

YONKERS MASTERS WINTER SWIM INVITATIONAL
MARK TWAIN JHS POOL COMPLEX, YONKERS NY
Hosted by Yonkers Masters * Sanctioned by the Metropolitan LMSC for USMS, Inc. #065-05

DATE / TIME:

- Saturday April 30, 2005 –9:30am Start.
- Warm Up 8:30am-9:25am.

FACILITY:

- Mark Twain Pool Complex, 160 Woodlawn Avenue, Yonkers NY 10704
- 7 lanes for competition, 1 lane continuous warm-up and cool-down throughout the meet. **NO DIVING** is permitted during warm up except in designated one-way sprint lane(s).
- Colorado Timing System: Hy-Tek Meet Manager software.

ELIGIBILITY:

- Open to all USMS registered swimmers age 19 and older.
- **A copy of your current 2005 USMS registration card must be included with your entry form.**

FEES / ENTRIES:

- \$10.00 meet surcharge; \$3.00 per individual event, \$6.00 per relay entry, via check or money order made payable to City of Yonkers.
- Maximum of 5 individual events per swimmer; unlimited relays.

SEEDING:

- All 50-100-200 events will be pre-seeded. Enter **YARD** times for all events.
- Events will be seeded slowest to fastest, men and women swimming combined heats.
- “ No Time ” entries will be seeded in the slowest heat.

ENTRY DEADLINE:

- Entries must be **RECEIVED** by Friday, April 22, 2005.
- Relays may be deck-entered and paid for at the meet until 9:00am. Check-in is required for 500 yard Free by 10:30am.
- Mail Entry form to: Yonkers Masters Swim Meet, Yonkers Department of Parks, Recreation and Conservation, 285 Nepperhan Avenue, Yonkers NY 10701

AWARDS:

- Ribbons awarded for 1st thru 3rd place in all individual events. 1st thru 3rd place medals for Relay events.
- Meet results will be posted online at <http://www.metroswim.org>.

MEET DIRECTOR:

- Direct inquiries and questions to Andrea Velazquez, (914)377-6439, or e-mail at andrea.velasquez@cityofyonkers.com

DIRECTIONS:

- From the South: NY State Thruway North to Mclean Avenue Exit (service road exit right after 233rd street exit). Right onto Mclean Avenue for ½ mile. Left onto Woodlawn Avenue. Facility located at 160 Woodlawn Avenue (corner of Woodlawn and Wakefield).
- From the North: Bronx River Parkway South to Bronx River Road / Yonkers Exit. Go straight up Wakefield Avenue hill (in between the two gas stations). Facility located at 160 Woodlawn Avenue (corner of Woodlawn and Wakefield).
- From the Saw Mill River Parkway (North & South): Take to Cross County Parkway East (stay in right hand lane) to Kimball Avenue Exit. Make a right and continue south until Woodlawn Avenue (1st left after Yonkers Avenue). Facility located at 160 Woodlawn Avenue (corner of Woodlawn and Wakefield).
- From the Hutchinson River Parkway (North & South): Take Cross County Parkway West to Bronx River Parkway South. Get off at the Bronx River Road / Yonkers Exit. Go straight up Wakefield Avenue hill (in between the two gas stations). Facility located at 160 Woodlawn Avenue (corner of Woodlawn and Wakefield).

SATURDAY, APRIL 30, 2005 SHORT COURSE YARD YONKERS MASTERS SWIM MEET ENTRY FORM

Enter YARD times in all events. A maximum of 5 individual events, plus unlimited relays, allowed per swimmer. Please PRINT clearly. Include a copy of your current 2005 USMS registration card along with \$10.00 meet surcharge with your entry fee payment. All entries must be received by Friday, April 22, 2005.

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 200 yard FREE	_____	10	Mixed 50 yard BREAST	_____
2	Mixed 200 yard IM	_____	11	Mixed 100 yard FREE	_____
3	Mixed 50 yard FLY	_____	12	Mixed 200 yard FLY	_____
4	Mixed 100 yard BACK	_____	13	Mixed 200 yard BACK	_____
5	Mixed 200 yard BREAST	_____	14	Mixed 100 yard BREAST	_____
6	Mixed 50 yard FREE	_____	15	Mixed 500 yard FREE	_____
7	Mixed 100 yard FLY	_____	16	Mixed 100 yard IM	_____
8	Mixed 200 yard MEDLEY RELAY		17	Mixed 200 yard FREE RELAY	
9	Mixed 50 yard BACK	_____			

Entry Fee Information: Please make check or money order payable to City of Yonkers.

_____ Individual Events X \$3.00 = _____
 _____ Relay Events X \$6.00 = _____
 Meet Surcharge + \$10.00
 TOTAL = _____

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 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."

CITY OF YONKERS LIABILITY RELEASE: " I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit to participate in those Masters Swim Meet events in which I am participating and have not been otherwise informed by a qualified medical physician. I acknowledge that I am aware of the risks inherent in Masters Swimming (training, competition, use of equipment and facilities), including possible permanent disability or death, and expressly agree to assume all those risks. As a condition of my participation in the Masters Swimming Program or any activities or events incident thereto, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for loss or damages I may have against The City of Yonkers, Yonkers Department of Parks, Recreation and Conservation, and The Board of Education, their employees, agents, volunteers, representatives, successors and assignees for any and all losses, injuries or damages, including but without limitation, any claims for personal injuries resulting from, arising out or caused by the negligence, passive or active, of the above named parties relating to the event facilities / premises and / or organization, supervision and operation of the events."

SIGNATURE _____

DATE _____

PRINT NAME _____
(as it appears on your USMS registration card)

GENDER ____male ____female

DATE OF BIRTH ____/____/____ AGE _____
mm dd yy (as of 04/30/05)

CLUB ABBREVIATION _____

DAY TELEPHONE (____) _____ - _____

EVE TELEPHONE (____) _____ - _____

Enclose a copy of your current 2005 USMS registration card. Entry must be RECEIVED by Friday, April 22, 2005.

**YONKERS MASTERS FALL SWIM INVITATIONAL
SATURDAY, APRIL 30, 2005
RELAY ENTRY FORM**

***Relays may be deck entered and paid for at the meet until 9:30AM.**

**** Relay age group determined by age of youngest swimmer.**

***** Each relay must consist of two men and two women.**

RELAY EVENT:

17 Mixed 200 yard Free Relay

Club Name _____ Entry Time _____

NAME _____ AGE _____ GENDER _____

Swimmer #1 _____

Swimmer #2 _____

Swimmer #3 _____

Swimmer #4 _____

AGE GROUP: (circle one) 19+, 25+, 35+, 45+, 55+, 65+, 75+

