

2nd Annual Duanesburg Masters SWIM MEET Saturday, April 7, 2012

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 032-005
Dan Wall, General Chairman
- Host:** Duanesburg Area Community Center Electric Eels
- Location:** Duanesburg Area Community Center Pool, Delanson, NY
Short Course 25 Yard Pool, 6 lanes
Water depth: Start End - 9'2" at 1m & 9'4" at 5m; Turn End - 4'1" at 1m & 4'5" at 5m
- Directions:** Take I-88 to Exit 24 (Duanesburg). Take a right at the end of the ramp and turn left on Route 7 West. At the stoplight stay left on Route 7 West. Turn right onto Cole Road. Turn right onto Michael Drive. The Community Center is at the end of Michael Drive.
- Time:** Warm-up at 9:00 AM. Meet starts at 10:00 AM.
- Meet Director:** Todd Dickson; todd.toadabode.dickson@gmail.com
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of April 7, 2012. Include a copy of your USMS or MSC registration card. If you need to register in ADMS, please visit the website at www.adms.org and select "Registration". The age of a swimmer is his or her age on April 7, 2012. A swimmer may enter up to FIVE individual events. **Entries must be postmarked by Saturday, March 24, 2012.** 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 freestyle which will be swum fastest to slowest. The 500 freestyle is a positive check-in event. All swimmers wishing to swim the 500 freestyle must check-in by 10:30 AM. Swimmers who fail to check in by 10:30 AM will be scratched from the 500 freestyle.
- 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 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 and counters for the 500 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. 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 event. **NO DECK ENTRIES.** Make your check payable to "Duanesburg Area Community Center". Mail signed waiver, entry form, a copy of your USMS or MSC card, and a check to be **postmarked by March 24, 2012** to: Jenn Dixon, 221 Victoria Drive, Delanson, NY 12053, Ph: 518-864-9580.

2012 Duaneburg Area Community Center 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)	Day Phone ()	
Name & Address (name EXACTLY as it appears on USMS/MSC card)		Evening Phone ()	
Gender	Birth date	Age (as of April 7, 2012)	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:** _____

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

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

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