

**2010 MOHONASEN HAPPY NEW YEAR SWIM MEET**  
**Saturday, January 9, 2010**

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 030-004  
Dan Wall, General Chairman
- Host:** Mohonasen/Schalmont Boys Varsity Swim Team
- Location:** Mohonasen High School, 2072 Curry Road, Rotterdam, NY  
Short Course 25 Yard Pool, 6 lanes  
Water Depth:  $\geq 10$  ft. 0 in. at the start end and  $\geq 4$  ft. 0 in. at the turn end
- Directions:** New York State Thruway to exit 25, Curry Rd. West, stay to the right off exit. Go straight through roundabout to the second light and turn left into school entrance. The pool is on the right side of the high school. From 890 take exit 9 (Curry Rd.), take a right and follow the above directions.
- Time:** Warm-up at 1:00 PM. Meet starts at 2:00 PM.
- Meet Director:** Marc Vachon mvachon@mohonasen.org
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of January 9, 2010. Include a copy of your USMS or MSC registration card. If you need to register, please visit [www.adms.org](http://www.adms.org), and follow the instructions. The age of a swimmer is his or her age on January 9, 2010. A swimmer may enter up to FIVE individual events. **Entries must be postmarked by Saturday, December 26, 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 freestyle. A swimmer may compete in the 1000 freestyle **OR** the 1650 freestyle, but **NOT** both. Swimmers entered in event #5, the 500 freestyle, event #19 or event #20, the 1000 and 1650 freestyle, must check-in by 1:30 PM. Swimmers failing to check-in by the stated time will be scratched from the event. Relays will only be accepted as deck entries and must be in by 1:30 PM. Only swimmers entered in at least one individual event in the meet are eligible to participate in relays.
- 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:** A Colorado automatic timing and starting system will be used. The host team will provide backup timers for all events and counters for the distance freestyle events. 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 provided to each participant. Food and drink will be *available for purchase* during the meet. 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 individual event. **NO DECK ENTRIES for individual events will be accepted.** Relays must be deck entered. The entry fee for relays is \$12.00 due at deck registration. Make your check payable to "Mohonasen Boys Swim Team". Mail signed waiver, entry form, a

copy of your USMS or MSC card, and a check to be postmarked by December 26, 2009 to: Marc Vachon; 2072 Curry Road; Schenectady, NY 12303; Ph: 518-356-8240; email: [mvachon@mohonasen.org](mailto:mvachon@mohonasen.org)

## 2010 HAPPY NEW YEAR Entry Form

<b>Staple <i>legible</i> 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 January 9, 2010)	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:** \_\_\_\_\_

### 1:00 PM WARM-UP 2:00 PM START

EVENT #	EVENT	ENTRY TIME (Short Course Yds)
1	200 BUTTERFLY	
2	50 BREASTSTROKE	
3	100 BACKSTROKE	
4	50 FREESTYLE	
5	500 FREESTYLE	
6	100 INDIVIDUAL MEDLEY	
7	50 BUTTERFLY	
8	200 BREASTSTROKE	
9	200 MEDLEY RELAY	<b>Deck Entry Only</b>
10	200 INDIVIDUAL MEDLEY	
11	50 BACKSTROKE	
12	200 FREESTYLE	
13	100 BREASTSTROKE	
14	100 BUTTERFLY	
15	200 FREESTYLE RELAY	<b>Deck Entry Only</b>
16	400 INDIVIDUAL MEDLEY	
17	100 FREESTYLE	
18	200 BACKSTROKE	
19	1000 FREESTYLE	
20	1650 FREESTYLE	

Total Due: \_\_\_\_\_ # of individual events X \$5.00/event = \$ \_\_\_\_\_ .00 Make checks payable to **Mohonasen Boys Swim Team**  
Note: Relay fees are payable on meet day with entry. Please do not include payment for relays.

**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