

CANANDAIGUA MASTERS SWIM MEET

FEBRUARY 14, 2010, SUNDAY, WARM-UP 10:00 AM MEET START 11:00 AM

SPONSORED BY THE CANANDAIGUA MASTERS SWIM CLUB
AND THE CANANDAIGUA ACADEMY SWIM TEAM BOOSTERS CLUB

Name _____ CASA/USMS # _____
Sex _____ Age _____ Date of Birth _____ Club (where you practice) _____
Telephone No _____ Club (from your USMS card) _____
Address _____

Event No.	Event Name	Seed Time	Event No.	Event Name	Seed Time
1	200 yd Medley Relay	_____	10	200 yd Free Relay	_____
2	200 yd Free	_____	11	100 yd Fly	_____
3	100 yd IM	_____	12	50 yd Backstroke	_____
4	100 yd Backstroke	_____	13	100 yd Freestyle	_____
5	50 yd Freestyle	_____	14	200 yd IM	_____
6	200 yd Fly	_____	15	50 yd Breastroke	_____
7	100 yd Breastroke	_____	16	200 yd Backstroke	_____
8	400 yd IM	_____	17	50 yd Fly	_____
9	500 yd Freestyle	_____	18	200 yd Breastroke	_____
	Ten Minute Break		19	1000 yd Freestyle	_____

Events will be mixed (men and women) and timed finals seeded slowest to fastest by time. Event 19 will be seeded fastest to slowest.

Open to all USMS and CASA registered swimmers 18 and older as of February 14, 2010.
USMS registration will be available at the meet.

No. Of Relays _____ x (free) = _____ 19+, 25+, 35+, 45+, 65+, 75+ (determined by youngest swimmer)
No. Of Events (5 or less) _____ x \$3.00 = _____ NO DECK ENTRIES, only relays may be deck entered
Registration Fee = \$5.00
TOTAL _____ **ENTRIES MUST BE RECEIVED BY FEBRUARY 8, 2010**

INCLUDE PHOTOCOPY OF USMS REGISTRATION, CHECK OR MONEY ORDER - MADE OUT TO CANANDAIGUA ACADEMY SWIM TEAM BOOSTERS CLUB, AND SIGNED WAIVER

SEND ENTRIES TO:

Lynn Fuller, Meet Director
3971 West Lake Road
Canandaigua, NY 14424

(585) 394-2949 Tel
email:Lynn.Fuller@rit.edu

FACILITY: Canandaigua High School pool is an 8 lane 25 yard, electronically timed pool, non-turbulent lane lines, and separate diving pool for continuous warm-up/down, 7.4 miles south of NYS Thruway Exit 44 on Rt 332 (Main St. in Canandaigua), East on Chapel St. 1 mile, left to school

MORE INFORMATION and RESULTS: see <http://www.sawbellies.org>

AWARDS: for 1st, 2nd, and 3rd place finishers

WARM-UP: 10:00-10:30 Lanes 1-8 circle swimming, NO DIVING,
10:30-11:00 Lanes 1 & 8 for diving and sprints

Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND10-02

WAIVER:

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 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. (Rule Book Article 203.1)

Signature of Participant _____ Date _____