

## 2<sup>nd</sup> Annual Northfield Area Masters Mid- Spring Swim Meet 2016

Sunday April 24<sup>th</sup>

Warm Up 10:30am/Meet Starts at 12:00pm

Goodyear Pool/Plumley Armory @ Norwich University

158 Harmon Drive. Northfield Vt. 05663

**Contacts:** Meet Director- Trevor Trimpe      [ttrimpe@norwich.edu](mailto:ttrimpe@norwich.edu)

Cell: 812-528-0517-feel free to call or text

Aquatics Director- Andrew Bretscher      [abretsch@norwich.edu](mailto:abretsch@norwich.edu)

Office: 802-485-2507

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age as of April 24th, 2016: \_\_\_\_\_

Gender: Please circle one- Male/Female

USMS # (if applicable): \_\_\_\_\_

LMSC: \_\_\_\_\_ Workout Group/Club: \_\_\_\_\_

Individual Entry Form:

Entries/Payment due by Monday April 18<sup>th</sup>-send to the address below(or you can scan them and email them to ttrimpe@norwich.edu). The cost is \$30 for up to five events. Make checks payable to **Norwich University Swimming**. Day of meet entries will be permitted for a fee of \$40 and need to be received by no later than 11:00am on the 24th. Relays are not included in the 5 events and can be entered at the meet. All of the events will be seeded slowest to fastest regardless of age or gender. Participants entering on the day of will be seeded in the first heat for their events regardless of seed time. Please submit short course yard times. If you are a USMS member please submit your USMS ID Number. **If you are not a USMS member, you are still eligible to participate since this is only a recognized(rather than sanctioned) USMS Swim Meet.**

**Trevor Trimpe**

**Athletics**

**158 Harmon Drive. Northfield Vt. 05663**

Name: \_\_\_\_\_

Please enter a **Valid Entry Time** for each event you would like to swim with a maximum of 5 events. If you don't have a time put **NT**(no time) and you will be seeded in the slowest heat. Timing will be done on a Colorado Timing System Console and times will be visible on our 6 lane display board.

**Time**

#1 100 Yard Back \_\_\_\_\_

#2 50 Yard Breast \_\_\_\_\_

#3 100 Yard Fly \_\_\_\_\_

# 4 50 Yard Free \_\_\_\_\_

#5 500 Yard Free \_\_\_\_\_

**5 minute break-Pool will be open for Warm Up/Warm Down**

#6 200 Yard Breast \_\_\_\_\_

#7 100 Yard IM \_\_\_\_\_

# 8 50 Yard Fly \_\_\_\_\_

#9 200 Yard Free Relay Sign up at meet

#10 200 Yard Free \_\_\_\_\_

#11 200 Yard Back \_\_\_\_\_

**5 minute break-Pool will be open for Warm Up/Warm Down**

#12 200 Yard IM \_\_\_\_\_

#13 100 Yard Breast \_\_\_\_\_

#14 200 Yard Fly \_\_\_\_\_

#15 50 Yard Back \_\_\_\_\_

#16 100 Yard Free \_\_\_\_\_

#17 200 Yard Medley Relay Sign up at meet

*The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1*

### **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 ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Contact Trevor Trimpe with any additional questions [ttrimpe@norwich.edu](mailto:ttrimpe@norwich.edu): Call or text my cell 812-528-0517. Thank you and we look forward to seeing you!