

**Sunday, March 13, 2005 SC Yard Spring Fling Masters Swim Meet
at Lehman College Apex Center
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #065-02**

FACILITY	Eight short course yard competition lanes; electronic timing system and scoreboard display; adjacent lanes available for continuous warm-up and cool down throughout the meet. NO DIVING permitted during warmup except in designated one-way sprint lanes.
ELIGIBILITY	Open to all USMS-registered swimmers age 19 and older as of March 13, 2005. A legible copy of your 2005 USMS registration card must be included with meet entry - no exceptions.
SCHEDULE	Warmup: 8:15AM. Meet Start: 9:00AM. Finish Time: No later than 1:00PM. Meet time-line, athlete roster and heat sheets will be posted online at www.aquafitmasters.com on Friday morning, March 11.
ENTRIES	Swimmers are permitted to enter a maximum of five (5) individual events. Entries will be accepted on a first-come, first-served basis and limited to keep meet within 1:00pm finish time restriction. Enter YARD times for all events. Please be sure to include ALL contact information should we need to reach you to resolve an entry discrepancy.
SEEDING	All events will be pre-seeded. No Time ("NT") entries will swim in the first/slowest heat of each event. Events will be contested in heats, slowest to fastest, with men and women swimming together. Entry discrepancies should be brought to the attention of the computer operator in writing prior to 9:00am on the day of the meet.
SPLIT TIMES	Any swimmer who intends to post a USMS Top Ten or USMS National Record official split time during an individual event should fill out "Split Time Request" form available at the meet and submit to the meet directors prior to conclusion of the meet. NOTE: Backstroke split time request must be submitted PRIOR to actual swim.
AWARDS	Custom medals for first through third place for each gender in every age group per individual event.
FEES	\$4.00 per individual event PLUS \$8.00 meet surcharge payable via check or money order to AQUAFIT. SPECIAL NOTE: The \$8.00 meet surcharge is WAIVED for all swimmers who were entered in the January 23, 2005 SC Yard Winter Blitz Meet which was cancelled - payment of \$4.00 per individual event still required. Please be advised that entry fees are non-refundable.
ENTRY DEADLINE	Entry must be RECEIVED (not postmarked) by Friday, March 4, 2005. It is strongly recommended that you mail your entry at least five (5) business days before entry deadline, and that you retain a copy of your meet entry. All forms of delivery service are accepted Monday through Saturday between the hours of 9:00am and 6:00pm. No late, incomplete, fax, telephone or electronic entries accepted.
CONFIRMATION	Include a stamped, self-addressed envelope if you wish to receive confirmation of entry receipt - or - include a note requesting email confirmation of entry receipt. Do NOT call the meet directors to confirm entry receipt.
MAIL TO	AquaFit, 734 Franklin Avenue, PMB #383, Garden City, NY 11530-4525.
HELP	We respectfully request your assistance as backup timers during the meet since there is no host team for this meet.
QUESTIONS	Direct inquiries to either one of the meet directors: Lisa Baumann (tel 516-294-7946 or email aquafitinc@aol.com) Steve Newman (tel 914-260-3412 or email sn100@aol.com)
DIRECTIONS	<u>By car from Queens/Long Island:</u> Northern State Parkway/Grand Central Parkway westbound to Triborough Bridge - Bronx spur to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Bear left along the exit ramp fork and turn left at traffic light. Proceed up winding hill for four (4) traffic lights. Immediately after fourth traffic light make a quick right turn onto Goulden Avenue. Proceed two long blocks to Bedford Park Boulevard West where the campus begins. Parking lots are on your right. If you plan to arrive about 15-20 minutes before warmup time, you will probably be able to park right in front of building entrance. If you have never been to Lehman College Apex Pool before, allow extra time. Sunday morning commute is quick, easy, and traffic-free! <u>Alternate route by car from Queens/Long Island:</u> Throgs Neck Bridge or Whitestone Bridge to Cross Bronx Expressway westbound to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit (follow above directions). <u>By Bus:</u> Nine Bronx buses including the 2, 10, 22 and 28 have stops at Lehman College. Liberty Lines BXM4A or 4B express buses from Manhattan stop near the campus at Bedford Park Boulevard and the Grand Concourse. Good connections are available on Westchester 20 or 20X buses from White Plains, Hartsdale, Scarsdale and Yonkers via Central Park Avenue. The # 4 from Yonkers also stops near the campus. For more information about taking a bus to the Lehman campus, call 718-330-1234 (Bronx buses) or 718-652-8400 (Liberty Lines) or 914-682-2020 (Westchester buses). <u>By Train:</u> Take the IRT # 4 or the IND "D" line to Bedford Park Boulevard. The campus is a three-minute walk to the west. For more information about subway service to the Lehman campus, call the New York City Transit Authority at 718-330-1234. Metro North's Harlem line has a local stop at the Botanical Gardens station. The campus is about 12 blocks due west on Bedford Park Boulevard. Call Metro North for information, fares and schedule at 212-532-4900.

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INDIVIDUAL ENTRY FORM

Enter YARD times for all events. Maximum of five (5) individual events permitted. Please print neatly and remember to include ALL contact information should be need to reach you to resolve an entry discrepancy. Include a legible copy of your 2005 USMS registration card. Entries must be RECEIVED (not postmarked) by Friday, March 4, 2005.

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

ENTRY FEE CALCULATION:

_____ Individual Events x \$ 4.00 = _____ Entry must be RECEIVED (not postmarked) by Friday, March 4, 2005
Plus **MEET SURCHARGE** + \$ 8 . 0 0 Remember to enclose a copy of your 2005 USMS registration card
TOTAL = _____ Via check or money order made payable to AQUAFIT

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. ASA 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 NAME _____ GENDER (circle one) male female
(as it appears on your 2005 USMS registration card)

DATE OF BIRTH ____/____/____ AGE ____ CLUB NAME _____
m m d d y y as of 03/13/05

DAY TEL (____)____-____ DAY TEL (____)____-____

E-MAIL ADDRESS _____

MAIL entry to: AQUAFIT, 734 Franklin Avenue #383, Garden City, NY 11530.
Enclose a legible copy of your 2005 USMS registration card. Entry must be RECEIVED by Friday, March 4, 2005!