

Greater Syracuse MASTERS



SWIMMING

Invitational

U.S. MASTERS SWIMMING

Hosted by the Liverpool Jets Masters and a Benefit for the Liverpool High School Girls Swimming and Diving Team

Sanctioned by Niagara District Masters Swimming for USMS Inc. Sanction #ND10-03

Date: Saturday, April 10, 2010. Warm-up start at 2:00 pm, meet starts at 3:00 pm

Location: Liverpool High School 4338 Wetzel Road Liverpool, NY 13090. The Liverpool High School Pool is a six-lane, 25-yard pool with brand new non-turbulent lane dividers. Liverpool's International Sports Timing System has an electronic "beep" with strobe starter and a six-lane read-out with swimmer's names and all 50-yard split times. The starting blocks are located in the deep end of the pool. Locker rooms will be available for use. The balcony in the pool offers seating for 250 spectators. Parking will be available in the school lot adjacent to the pool building.

Eligibility: Open to all registered USMS/CASA swimmers 18 years of age and older as of 4/10/10

Fees: \$25 per swimmer Includes 5 individual events, relays and a Jets Invitational t-shirt

Entries: All entries should be received by Saturday, April 3, 2010, but deck entries will be accepted the day of the event.

Check In: Relays and the 500 Free require check-in and will be deck seeded.

Warm up/down lane will be provided for the duration of the meet.

Name _____ **USMS/CASA#** _____
Address _____
Sex _____ **Age** _____ **Date of Birth** _____ **Phone#** _____
Email _____

Event#	Event Name	Seed Time	Event#	Event Name	Seed Time
1	200 Medley Relay	_____	8	100 Free	_____
2	200 Free	_____	9	200 IM	_____
3	100 IM	_____	10	50 Back	_____
	10 Minute Break		11	100 Fly	_____
4	100 Back	_____		10 Minute Break	
5	50 Free	_____	12	50 Breast	_____
6	500 Free	_____	13	50 Fly	_____
7	100 Breast	_____	14	200 Free Relay	_____
	10 Minute Break				

Entry Procedures

Please send entry form to:

B. Scott Upah
 207 Charlane Pkwy
 North Syracuse, NY 13212
 (315) 506-9681
 Email: supah@tweny.rr.com

Please include the Following:

- A Photocopy of your USMS/CASA Registration
- A check or Money Order, payable to Liverpool Jets
- Sign waiver below

WAIVER

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 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 UNIDENTIFIED THERE TO, 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 MASTER 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 (Rule Book Article 203.1)

Signed: _____ **Date:** _____