

37th ANNUAL LEATHERSTOCKING SWIM MEET
Sunday, November 1, 2009

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 039-006
Dan Wall, General Chairman
- Host:** Hartwick College Swimming Team
- Location:** Moyer Pool - Binder Physical Education Center at Hartwick College, Oneonta, NY
Short Course 25 Yard Pool, 8 Lanes; Water Depth \geq 4 ft 0 in at both ends
- Directions:** Exit I-88 at exit #15. Enter Oneonta on Maple St. Turn left at Center St (second light). At the end of Center St turn right onto West St. Take the second entrance (left) into Hartwick College. Go up a steep hill past the soccer field. Ample parking is available at the top of the hill.
- Time:** Warm-up at 9:00 AM. Meet starts at 10:00 AM.
- Meet Director:** Paul Windrath; windrathp@hartwick.edu ; 607-431-4537
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of November 1, 2009. Include a copy of your USMS or MSC registration card. If you need to register, please visit www.adms.org, fill out the registration form and follow the instructions. The age of a swimmer is his or her age on November 1, 2009. A swimmer may enter up to FIVE individual events. Entries must be postmarked by Saturday, **October 24, 2009**. USMS Technical Rules will be in effect.
- Events:** This is a pre-seeded meet with events being swum slowest to fastest, except for the 500, 1000, and 1650 yard freestyle which will be swum fastest to slowest. A swimmer may swim the 1000 **OR** the 1650, but **NOT BOTH**. The 500, 1000, and 1650 freestyle are positive check-in events. Swimmers who will swim the 500 freestyle must check-in by 9:30 AM. Swimmers who will swim the 1000 or 1650 freestyle must check-in by 10:30 AM. Swimmers who fail to check-in by the times listed will be scratched from the distance freestyle events.
- 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 during warm-up or cool down except in the designated one way sprint lanes. You must fully cooperate with this requirement. One lane will be available throughout the meet for warm-up and cool down.
- Timing:** A Colorado automatic timing and starting system will be used. The host team will provide backup timers and counters. 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 glass containers of any kind may be brought into the pool or locker room areas.
- 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 "ADMS". Mail signed waiver, entry form, a copy of your USMS or MSC card, and a check to be postmarked by **October 24, 2009** to: Paul Windrath, 20 Gardner Place, #80, Oneonta, NY 13820, Ph: 607-431-4537; windrathp@hartwick.edu.

2009 LEATHERSTOCKING Entry Form

Staple legible 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 November 1, 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:** _____

9:00 AM WARM-UP 10:00 AM START

EVENT #	EVENT	ENTRY TIME (Short Course Yds)
1	500 FREESTYLE	
2	200 BUTTERFLY	
3	100 BREASTSTROKE	
4	50 FREESTYLE	
5	200 BACKSTROKE	
6	100 BUTTERFLY	
7	100 INDIVIDUAL MEDLEY	
8	200 BREASTSTROKE	
9	200 INDIVIDUAL MEDLEY	
10	50 BUTTERFLY	
11	200 FREESTYLE	
12	100 BACKSTROKE	
13	50 BREASTSTROKE	
14	400 INDIVIDUAL MEDLEY	
15	100 FREESTYLE	
16	50 BACKSTROKE	
17	1000 FREESTYLE	
18	1650 FREESTYLE	
Total Due: _____ # of events X \$5.00/ event = \$ _____.00		
Make checks payable to: ADMS		

FIRST-TIMERS: If your team registration is ADMS and this is your first meet in the Adirondack District, you are eligible for a First-Timers T-shirt: Please circle size: S M L XL