

2010 KINGSTON SNOWBALL SWIM MEET
Sunday, January 24, 2010

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 030-001
David Barra, General Chairman
- Host:** Kingston Swim Club
- Location:** Hurley Natatorium, Kingston High School, Kingston, NY
Short Course 25 Yard Pool, 6 lanes; Pool Depth: \geq 11ft 0 in at start end; \geq 3 ft 6 in at turn end
- 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 9:00 AM. Meet starts at 10:00 AM.
- Meet Director:** Amelia Gritman agritman1@hvc.rr.com 845-389-7668
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of January 24, 2010. 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 select "Registration". The age of a swimmer is his or her age on January 24, 2010. A swimmer may enter up to FIVE individual events. **Entries must be postmarked by Saturday January 9, 2010.** 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 events #9 – 500 free and #16 – 1000 free which will be swum fastest to slowest. Swimmers must check in for events 9 and 16 prior to 10:30 AM. Swimmers who fail to check in by 10:30 AM for events 9 and 16 will be scratched from the event.
- 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 the warm-up period except in the designated sprint lanes. You must fully cooperate with this requirement. Warm-ups will be 9:00 - 9:55 AM. 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 and counters for distance freestyle. 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 on sale during 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 at the meet selling equipment.
- 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 January 9, 2010 to: Mike Jordan, 9 Niles Dr., Woodstock, NY 12498

2010 Kingston Snowball 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 January 24, 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:** _____

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

EVENT #	EVENT	ENTRY TIME (Short Course Yards)
1	50 FREESTYLE	
2	50 BREASTSTROKE	
3	200 BACKSTROKE	
4	100 IM	
5	50 BACKSTROKE	
6	200 BUTTERFLY	
7	100 BACKSTROKE	
8	100 BREASTSTROKE	
9	500 FREESTYLE	
10	100 BUTTERFLY	
11	200 FREESTYLE	
12	200 IM	
13	50 BUTTERFLY	
14	200 BREASTSTROKE	
15	100 FREESTYLE	
16	1000 FREESTYLE	
TOTAL:# of events ____ X \$5/event = \$ ____ .00 Make check 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