

Dec 2007

ajohnson

From: "Ken Koppenhaver" <niagarachair@hotmail.com>
To: <niagswimmers@niagamasters.org>
Sent: Thursday, December 27, 2007 4:22 PM
Attach: Ithaca results 2007.pdf; Canandaigua Meet.pdf; Syracuse Meet.pdf; Mens SCM Records.pdf; Mens SCY Records.pdf; Womens SCM Records.pdf; Womens SCY Records.pdf
Subject: [niagswimmers] Niagara District Winter News

Happy Holidays! I hope this finds you all healthy, happy, and enjoying the Holiday Season. I wanted to get a quick e-mail out to all of you to pass along a few pieces of information:

1. 2008 USMS Registration

For those of you who have not renewed your USMS registration for 2008, the end of the year is almost upon us. Your USMS registration not only allows you to compete in sanctioned events, it also provides you with additional insurance coverage should anything happen to you at a USMS practice or sanctioned event. Rates for 2008 have increased to \$35. This covers the national USMS registration as well as our local Niagara District membership.

Renewal forms were sent out over the past several weeks. If you have not already received your USMS membership renewal form, please e-mail John Pilger, NDMS registrar, at: syrjohn@gmail.com. He will send you a pre-completed form that you will need to sign and return to him along with a check for \$35 to renew your membership.

2. Upcoming Meets

There are a number of local, regional and national meets coming up over the next several months. Attached to this e-mail are the entry forms for our local meets that are currently available. Please remember to check back at the Niagara District web site on a regular basis for any new meet sheets that become available. The current list of meets are:

January 20th - Syracuse (meet sheet attached)
 February 17th - Canandaigua (meet sheet attached)
 Mar/Apr - Skaneateles (date being finalized)
 March 27 - 30 - New England SCY Championships
 April - Zones - George Mason University, Fairfax, VA
 May 1-5 - SCY Nationals - Austin, TX

3. Ithaca Meet Results

There were approximately 55 people that attended the meet in Ithaca on December 9th. Many thanks to Kevin Markwardt and his team for hosting the meet. Attached to this e-mail are the published results if you have not already seen them.

4. Updated Records

Attached are the updated Niagara District records for SCY and SCM. These were updated as of the Ithaca meet. I'll send out the updated records for LCM in a later e-mail. We'll work to get these posted

on the web-site as well. Please contact Mark Mallis at niagrecords@usms.org if you have any updates to the records.

That's it for now. Have a safe and Happy New Year. I look forward to seeing you at an upcoming event.

Ken

Ken Koppenhaver
Niagara District Masters Chair
niagarachair@hotmail.com

Don't get caught with egg on your face. Play Chicktionary! [Check it out!](#)

Syracuse Chargers Masters Swim Club SCY Meet
Webster Pool, Archbold Gymnasium, Syracuse University
Sunday, January 20, 2008

Print carefully:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phones: (H) _____ (W) _____

Sex: _____ Age: _____ (As of 1/20/2008)

Meet Charges:

Registration Surcharge: = \$8

Individual Events: _____ X \$3 = _____

Total: = _____

USMS/CASA#: _____ (include copy)

Total Fee Enclosed:

Event #	Event	Seed Time	Event #	Event	Seed Time
1	200 yd Freestyle		10	100 yd Breaststroke	
2	50 yd Butterfly		11	200 yd Butterfly	
3	100 yd Backstroke			10 minute break	
4	50 yd Breaststroke		12	200 yd IM Relay	
5	200 yd IM		13	100 yd Freestyle	
	10 minute break		14	200 yd Breaststroke	
6	200 yd Freestyle Relay		15	100 yd IM	
7	50 yd Freestyle		16	50 yd Backstroke	
8	100 yd Butterfly		17	500 yd Freestyle	
9	200 yd Backstroke				

Special Notes: Warm-up begins at 8:30 am. meet starts at 9:30 am. There will be two 10 minute warm-up breaks. The 500 Free requires check in by Event 9 and will be deck seeded.

Instructions: Circle desired event numbers and write time in blank column. Entries must be received by **January 17, 2008**. Enclose completed form, a copy of your USMS/CASA card and a check payable to *Syracuse Chargers Masters Swim Club*. Mail entry to: Syracuse Chargers Masters Swim Club, c/o Tim Conan, 509 Bradford Parkway, Syracuse, NY 13224. No refunds.

