

Colonies Zone SC Meter Championships • Saturday-Sunday, December 5-6, 2009
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #069-16

FACILITY	Flushing Meadows Corona Park ("FMCP") Aquatic Complex located at Avery Avenue & 131 st Street, Corona, NY 11355. Built in 2008, the FMCP Aquatic Center is a \$66.3 million 110,000 square foot multi-sport venue featuring state-of-the-art technology and accommodations. 10 x SCM competition lanes with adjacent short course lanes available for continuous warm-up and cool down throughout the meet. Electronic timing and scoreboard display; non-turbulent lane lines; overflow gutters; deep water competition course. The FMCP Aquatic Center is situated in the heart of a 1,255-acre park which has historical, recreational and environmental significance featuring the NY Mets Citi Field stadium, USTA Billie Jean King National Tennis Center, New York Hall of Science, Queens Museum of Art, Queens Wildlife Center, and landmark remnants from the 1939-40 and 1964-65 World Fairs such as the Unisphere and Terrace On The Park heliport.
ELIGIBILITY	2009 or 2010 registered United States Masters Swimming ("USMS") members age 18 and older. Age determining date for meter age group competition is age as of December 31, 2009. High tech swim suits are PERMITTED at this meet.
PRE-MEET DATA	Athlete roster, time line, heat and psych sheets will be posted at www.metroswim.org about 3-4 days prior to meet start date.
GOODIES	Commemorative event shirts for all competitors, along with freebies, coupons, handouts and goodies from local merchants.
HOSPITALITY	A hospitality room will be available the entire weekend ONLY for meet organizers, staff, officials and volunteers. In-house concession stand and vending machines are available for swimmers and coaches.
AWARDS	Distinctive medals for 1 st through 3 rd place and ribbons for 4 th to 6 th place in individual events. Medals for all 1 st through 3 rd place relay team members. First-place high point combined team trophies will be awarded in small (1-15 swimmers), medium (16-30 swimmers), and large (31+ swimmers) team categories.
SCORING	Individual events (1 st through 10 th place): 11-9-8-7-6-5-4-3-2-1. Point values doubled for relays.
MEET RESULTS	Full results with cumulative and subtracted splits will be available at www.metroswim.org within 48 hours after meet.
OFFICIAL SPLITS	Official split time request forms will be available at the meet. Written split time requests must be submitted BEFORE meet conclusion for all events except for medley relay and initial backstroke split requests which must be submitted PRIOR to swim.
RELAYS	May NOT be pre-entered - must be DECK-ENTERED and paid for BY CASH at the meet each day during warm-up.
DISTANCE EVENTS	Swimmers may only enter and swim ONE of the two freestyle distance events on Saturday afternoon - NOT both. Lap counter cards will be provided at event, but swimmers are responsible for providing their own lap-counting volunteers.
POSITIVE CHECK-IN	Will be required for the 400 Free, 400 I.M., 800 Free, and 1500 Free events. If you do not check in, you will be SCRATCHED from the event. Positive check-in deadline, along with relay deck-entry deadline, will be posted at the meet each day.
EVENT SEEDING	Swimmers will be seeded according to entry time and not by age or gender. Heats will be conducted slowest to fastest.
ENTRY INFO	Swimmers are limited to FIVE (5) individual events and TWO (2) relays per day (NOT per session). Online event registration available at www.ClubAssistant.com/club/meet_information.cfm?c=1356&smid=1898 with current USMS registration number and credit card entry fee payment (processing fee incurred). Entry confirmation printout available.
ENTRY FEES	\$15.00 meet surcharge plus \$5.00 per individual event payable by check or money order to Metropolitan LMSC . Entry fees are non-refundable and non-transferable. Relays are \$15.00 each payable only by CASH on event day. MAIL individual entry form with entry fee and legible copy of current (2009 or 2010) USMS registration card to: Metro LMSC, 734 Franklin Avenue #383, Garden City, NY 11530 . All delivery services accepted Mon-Fri 9AM-7PM and Sat 9AM-5PM. Include a stamped, self-addressed envelope for entry receipt confirmation.
ENTRY DEADLINE	Mail-in entry RECEIPT (not postmark) and online event registration ENDS at 6:00PM on Wednesday, November 25, 2009 . No LATE, fax, phone or email entries can be accepted - no exceptions!
QUESTIONS	Conrad Johnson (cjswim007@earthlink.net) or Lisa Baumann (aquafitinc@aol.com).

DIRECTIONS

By car from New York City: Take Triborough Bridge to the Grand Central Parkway (East). Travel approximately three miles until the I-678/RT-25A E/Northern Boulevard exit -- toward the Whitestone Bridge (it's exit #9E). Then take the RT-25A E/Northern Boulevard ramp toward Shea Stadium. At the exit ramp, make a right onto Stadium Road. Take that road straight until the second stop sign, where you will then take a left. Continue past the USTA National Tennis Center, past the pitch n putt. The Flushing Meadows Corona Park Aquatic Center will be located on your right.

