

**Sunday 24 January 2010 • Tenth Annual Winter Blitz Yard Meet**  
**hosted by AquaFit Masters at the Nassau County Aquatic Center**  
*Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #060-01*

- FACILITY** Nassau County Aquatic Center in Eisenhower Park on Long Island. Ten short course yard competition lanes with adjacent short course lanes available for continuous warm-up and cool down throughout the meet. Electronic timing with full scoreboard display; non-turbulent lane lines; overflow gutters; all deep water competition course. NO DIVING permitted into warm-up lanes except for designated one-way sprint lanes. 2010 USMS rules will govern and be strictly enforced. Area map, driving directions, mass transportation options, parking, lodging and additional meet information all available online in the "Events" section of the AquaFit Masters website at [www.aquafitmasters.com](http://www.aquafitmasters.com).
- SCHEDULE** Warm-Up 8:00-8:50AM • Meet Start 9:00AM • Projected Finish Time 1:30PM. Meet TIME LINE will be posted online at [www.aquafitmasters.com](http://www.aquafitmasters.com) two days prior to meet date, along with athlete roster, heat and psych sheets.
- ELIGIBILITY** This meet is open to USMS-registered swimmers age 18 and older. A legible copy of your current 2010 USMS registration card **MUST** be submitted with mailed-in entry - no exceptions. If you have lost or misplaced your USMS card, simply log on to [www.clubassistant.com/club/usms\\_member\\_card\\_request.cfm](http://www.clubassistant.com/club/usms_member_card_request.cfm) to obtain a card copy which will be delivered to your email address. **Possible high tech swim suit ban MIGHT go into effect for this meet.** A ruling concerning high tech swim suits will be made some time in mid- to late-January, at which time notices will be posted on the Metro [www.metroswim.org](http://www.metroswim.org) and AquaFit [www.aquafitmasters.com](http://www.aquafitmasters.com) website home pages.
- AWARDS** Distinctive medals for 1<sup>st</sup> through 3<sup>rd</sup> place in all individual and relay events. Swimmers should pick up their awards promptly. NO medals will be mailed to competitors after meet conclusion.
- CHECK-IN** Positive check-in on event day is required for all swimmers entered in the 500 Freestyle. If you do not check in you will be SCRATCHED from the event.
- SEEDING** Swimmers will be seeded in heats according to entry time, not by age and gender. Heats will be contested slowest to fastest. All 50, 100, 200 and 400 yard events will be pre-seeded before the meet. The 500 Free will be deck-seeded on event day after positive check-in has closed.
- SPLIT TIMES** Official split time requests must be submitted IN WRITING prior to the conclusion of the meet. Exception: Initial backstroke distance and medley relay 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. Submit form(s) to computer operator on event day.
- ENTRY LIMIT** Swimmers may enter a maximum of four (4) individual events and one (1) relay. Entries will be limited on a first-received basis to keep meet time line within 4.5-hour facility schedule restriction.
- ENTRY TIMES** Enter YARD times for all events. No "NT" entry times accepted for the 400 IM or 500 Free events. An automated time conversion utility is available at [www.swimmingworldmagazine.com/results/conversions.asp](http://www.swimmingworldmagazine.com/results/conversions.asp).
- ENTRY FEE** **\$30.00** payable by check or money order to **AQUAFIT**. Your \$30.00 entry fee covers ALL individual and relay event entries. Entry fees are non-refundable and non-transferable.
- DEADLINE** Final entry **RECEIPT** (not postmark) deadline is 6:00PM on Thursday 14 January 2010, or if 4.5-hour meet time line cap is exceeded prior to this date - whichever comes first. No late, fax, phone or email entries accepted - no exceptions. Do not delay - mail your entry AT LEAST 7-10 days prior to entry deadline.
- MAIL TO** Mail fully executed, signed and dated entry form with legible copy of your 2010 USMS registration card and \$30 entry fee payment to: **AQUAFIT, 734 Franklin Avenue, PMB #383, Garden City, NY 11530**. All forms of delivery service accepted Monday-Friday 9AM-7PM and Saturdays 9AM-5PM (no Sunday delivery). Include a stamped, self-addressed envelope for entry receipt confirmation. We suggest you retain a copy of your meet entry and bring it to the meet.
- QUESTIONS** Direct inquiries to Event Director Lisa Baumann via email at [aquafitinc@aol.com](mailto:aquafitinc@aol.com).

