

**Sunday 18 November 2012 Metropolitan SC Meter Championships**  
**Presented by the Metropolitan LMSC • Hosted by Excel Swimming**  
**Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #062-12**

Facility	Nassau County Aquatic Center ("NCAC") located in Eisenhower Park in East Meadow on Long Island. Conveniently accessible from all major area highways and within 5-10 minutes of several Long Island Railroad stations. 80,000 square foot complex with spectator grandstand area; stretch 68-meter pool with three bulkheads configured for 10-lane short course meter competition course with two-meter minimum depth; adjacent short course meter lanes available throughout meet for continuous warm-up and cool down; Colorado electronic timing system and scoreboard display. Originally constructed to host the 1998 Goodwill Games, the NCAC has also been the site of Speedo Northeast Junior National Championships, USA Swimming National Championships, US Open and FINA World Cup events, USMS New York State and Colonies Zone Championships, and the Men's & Women's NCAA Division 1 Championships.
Directions	Directions, mass transportation, map and parking at: <a href="http://www.excelswimming.com/AboutProgram/FacilityDirections.htm">http://www.excelswimming.com/AboutProgram/FacilityDirections.htm</a>
Eligibility	Open to all 2012 or 2013 USMS-registered swimmers age 18 and older regardless of Club or LMSC affiliation or residency. Age determination date for this meet is December 31, 2012. Note: You can not register with USMS until you are 18 years old. Retrieve USMS registration number/card online at: <a href="https://www.clubassistant.com/club/usms_member_card_request.cfm">https://www.clubassistant.com/club/usms_member_card_request.cfm</a> Not a USMS member? No problem. Register with USMS for this meet online at: <a href="http://www.usms.org/reg/">http://www.usms.org/reg/</a>
Rules	2012 USMS rules govern this meet. NO DIVING permitted during warm-up except for designated one-way sprint lanes. Swimmers must enter the water in a cautious and controlled manner. Failure to comply with no diving rule may result in expulsion from meet.
Schedule	General Warm-Up: 8:15-9:20AM • Meet Start: 9:30AM • Projected Finish: 1:00PM. Due to facility time restrictions, the meet can not be held up (or heat or lane assignment changes made) if someone misses their event. Reference meet program, listen to announcements, watch scoreboard and follow meet progress to remain aware of where and when you are swimming. As a general guide, the estimated time line will be posted online about 3-4 days prior to meet date at <a href="http://www.excelswimming.com">www.excelswimming.com</a>
Check-In	Positive check-in required at meet for Event #9 Mixed 400 SCM Freestyle and for Event #20 Mixed 200 SCM Freestyle to eliminate open lanes. If you do not check in, you will be scratched from the event. These events will be deck-seeded after check-in has ended.
Relays	Relays are to be deck-entered on event day. A supply of relay entry forms will be available at meet. Relay age group is determined by the aggregate (sum) age of all four relay team members. Swimmers must be individually entered in meet to be eligible for relay participation. Make sure all relay swimmers are present before submitting relay entry. Unattached swimmers are ineligible for relays.
Seeding	Swimmers will be seeded in heats according to entry time, not by age or gender. Heats will be contested slowest to fastest; "NT" (no time) entries will be seeded in the first heat of an event. All events will be pre-seeded prior to meet with the exception of the aforementioned Mixed 400 SCM Freestyle and Mixed 200 SCM Freestyle events.
Entry Limit	Each swimmer is permitted to enter and swim a maximum of five (5) individual and two (2) relay events.
Event Limit	Event #9 Mixed 400 SCM Freestyle will be limited to five (5) heats for a total of 50 swimmers on a first-received basis. No "NT" entries will be accepted in this event.
Entry Times	Enter SHORT COURSE METER times for all events. An online entry time utility to calculate SCM times is available at: <a href="http://www.swimmingworldmagazine.com/results/conversions.asp">http://www.swimmingworldmagazine.com/results/conversions.asp</a>
Split Times	Any swimmer who intends to post a USMS top ten, USMS national record or FINA world record split time must submit official split time request in writing to computer table prior to conclusion of meet. Official split time request forms will be available at meet. Note: Initial backstroke or relay lead-off split requests must be submitted PRIOR to swim.
Awards	Every attending swimmer will receive a high-quality event shirt and a unique commemorative event souvenir award. No "awards" will be mailed after conclusion of meet. First place TEAM awards presented to the top scoring clubs in the following divisions: Large Metro Club (= 25 or more swimmers); Medium Metro Club (= 13 to 24 swimmers); Small Metro Club (= 12 or fewer swimmers) Large Non-Metro Club (25+ swimmers); Medium Non-Metro Club (13-24 swimmers); Small Non-Metro Club (12 or fewer swimmers)
Scoring	Individual Events: 8-6-4-3-2-1 points for 1 <sup>st</sup> through 6 <sup>th</sup> place; Relay Events: 16-12-8 points for 1 <sup>st</sup> through 3 <sup>rd</sup> place.
Deadline	<b>Online registration CLOSSES at 11:59PM on Sunday 11 November 2012.</b> Mail-in entry RECEIPT (not postmark) deadline is 4:00PM on Saturday 10 November 2012. No late, email, phone or fax entries accepted - no exceptions.
Entry Fee	\$30.00 flat individual entry fee. Relays are FREE. Entry fee is non-refundable and non-transferable.
Register	Online meet registration with a credit card is strongly recommended for convenience and accuracy. Credit card statement will reflect a charge by Club Assistant.com Event Billing. Register for this meet online until 11:59PM on Sunday 11 November 2012 at: <a href="https://www.clubassistant.com/club/meet_information.cfm?c=1356&amp;smid=4153">https://www.clubassistant.com/club/meet_information.cfm?c=1356&amp;smid=4153</a>
By Mail	Mail fully executed entry form with legible copy of current 2012 or 2013 USMS registration card and \$30.00 check or money order made payable to <b>Metropolitan LMSC</b> to: Metro LMSC Meet, 734 Franklin Avenue #383, Garden City, NY 11530. Include a stamped, self-addressed envelope for entry receipt confirmation. Commercial mailing address accepts all forms of delivery service Monday through Friday 9:00AM to 7:00PM and Saturday 9:00AM to 5:00PM (closed Sundays).
Food	With the exception of plastic bottled water or sports drinks, facility management prohibits food and beverages on pool deck or in locker rooms. A full-service concession stand is located on the second level of the aquatic center, beverage and snack vending machines are located in the hallway behind team locker rooms, and there are multiple water fountains on pool deck.
Results	Results will be posted online within 48 hours of meet conclusion at <a href="http://www.metroswim.org">www.metroswim.org</a> and <a href="http://www.excelswimming.com">www.excelswimming.com</a>
Questions	Direct inquiries to Meet Director Lisa Baumann at <a href="mailto:excelswimming@aol.com">excelswimming@aol.com</a>