By car from Brooklyn: Take the Brooklyn Queens Expressway to Grand Central Parkway (East) and then Northern Boulevard (East) / Shea Stadium Exit #9E. At the exit ramp, make a right onto Stadium Road. Take that road straight and make a left at the second stop sign. Continue past the USTA National Tennis Center, past the pitch n putt, and the FMCP Aquatic Center will be on your right.

By car from Long Island: Take the Long Island Expressway/I-495W, and exit just before the Grand Central Parkway at College Point Boulevard. Take College Point Boulevard to Avery Avenue, and make a left onto Avery Avenue. You may park in the designated spots under the Van Wyck. The pool will be located on the other side. To drive to the front of the FMCP Aquatic Center, go to the corner stop sign and make a right. Follow that road until you get to a stop sign and turn left. The FMCP Aquatic Center is located on your right.

By car from Staten Island/Southern New Jersey: Take the Verrazano Bridge toward Grand Central Parkway East/La Guardia Airport/Astoria Blvd-East exit #39. Follow the Brooklyn-Queens Expressway to Grand Central Parkway (East) and travel approximately three miles until the I-678/RT-25A East/Northern Boulevard exit toward Whitestone Bridge exit #9E. Then take RT-25A East/Northern Boulevard ramp toward Shea Stadium. At the exit ramp, make a right onto Stadium Road. Take that road straight until the second stop sign, where you will then turn left. Flushing Meadows Corona Park Aquatic Center will be located on your right.

By Subway: Take the IRT #7 Flushing subway to the Shea Stadium/Willets Point Station. The Flushing Meadow Corona Park Aquatic Center is about a seven-minute walk down the ramp from the station to the left. Or take the IND E or F trains to Roosevelt Avenue and transfer upstairs to the IRT #7 train (Flushing-bound) subway to the Shea Stadium/Willets Point Station. The Flushing Meadows Corona Park Aquatic Center is about a 3-minute walk down the ramp from the station.

By Bus: The 48 bus goes to Willets Point, where it's an easy walk south to the USTA. Or take the Q23 Corona and 51st Avenues and walk east into Flushing Meadows Park or the Q58 to the corner of College Pt. & Fowler Avenue.

By Railroad: The Long Island Railroad Port Washington branch departs from Penn Station to the Flushing Meadows Corona Park Aquatic Center (Shea Stadium / Willets Point Station).

Free Parking: Handicap parking is directly across the street from the pool, while all other parking is located adjacent to the aquatic center under the Van Wyck Expressway, Lots D, E, & F.

Out-of-town swimmers can take advantage of flights to the area via New York LaGuardia ("LGA") airport, which is a mere 10-15 minute drive to the FMCP pool.

LODGING

There are literally dozens of affordable hotels located less than FIVE miles from the FMCP pool due to the close proximity of LGA airport. We recommend accessing local hotels through www.hotels.com and using a "11355" zip code search. We are also offering out-of-town swimmers the option to stay with a local swimmer for the event weekend. Contact Co-Event Director Conrad Johnson via email at cjswim007@earthlink.net for complete details and to make arrangements.

THE BIG APPLE

For those who wish to extend their weekend to visit the Big Apple, take in the nightlife or a Broadway show, visit museums and other cultural tourist attractions, we have made arrangements for special discounted rates from Thursday-Monday, December 3-7, at a Manhattan hotel. The Affinia Dumont is located at 150 East 34th Street (corner of Lexington Avenue), New York, NY 10016. Go to www.affinia.com/New-York-City-Hotel.aspx?name=Affinia-Dumont for complete hotel information. A quick train ride to the FMCP pool via a brief one-block walk to the 33rd Street/Park Avenue station (first stop transfer at 42nd Street & Lexington Avenue). Group discount code is **SWIM**. Reservations at 212-481-7600 or www.affinia.com.

EATERIES

Starbucks, Dunkin Donuts and classic New York diners are within five minutes of the FMCP pool for a quick morning coffee run, breakfast treat or lunch-time snack. The Corona, Fresh Meadows, Flushing and Bayside vicinity - all 5 to 15 minutes from the FMCP pool - offer a diverse array of international cuisines from Asian, Greek, Italian, Southwestern, Indian and Continental to delight the palette. Local eatery list will be available at swimmer check-in on event weekend.

SCHEDULE Session #1 - Saturday AM December 5, 2009: Warm-Up 8:00-8:55AM / Start Time: 9:00AM / Estimated Finish: 1:00PM
 Session #2 - Saturday PM December 5, 2009: Warm-Up ONE hour AFTER conclusion of AM Session #1
 Session #3 - Sunday AM December 6, 2009: Warm-Up: 9:00-9:55AM / Start Time: 10:00AM / Estimated Finish: 2:30PM
NO DIVING into warm-up lanes is permitted except into designated one-way sprint lanes. 2009 USMS rules apply and will be strictly enforced. Once all meet entries are processed, a pre-meet TIME LINE will be posted online at www.metroswim.org that will more accurately indicate approximate morning and afternoon session warm-up, start and finish times.

