

Sunday, January 23, 2011 Winter Blitz Yard Swim Meet
hosted by AquaFit Masters at the Nassau County Aquatic Center
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #061-02

- Host Venue** Nassau County Aquatic Center located in Eisenhower Park in East Meadow; facility is conveniently accessible from all major area highways. 80,000 square foot complex with spectator grandstand area, "stretch" 68-meter pool with three bulkheads, and ten (10) yard competition lanes with two-meter minimum depth. Adjacent short course lanes will remain available for continuous warm-up and cool down throughout the meet. Colorado electronic timing system and scoreboard display. Site of the 1998 Goodwill Games, 1998 Speedo Northeast Junior National Championships, 1999 Phillips 66 USA-Swimming National Championships, 2001 US Open, 2001 Colonies Zone Masters SCY Championships, 2001 Women's NCAA Division 1 Championships, 2001-2004 FINA World Cup events, 2004 New York State Masters SCY Championships, 2004 Men's NCAA Division 1 Championships, and the 2007 USA-Swimming National Championships.
- Schedule** Warm-Up 8:30-9:20AM • Meet Start 9:30AM • Projected Finish Time 1:30PM
- Time Line** An approximate meet time line will be posted online 2-3 days in advance at www.aquafitmasters.com.
- Directions** Area map, venue parking, driving directions, and mass transportation options available at www.aquafitmasters.com.
- Eligibility** Open to all 2011 USMS-registered swimmers 18 years of age or older as of January 23, 2011.
- USMS** Lost your USMS registration card? Go to: www.clubassistant.com/club/usms_member_card_request.cfm?
Need to register with USMS for participation in this meet? Go to: www.clubassistant.com/club/usms.cfm
- Awards** Medals presented to the top three (3) finishers by gender in five-year age groups (18-24, 25-29, 30-34, 35-39, and so on) for all events.
- Seeding** Swimmers will be seeded in heats according to entry time, not by age and gender. Heats will be contested slowest to fastest. All individual events except the 500 Free will be pre-seeded. Heat sheets will be posted online 2-3 days before meet at www.aquafitmasters.com.
- 500 Free** The 500 Yard Freestyle will be limited to a total of FOUR (4) heats (40 swimmers) on a first-come, first-served basis to keep meet time line within facility time restrictions. Positive check-in is required on event day during warm-up period. If you do not check in you WILL BE SCRATCHED from this event. Heat sheets for the 500 Free will be posted on pool deck during meet.
- Split Times** Official split time requests must be submitted IN WRITING prior to meet conclusion. Exception: Initial backstroke distance split requests must be submitted in writing PRIOR TO THE SWIM. A supply of official split time request forms will be available at the meet.
- Entry Times** Enter YARD times for all events. "NT" (no time) entries will be seeded in the first (slowest) heat. An automated entry time conversion utility is available at www.swimmingworldmagazine.com/results/conversions.asp
- Entry Limit** Swimmers are permitted to enter and swim a maximum of four (4) individual events.
- Entry Info** Both paper mail-in and online event registration is available. Event organizers PREFER that you use online event registration for speed and accuracy, which is available at www.ClubAssistant.com/club/meet_information.cfm?c=1356&smid=2723
- Entry Fee** \$30 flat fee regardless of number of events entered. Entry fees are NON-REFUNDABLE. Online event registration requires a credit card and will reflect a charge from Club Assistant.com Event Billing.
- Deadline** Online event registration OPENS Monday, November 1, 2010 and CLOSES Saturday, January 15, 2011 at 12:00PM (12noon) EST. Paper mail-in entry RECEIPT (not postmark) deadline is 6:00PM EST on Thursday, January 13, 2011. No late, faxed, emailed, incomplete or illegible entries will be accepted. If mailing in paper entry, remember to include a legible copy of your 2011 USMS registration card and \$30 entry fee payable by check or money order to AQUAFIT.
- Mail To** Lisa Baumann, 734 Franklin Avenue #383, Garden City, NY 11530
- Questions** Direct inquiries to event director, Lisa Baumann, via email at aquafitinc@aol.com

SUNDAY, JANUARY 23, 2011 WINTER BLITZ YARD SWIM MEET

Warm-Up 8:30-9:20AM • Meet Start 9:30AM • Projected Finish Time 1:30PM

Swimmers are strongly urged to use online registration for speed and accuracy.
Online registration OPENS Monday, November 1, 2010 and will be available at:
www.ClubAssistant.com/club/meet_information.cfm?c=1356&smid=2723

INDIVIDUAL EVENT MAIL-IN ENTRY FORM

Enter YARD times for all events

#	EVENT DESCRIPTION	ENTRY TIME	#	EVENT DESCRIPTION	ENTRY TIME
1	Mixed 200 Yard Freestyle	_____	9	Mixed 50 Yard Butterfly	_____
2	Mixed 50 Yard Breaststroke	_____	10	Mixed 100 Yard Individual Medley	_____
3	Mixed 100 Yard Backstroke	_____	11	Mixed 500 Yard Freestyle	_____
4	Mixed 200 Yard Butterfly	_____	12	Mixed 200 Yard Breaststroke	_____
5	Mixed 400 Yard Individual Medley	_____	13	Mixed 50 Yard Backstroke	_____
6	Mixed 50 Yard Freestyle	_____	14	Mixed 100 Yard Butterfly	_____
7	Mixed 100 Yard Breaststroke	_____	15	Mixed 200 Yard Individual Medley	_____
8	Mixed 200 Yard Backstroke	_____	16	Mixed 100 Yard Freestyle	_____

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Print clearly, filling in ALL information so we can reach you to resolve a discrepancy or for communication of event-related information.

USMS 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 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."

Use of Image/Likeness: I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

SIGNATURE _____ DATE _____

PRINT FIRST & LAST NAME _____ SEX (circle one) M F
same name as indicated on your 2011 USMS registration card

BIRTHDATE / / AGE CLUB ABBREVIATION
m m d d y y y y (as of 01/23/11) (as per USMS registration card)

DAY TEL (_____) _____ - _____ EVE TEL (_____) _____ - _____

CLEARLY PRINT E-MAIL ADDRESS _____

Include LEGIBLE copy of current 2011 USMS registration card and \$30 entry fee payable by check or money order to AQUAFIT with fully executed entry form.
MAIL to: Lisa Baumann, 734 Franklin Avenue #383, Garden City, NY 11530.

Entry RECEIPT (not postmark) deadline is 6:00PM Thursday, January 13, 2011.
 Mail your entry AT LEAST FIVE (5) BUSINESS DAYS IN ADVANCE of deadline.
 Online registration remains open until 12:00PM (12noon) Saturday, January 15, 2011.
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