

2012 LIGHTHOUSE MASTERS SWIM MEET

Sunday March 4th, 8:00am *Warm-up*, 9:00am *Start*

Donald Richards Pool at the Cape Elizabeth High School

345 Ocean House Road, Cape Elizabeth ME 04107

Sponsored by Maine Masters Swim Club of the NE-LMSC for USMS, Inc. Recognized # TBD.

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

Print seed times clearly (for SCY Pool)! Use a colon between minutes and seconds.

Select up to 5 individual events. Relays will be deck seeded. Seedings will be from slow to fast regardless of age and gender. Heat sheets will be available and posted at the start of the meet. Separate results for men and women by age group for each event. **Please pick either the 1000 or 1650. Swimmers must provide their own counters.

This is a recognized swim meet. No masters membership is required.

All swimmers ages 18+ are welcome & encouraged to experience adult swim competition.

PARTICIPANT INFORMATION

Full Name: _____
Address: _____
E-Mail: _____
Phone No.: _____ Birthdate: _____ Age on 3/4/12: ____
USMS ID #: _____ USMS Club: _____
Gender: Male Female
Emergency Contact, Phone #: _____

Entry Fees: \$20 for up to 5 individual events, must be received by Thu 3/1.

Deck entries will be accepted until 8:30am on race day for an additional \$5 fee.

Make checks payable to: MESC (Maine Masters Swim Club)

Send questions and completed entry forms to: aperezsmith@gmail.com

Alina Perez-Smith, 14 Littlejohn Road, Cape Elizabeth ME 04107

To register as a Maine Masters Swimmer, please contact: Son Nguyen,

207-615-1299, or go online at: www.usms.org/reg/ Pick MESC.

EVENTS

	Entry Time
Mixed 500 Free	_____
Mixed 400 IM	_____
Mixed 100 Free	_____
Mixed 100 Breast	_____
Mixed 100 Back	_____
Mixed 100 Fly	_____
Mixed 100 IM	_____
Mixed 200 Free	_____
Mixed 200 Breast	_____
Mixed 200 Back	_____
Mixed 200 Fly	_____
Mixed 200 IM	_____
Mixed 50 Free	_____
Mixed 50 Breast	_____
Mixed 50 Back	_____
Mixed 50 Fly	_____
200 Medley Relay	_____
Mixed 1000 Free**	_____
Mixed 1650 Free**	_____



**U.S. MASTERS
SWIMMING**

LIABILITY RELEASE: 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 OF DAMAGES, INCLUDING ALL CLAIMS FOR LASS 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.

Signature: _____ **Date:** _____