INDIVIDUAL EVENT ENTRY FORM

Swimmers are limited to a maximum of five (5) individual and two (2) relay events PER DAY. Enter short course meter times for all events. No "NT" entries will be accepted. Automated entry time conversion utility at www.swimmingworldmagazine.com/results/conversions.asp.

Saturday, December 5 Morning - Session #1

Sunday, December 6 Morning - Session #3

#	Event Description	Entry Time
1	Women 400 SCM Freestyle	_____
2	Mixed 400 SCM Medley Relay	<i>see relay entry form</i>
3	Mixed 200 SCM Breaststroke	_____
4	Mixed 50 SCM Backstroke	_____
5	Mixed 100 SCM Butterfly	_____
6	Mixed 100 SCM Freestyle	_____
7	Mixed 50 SCM Breaststroke	_____
8	Mixed 200 SCM Backstroke	_____
9	Mixed 100 SCM Individual Medley	_____
10	Men 200 SCM Freestyle Relay	<i>see relay entry form</i>
11	Women 200 SCM Freestyle Relay	<i>see relay entry form</i>
12	Mixed 200 SCM Freestyle Relay	<i>see relay entry form</i>

#	Event Description	Entry Time
17	Men 400 SCM Freestyle	_____
18	Mixed 400 SCM Freestyle Relay	<i>see relay entry form</i>
19	Mixed 200 SCM Butterfly	_____
20	Mixed 100 SCM Breaststroke	_____
21	Mixed 50 SCM Freestyle	_____
22	Mixed 200 SCM Individual Medley	_____
23	Mixed 100 SCM Backstroke	_____
24	Mixed 50 SCM Butterfly	_____
25	Mixed 200 SCM Freestyle	_____
26	Men 200 SCM Medley Relay	<i>see relay entry form</i>
27	Women 200 SCM Medley Relay	<i>see relay entry form</i>
28	Mixed 200 SCM Medley Relay	<i>see relay entry form</i>

Saturday, December 5 Afternoon - Session #2

Meet Entry Calculation

#	Event Description	Entry Time
13	Mixed 800 SCM Freestyle Relay	<i>see relay entry form</i>
14	Mixed 400 SCM Individual Medley	_____
15	Mixed 800 SCM Freestyle	_____
16	Mixed 1500 SCM Freestyle	_____

_____ # of individual events x \$5.00 = _____
 plus \$15.00 meet surcharge \$ 15.00
 = total entry fee

Check or money order payable to Metropolitan LMSC
 >>> 6PM Wed Nov 25 entry **RECEIPT** deadline <<<

FIRST & LAST NAME: _____ Birthdate ____/____/____ Age _____
use same first & last name as per your USMS registration *m m d d y y y y as of 12/31/09*

CLUB ABBREVIATION _____ E-Mail Address _____

DAY TEL (_____) _____ - _____ EVE TEL (_____) _____ - _____

Use of Image/Likeness: I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

USMS LIABILITY 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 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."

Signature (required) _____ Date _____

Swimmers are limited to a maximum of two (2) relay events PER DAY. Enter short course meter relay times. No "NT" accepted. Indicate "A" or "B" or "C" if entering multiple teams. Relays are to be deck-entered and paid for by CASH only at the meet each session during warm-up time period. Make sure relay swimmers are present at the meet before entry is submitted. Relay swimmer order may NOT CHANGE once entry is handed in. Mixed relay events are comprised of two (2) men and two (2) women. Age determining date for this meet is December 31, 2009. Aggregate age of the relay team members determines relay age group. Use swimmer names as per USMS registration cards. Relay team members must be individually entered in the meet to be eligible for relay participation. Only swimmers from the same CLUB may compete together on relays. Unattached swimmers are not eligible for relay participation. This relay entry form may be duplicated as necessary. A supply of relay entry forms will also be available at the meet each day.

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RELAY EVENTS ENTRY FORM

Relay Event # _____ Circle Event: 400 Medley / 200 Free / 800 Free / 400 Free / 200 Medley

Circle Relay Gender: Mixed / Men / Women

Circle Age Group: 72-99 / 100-119 / 120-159 / 160-199 / 200-239 / 240-279 / 280-319 / 320-359

Club Team Name _____ SCM Entry Time _____

	Print First & Last Name	Sex (M or F)	Age (as of 12/31/09)
Swimmer #1	_____	_____	_____
Swimmer #2	_____	_____	_____
Swimmer #3	_____	_____	_____
Swimmer #4	_____	_____	_____
		SUM OF AGES	=====

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Club Team Name _____ SCM Entry Time _____

	Print First & Last Name	Sex (M or F)	Age (as of 12/31/09)
Swimmer #1	_____	_____	_____
Swimmer #2	_____	_____	_____
Swimmer #3	_____	_____	_____
Swimmer #4	_____	_____	_____
		SUM OF AGES	=====