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Warm-Up 8:00-8:50AM • Meet Start 9:00AM • Projected Finish Time 1:30PM

Enter YARD times for all events. Swimmers are limited to a maximum of four (4) individual events and one (1) relay.

Please print clearly and include ALL contact info should we need to reach you to resolve a discrepancy.

**INDIVIDUAL EVENT ENTRY FORM**

#	EVENT DESCRIPTION	ENTRY TIME	#	EVENT DESCRIPTION	ENTRY TIME
1	Mixed 200 Yard Butterfly	_____	10	Mixed 200 Yard Medley Relay <i>Deck-enter relay at swim meet</i>	<i>see relay form</i>
2	Mixed 50 Yard Backstroke	_____	11	Mixed 200 Yard Breaststroke	_____
3	Mixed 100 Yard Breaststroke	_____	12	Mixed 50 Yard Freestyle	_____
4	Mixed 100 Yard Freestyle	_____	13	Mixed 100 Yard Butterfly	_____
5	Mixed 400 Yard Individual Medley <i>No "NT" entry times accepted</i>	_____	14	Mixed 200 Yard Individual Medley	_____
6	Mixed 50 Yard Butterfly	_____	15	Mixed 100 Yard Backstroke	_____
7	Mixed 200 Yard Backstroke	_____	16	Mixed 50 Yard Breaststroke	_____
8	Mixed 200 Yard Freestyle Relay <i>Deck-enter relay at swim meet</i>	<i>see relay form</i>	17	Mixed 200 Yard Freestyle	_____
9	Mixed 500 Yard Freestyle <i>Check-in required; no "NT" entries</i>	_____	18	Mixed 100 Yard Individual Medley	_____

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**\$30.00** entry fee payable by check or money order to **AQUAFIT**. Fully executed, signed and dated entry form with fee payment and legible copy of current 2010 USMS registration card must be **RECEIVED** (not postmarked) by **6:00PM on Thursday 14 January 2010** (unless meet time line cap has been exceeded prior to this date). MAIL to: **AQUAFIT, 734 Franklin Avenue, PMB #383, Garden City, NY 11530. No late, fax, phone or email entries accepted.**

*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.*

**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."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT FIRST & LAST NAME \_\_\_\_\_ SEX (circle one) M F  
*same name as indicated on your current 2010 USMS registration card*

BIRTHDATE \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_ CLUB ABBREVIATION \_\_\_\_\_  
*mm dd yyyy (as of 01/24/10) (as per USMS registration)*

DAY TEL (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EVE TEL (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

CLEARLY PRINT E-MAIL ADDRESS \_\_\_\_\_

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RELAY EVENTS ENTRY FORM

Relays are NO EXTRA CHARGE (included in \$30 meet fee) and are to be deck-entered at meet.

Enter YARD relay times. Age of youngest relay team member determines relay age group. Mixed relays must consist of two (2) men and two (2) women. Relay ORDER may NOT change once entry is submitted.

Swimmers must be INDIVIDUALLY entered in the meet for relay participation eligibility. Only swimmers from the same CLUB may compete together on relay teams. Unattached swimmers are ineligible for relay participation. This relay entry form may be reproduced as needed. A supply of relay entry forms will also be available at the meet.

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Event #8 Mixed 200 Yard Freestyle Relay Entry

Circle Relay Age Group: 18+ / 25+ / 35+ / 45+ / 55+ / 65+ / 75+ / 85+

Club Relay Team Name \_\_\_\_\_ Yard Entry Time \_\_\_\_\_

Print First & Last Name (as per USMS registration card name) Sex (M or F) Age (as of 01/24/10)

Swimmer #1 \_\_\_\_\_

Swimmer #2 \_\_\_\_\_

Swimmer #3 \_\_\_\_\_

Swimmer #4 \_\_\_\_\_

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Event #10 Mixed 200 Yard Medley Relay Entry

Circle Relay Age Group: 18+ / 25+ / 35+ / 45+ / 55+ / 65+ / 75+ / 85+

Club Relay Team Name \_\_\_\_\_ Yard Entry Time \_\_\_\_\_

Print First & Last Name (as per USMS registration card name) Sex (M or F) Age (as of 01/24/10)

Backstroke \_\_\_\_\_

Breaststroke \_\_\_\_\_

Butterfly \_\_\_\_\_

Freestyle \_\_\_\_\_