Directions: Approaching from the north or south on I-81, get off at exit 18 (Adams & Harrison Sts) and turn east (uphill) on E Adams St. Take the first right turn (at the crest of the hill) onto Irving Ave. Go straight ahead several blocks, past hospitals and Carrier Dome to its end. Straight on is the entrance to SUNY Environmental campus. Follow Forestry Drive around to the left, beside the south side of the Dome (on your left), continue up the hill, turn left at the top of the hill past Archibold Gym on your left, follow road to the right, and look on your left side for an orange sign for Q-3 parking lot shortly after you bear right. From the east on I-690 exit at Townsend, turn left (south) to E Adams, proceed as above. From the west on I-690 exit south onto I-81, proceed as above. **WARNING:** For parking updates check website prior to meet day at www.syrmastersswim.org

Questions: Call Tim Conan at 315-422-1152 or email tjc@ccf-law.com.

Waiver: Must be read, 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 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.

Signature: _____ Date _____

Sanctioned by Niagara District Masters Swimming for USMS, Inc; 23 Brinton St, Buffalo NY 14214

Sanction # ND08-01

CANANDAIGUA MASTERS SWIM MEET

FEBRUARY 17, 2008, SUNDAY, WARM-UP 10:00 AM MEET START 11:00 AM

SPONSORED BY THE CANANDAIGUA MASTERS SWIM CLUB
AND THE CANANDAIGUA ACADEMY SWIM TEAM BOOSTERS CLUB

Name _____ CASA/USMS # _____
 Sex _____ Age _____ Date of Birth _____ Club (where you practice) _____
 Telephone No _____ Club (from your USMS card) _____
 Address _____

Event No.	Event Name	Seed Time	Event No.	Event Name	Seed Time
1	200 yd Medley Relay	_____	10	200 yd Free Relay	_____
2	200 yd Free	_____	11	100 yd Fly	_____
3	100 ys IM	_____	12	50 yd Backstroke	_____
4	100 yd Backstroke	_____	13	100 yd Freestyle	_____
5	50 yd Freestyle	_____	14	200 yd IM	_____
6	200 yd Fly	_____	15	50 yd Breastroke	_____
7	100 yd Breastroke	_____	16	200 yd Backstroke	_____
8	400 yd IM	_____	17	50 yd Fly	_____
9	500 yd Freestyle	_____	18	200 yd Breastroke	_____
	Ten Minute Break		19	1000 yd Freestyle	_____

Events will be mixed (men and women) and timed finals seeded slowest to fastest by time. Event 19 will be seeded fastest to slowest.

Open to all USMS and CASA registered swimmers 18 and older as of February 17, 2008.
USMS registration will be available at the meet.

No. Of Relays _____ x (free) = _____ 19+, 25+, 35+, 45+, 65+, 75+ (determined by youngest swimmer)
 No. Of Events (5 or less) _____ x \$3.00 = _____ NO DECK ENTRIES, only relays may be deck entered
 Registration Fee _____ = \$5.00
 Mailing of Final Results _____ x \$3.00 = _____
TOTAL _____ **ENTRIES MUST BE RECEIVED BY FEBRUARY 11, 2008**

INCLUDE PHOTOCOPY OF USMS REGISTRATION, CHECK OR MONEY ORDER - MADE OUT TO CANANDAIGUA ACADEMY SWIM TEAM BOOSTERS CLUB, AND SIGNED WAIVER

SEND ENTRIES TO: Lynn Fuller, Meet Director
 3971 West Lake Road
 Canandaigua, NY 14424
 (585) 394-2949 Tel&Fax
 email:Lynn.Fuller@rit.edu

FACILITY: Canandaigua High School pool is an 8 lane 25 yard, electronically timed pool, non-turbulent lane lines, and separate diving pool for continuous warm-up/down, 7.4 miles south of NYS Thruway Exit 44 on Rt 332 (Main St. in Canandaigua), East on Chapel St. 1 mile, left to school

AWARDS: for 1st, 2nd, and 3rd place finishers

WARM-UP: 10:00-10:30 Lanes 1-8 circle swimming, NO DIVING,
 10:30-11:00 Lanes 1 & 8 for diving and sprints

Sanctioned by Niagara District Masters Swimming for USMS, Inc., Sanction Number: ND08-02

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 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 PRORGAM 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. (Rule Book Article 203.1)

Signature of Participant _____ Date _____