

# BINGHAMTON UNIVERSITY MASTERS SWIM MEET

## SUNDAY MARCH 29, 2009

Directions: From Rt 17 East or West take exit 70 South to Rt 201 South to Binghamton University. Going up the main entrance drive bear right at the traffic circle to the first brick building on your right, the West Gym. Park on the West side of the building and use the door adjacent to the parking lot.

Fees: There is a flat meet fee of \$20 for all swimmers. There is a maximum number of individual events set at 5. Relays are free but unofficial and results will not be reported

Entries: There will be no deck entries. Entries are due by March 24<sup>th</sup>. Results will be posted on the Niagara website.

Instructions: Please fill out the swimmer info section. Please sign the disclaimer below. All swimmers must include a copy of their current USMS card. Fill in the seed time for your events or NT. Heats will be swum slowest to fastest and men and women will be combined. All USMS and CASA registered swimmers 18 yrs old as of 3/29/09 are eligible. Please make checks out to: BUMS. Please send to: Dan Kornblatt, 109 Rogers Hill Rd, Whitney Point, N.Y. 13862. Contact Dan Kornblatt for questions 607-692-7428 or e-mail [dannyswims@aol.com](mailto:dannyswims@aol.com)

Name: \_\_\_\_\_ Club \_\_\_\_\_  
 USMS#CASA# \_\_\_\_\_  
 Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Sex: \_\_\_\_\_ Age as of 3/29/09 \_\_\_\_\_

Event #	Event Name	Seed Time	Event #	Event Name	Seed Time
1	1000 Free		10	200 Fly	
2	200 Free		11	200 Back	
3	50 Back		12	50 Breast	
4	200 I.M.		13	50 Fly	
5	100 Fly		14	100 Free	
6	100 Breast		15	200 Breast	
7	50 Free		16	100 Back	
8	200 M Relay		17	100 I.M.	
9	400 I.M.		18	200 F Relay	

There will be a 15 min break after event 8 200 Medley Relay. The pool will be open for warm-up. A special entertainment will be provided during this time.

Meet Info: Warm-up for the 1000 Free will start at 8AM. The 1000 will start at 9 AM. A second warm-up will start upon completion of the 1000 for a minimum of a half hour. Event #2 will not start before 10:30 to allow for later arrivals. The diving well will be open for continuous warm-up/cool downs. The pool is six lanes with electronic timing. Ribbons will be awarded for places 1-3 in each age group in both sexes.

WAIVER: Must be signed and returned.

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 the possible permanent disability or death, and agree to assume all 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 \_\_\_\_\_

Sanctioned by Niagara District Masters Swimming for USMS, Inc: 93 Brinton St, Buffalo, N.Y. 14214

Sanction # ND09-03