

**2009 BALLSTON SPA SPRING FLING SWIM MEET**  
**Saturday, May 16, 2009**

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 039-002  
Dave Barra, General Chairman
- Host:** Ballston Spa High School Swimming Team
- Location:** Ballston Spa High School, 220 Ballston Avenue, Ballston Spa, NY  
Short Course 25 Yard Pool, 6 lanes
- Directions:** Available at <http://www.adirondackswimming.org/pooldirections.html>
- Time:** Warm-up at 12:30 PM. Meet starts at 1:30 PM.
- Meet Director:** Keith Coonrod [kcoonro1@nycap.rr.com](mailto:kcoonro1@nycap.rr.com) 518-885-2971
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of May 16, 2009. Include a copy of your USMS or MSC registration card. If you need to register in ADMS, please visit the website at [www.adms.org](http://www.adms.org) and select "Sign Up!" The age of a swimmer is his or her age on May 16, 2009. A swimmer may enter up to FIVE individual events. **Entries must be postmarked by Saturday, May 2, 2009.** USMS Technical Rules will be in effect.
- Events:** This is a pre-seeded meet with events being swum slowest to fastest. Any swimmer who successfully completes the events that make up any one of the 3 pentathlon series (see entry form) will receive a meet souvenir.
- Warm-up:** As a result of the large number of injuries occurring across the country during warm-ups, USMS and Adirondack District Masters Swimming do not allow diving into the pool into warm-up or cool down lanes except in the one way designated sprint lanes. You must fully cooperate with this requirement. One lane will be available throughout the meet for warm-up and cool down.
- Timing:** An IST automatic timing and starting 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. 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.
- Results:** Results will be posted at [www.adms.org](http://www.adms.org).
- Entry Fees:** The entry fee is \$5.00 per event. **NO DECK ENTRIES.** Make your check payable to "Ballston Spa High School Swim Team". Mail signed waiver, entry form, a copy of your USMS or MSC card, and a check to be **postmarked by May 2, 2008** to: Joan Coonrod, 10 Wheeler Court, Ballston Spa, NY 12020, Ph: 518-885-2971.

## 2009 BALLSTON SPA SPRING FLING Entry Form

<b>Staple legible copy of USMS or MSC card here</b>			<b>Please supply the following information:</b>
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 May 16, 2009)	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:** \_\_\_\_\_

**Check if you have entered the:**

\_\_\_ **Mini-Pentathlon: 50 fly, 50 back, 50 breast, 50 free, 100 IM**

\_\_\_ **Pentathlon: 100 fly, 100 back, 100 breast, 100 free, 200 IM**

\_\_\_ **Ultra-Pentathlon: 200 fly, 200 back, 200 breast, 200 free, 400 IM**

**Swimmers who successfully complete one of the three pentathlon series will receive a special meet souvenir.**

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

EVENT #	EVENT	ENTRY TIME (Short Course Yds)
1	200 BUTTERFLY	
2	100 BREASTSTROKE	
3	50 FREESTYLE	
4	200 BACKSTROKE	
5	100 BUTTERFLY	
6	100 INDIVIDUAL MEDLEY	
7	200 BREASTSTROKE	
8	200 INDIVIDUAL MEDLEY	
9	50 BUTTERFLY	
10	200 FREESTYLE	
11	100 BACKSTROKE	
12	50 BREASTSTROKE	
13	400 INDIVIDUAL MEDLEY	
14	100 FREESTYLE	
15	50 BACKSTROKE	
16	500 FREESTYLE	
Total Due: ___ # of events X \$5.00/ event = \$ ____ .00		
Make checks payable to Ballston Spa High School Swim Team		

**FIRST-TIMERS:** If this is your first meet and you are registered as an Adirondack Master, you are eligible for a First-Timers T-shirt: Please circle size: M L XL