

2012 GLENS FALLS SWIM MEET
Sunday, February 26, 2012

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 032-004
Dan Wall, General Chairman
- Host:** Glens Falls Gators Swim Club
- Location:** Glens Falls High School, 10 Quade Street, Glens Falls, NY
Short Course 25 Yard Pool, 6 lanes; Pool Depth: Start end \geq 10 ft 6 in.; Turn end \geq 4 ft. 1 in.
- Directions:** <http://www.adirondackswimming.org/pooldirections.html>
- Time:** Warm-up at 12:00 PM. Meet starts at 1:00 PM.
- Meet Director:** Matthew Scott; gfmasters@me.com; 518-955-7977
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of February 26, 2012. 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". If you prefer to register solely for this meet, a One Event Registration is included. Please fill it out and send it along with your entry. The age of a swimmer is his or her age on February 26, 2012. A swimmer may enter up to FIVE individual events. **Entries must be postmarked by Saturday February 11, 2012.** 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 #1 – 500 free and #10 – 825 which will be swum fastest to slowest. Swimmers must check in for event #1 prior to 12:30 PM and event #16 prior to 1:30 PM. Swimmers who fail to check in on time will be scratched from the event.
- A swimmer entering the 825 *Anything* event, may use an assistance device such as fins, kickboards, pull buoys, etc. The swimmer may not get help from another individual. Only the swimmer is allowed in the water in their lane throughout the race. Any stroke type is allowed. The swimmer may switch strokes or assistance devices at any time throughout the event. The meet referee has full discretion to identify any unsafe practices during the race. Swimmers shall comply with the meet referee's instructions to discontinue or alter a practice deemed unsafe by the referee. Swimmers failing to comply with the decision of the meet referee shall be barred from further competition in the meet.
- 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. One lane will be available throughout the meet for warm-up, with no diving allowed.
- Timing:** A Daktronics timing system will be used. The host team will provide backup timers and counters for 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 available for each participant. Food and drink will be available 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.

Results: Results will be posted at 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 “Glens Falls YMCA Gators Swim Team”. Mail signed waiver, entry form, a copy of your USMS or MSC card, and a check to be postmarked by February 11, 2012 to: Matthew Scott, 637 Truesdale Hill Road, Lake George, NY 12845 Phone: 518-955-7977; email: gfmasters@me.com.

2012 Glens Falls Entry Form

Staple <i>legible</i> copy of USMS or MSC card here		Please supply the following information:	
USMS/MSC Number		Club (as stated on USMS/MSC card)	
Name & Address (name EXACTLY as it appears on USMS/MSC card)		Day Phone ()	
Evening Phone ()		Email	
Gender	Birth date	Age (as of February 26, 2012)	

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:** _____

12:00 PM WARM-UP 1:00 PM START

EVENT #	EVENT	ENTRY TIME (Short Course Yards)
1	500 FREESTYLE	
2	400 MEDLEY RELAY	XXXXXXXXX Deck Entry Only XXXXXXXXX
3	50 BREASTSTROKE	
4	100 BUTTERFLY	
5	200 BACKSTROKE	
6	100 IM	
7	200 FREESTYLE	
8	50 BUTTERFLY	
9	100 BREASTSTROKE	
10	825 <i>Anything</i>	
11	50 BACKSTROKE	
12	200 IM	
13	50 FREESTYLE	
14	200 BREASTSTROKE	
15	100 BACKSTROKE	
16	200 BUTTERFLY	
17	100 FREESTYLE	
18	800 FREESTYLE RELAY	XXXXXXXXX Deck Entry Only XXXXXXXXX
TOTAL: # of events ____ X \$5/event = \$ ____ .00 Make check payable to Glens Falls YMCA Gators Swim Team		
<i>Note:</i> Relay fees are payable on meet day with entry. Please do not include payment for relays.		

FIRST-TIMERS: A swimmer registered as a member of the Adirondack Master Club and participating in their first Adirondack meet is eligible for a First-Timers T-shirt: Please circle size: S M L XL