

NEW ENGLAND MASTERS SWIM CLUB

“The Swimming Hole” Mini Meet

Stowe, Vermont

Friday April 10th, 2009

Sanctioned by: New England LMSC for USMS, Inc. # 040-008-SSCM

Location: “The Swimming Hole”, Stowe, VT www.theswimmingholestowe.com

Time: 4:30pm Warm-up, 5:30 pm Start
Open warm up, lanes 7 & 8 sprint lanes only

Entry Fee: \$5.00 entry fee and \$3.00 per event (maximum 5 events)

USMS Membership required

Entry deadline 9am on Wednesday April 8th. Deck entries will be not be accepted. Mail entry forms and payment to Meet Director, 75 Weeks Hill Road, Stowe, VT 05672, or fax entries Attention Charlotte J Brynn 802 -253 -9119. Please make checks payable to The Swimming Hole.

Meet Director: Charlotte Brynn cbrynn@theswimmingholestowe.com

Order of events (circle event number and write seed time in meters):

1. 400 Freestyle		5. 50 Freestyle	
2. 100 Butterfly		6. 100 Ind. Medley	
3. 50 Backstroke		7. 200 Freestyle	
4. 100 Breaststroke		8. 100 Backstroke	
		9. 50 Breaststroke	
		10.100 Freestyle	
		11. 50 Butterfly	
		12. 200 Choice**	

** IM, Back, Breaststroke, Butterfly or Freestyle, please note your choice of stroke.

Total Number of events entering = _____ X \$3.00 = _____ + \$5.00 meet entry fee = _____
Total due

Name: _____ 2009 **USMS Registration # (required):** _____

Address: _____ Birth Date: _____ Phone: _____

City, State, Zip: _____

Age: _____ Gender: Male _____ Female _____ Email address _____

Athlete’s 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 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.

Signature: _____ **Date:** _____