:30 PM. Meet starts at 1:30 PM.
- Meet Director:** Mike Jordan mjordan4@hvc.rr.com 845-679-1016
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of October 18, 2008. Include a copy of your USMS or MSC registration card. If you need to register, please visit www.adms.org, fill out a registration form and follow the instructions. The age of a swimmer is his or her age on October 18, 2008. A swimmer may enter up to FIVE individual events. Entries must be postmarked by Saturday October 4, 2008. USMS Technical Rules will be in effect.
- Events:** All events will be swum as timed finals. This is a pre-seeded meet. Events will be swum slowest to fastest with the exception of event #85 – 1000 free which will be swum fastest to slowest. Note that event #85 will be swum two per lane if necessary to complete the meet on time.
- Warm-up:** As a result of the large number of injuries occurring across the country during warm-ups, USMS and Adirondack Masters Swimming do not allow diving into the pool during the warm-up period except in the designated sprint lanes. You must fully cooperate with this requirement. Warm-ups will be 12:00 - 12:55 PM. One lane will be available throughout the meet for warm-up, with no diving allowed.
- Timing:** A Colorado Automatic system will be used. The host team will provide backup timers. Times will be submitted for ADMS and USMS Top Ten records.
- Officials:** Currently certified USAS officials will be provided.
- Services:** A meet program will be available for each participant. Food and drink will be available for purchase at the meet. No food or drink is to be consumed on the pool deck. No glass containers of any kind may be brought into the pool or locker room areas. A vendor will be selling equipment during the meet.
- Results:** Results will be posted at www.adms.org.
- Entry Fees:** The entry fee is \$5.00 per event. **NO DECK ENTRIES.** Make your check payable to “Kingston Swim Club”. Mail signed waiver, entry form, a copy of your USMS or MSC card, and a check to be postmarked by October 4, 2008 to: Mike Jordan, 9 Niles Drive, Woodstock, NY 12498
PH: 845-679-1016; mjordan4@hvc.rr.com.

2008 Kingston Hurricane Entry Form

Staple <i>legible</i> copy of USMS or MSC card here			Please supply the following information:
USMS/MSC Number	Club (as stated on USMS/MSC card)	Day Phone ()	
Name & Address (name EXACTLY as it appears on USMS/MSC card)			Evening Phone ()
Gender	Birth date	Age (as of October 18, 2008)	Email

RELEASE OF LIABILITY BY PARTICIPANT: 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** _____

In case of emergency, contact: Name _____ **Phone:** _____

12:30 PM WARM-UP 1:30 PM START

EVENT #	EVENT	ENTRY TIME (Short Course Yards)
49/50	11/12 50 FREESTYLE	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
51	MASTERS 50 FREESTYLE	
52	MASTERS 50 BREASTSTROKE	
53	MASTERS 200 BACKSTROKE	
54/55	OPEN 200 BACKSTROKE	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
56/57	11/12 200 IM	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
58	MASTERS 100 IM	
59	MASTERS 50 BACKSTROKE	
60	MASTERS 200 BUTTERFLY	
61/62	OPEN 200 BUTTERFLY	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
63/64	11/12 50 BACKSTROKE	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
65	MASTERS 100 BACKSTROKE	
66	MASTERS 100 BREASTSTROKE	
67/68	11/12 50 BUTTERFLY	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
69	MASTERS 100 BUTTERFLY	
70	MASTERS 200 FREESTYLE	
71/72	11/12 200 FREESTYLE	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
73	MASTERS 200 IM	
74	MASTERS 50 BUTTERFLY	
75/76	11/12 50 BREASTSTROKE	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
77	MASTERS 200 BREASTSTROKE	
78/79	OPEN 200 BREASTSTROKE	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
80	MASTERS 100 FREESTYLE	
81/82	11/12 200 FREE RELAY	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
83/84	OPEN 1000 FREESTYLE	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX
85	MASTERS 1000 FREESTYLE	
TOTAL = # of Events _____ X \$5/event = \$ _____.00 Make checks payable to Kingston Swim Club		

FIRST-TIMERS: A swimmer registered as an Adirondack Master and participating in their first Adirondack meet is eligible for a First-Timers T-shirt: Please circle size: S M L XL