## Sunday 18 November 2012 Metro SC Meter Champs

### INDIVIDUAL MEET ENTRY FORM

Swimmers are urged to use online registration for convenience and accuracy. Online registration remains open until 11:59PM on Sunday 11 November 2012; mail-in entry must be RECEIVED (not postmarked) by 4:00PM on Saturday 10 November 2012. Enter SC METER times for all events. Print clearly, filling in all contact information should we need to reach you to resolve a discrepancy.

Automated SCM entry time utility at: <http://www.swimmingworldmagazine.com/results/conversions.asp>  
 Online meet registration: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1356&smid=4153](https://www.clubassistant.com/club/meet_information.cfm?c=1356&smid=4153)

#	Event Description	SCM Entry Time	#	Event Description	SCM Entry Time
1	Mixed 100 SCM Freestyle	_____	11	Mixed 200 SCM Backstroke	_____
2	Mixed 200 SCM Breaststroke	_____	12	Mixed 100 SCM Butterfly	_____
3	Mixed 100 SCM Backstroke	_____	13	Mixed 200 SCM Individual Medley	_____
4	Mixed 50 SCM Butterfly	_____	14	Mixed 50 SCM Freestyle	_____
5	Mixed 400 SCM Individual Medley	_____	15	Mixed 200 SCM Medley Relay	<i>deck enter at meet</i>
6	Men 200 SCM Freestyle Relay	<i>deck enter at meet</i>	16	Mixed 100 SCM Breaststroke	_____
7	Women 200 SCM Freestyle Relay	<i>deck enter at meet</i>	17	Mixed 50 SCM Backstroke	_____
8	Mixed 200 SCM Freestyle Relay	<i>deck enter at meet</i>	18	Mixed 200 SCM Butterfly	_____
9	Mixed 400 SCM Freestyle*	_____	19	Mixed 100 SCM Individual Medley	_____
	<b>*Positive check-in required; no "NT"</b>		20	Mixed 200 SCM Freestyle**	_____
10	Mixed 50 SCM Breaststroke	_____		<b>**Positive check-in required</b>	

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\$30.00 flat individual entry fee (relays are free) payable online with credit card, or by mail via check or money order payable to **Metropolitan LMSC** and mailed with fully executed entry form, legible copy of current 2012 or 2013 USMS registration card to: Metro LMSC Meet, 734 Franklin Avenue #383, Garden City, NY 11530

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

**Use of Image/Likeness:** I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_ GENDER (circle one): M F  
*as indicated on your current USMS registration card*

BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ AGE \_\_\_\_ CLUB ABBREVIATION \_\_\_\_\_  
                   m m    d d    y y y y                   (as of 12/31/12)                   *as per your USMS registration card*

DAY PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EVE PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

CLEARLY PRINT YOUR EMAIL ADDRESS \_\_\_\_\_

**Sunday 18 November 2012 Metro SC Meter Champs  
Event #6 Men 200 SCM Freestyle Relay Entry Form**

Only swimmers USMS-registered with the same club and who are individually entered in meet are eligible for relay participation. Relays are to be deck-entered at meet by deadline indicated on event day. Confirm that all relay swimmers are present before submitting entry. Relay age group is determined by the aggregate (sum) age of all four relay team members. Mixed relays are comprised of 2 men + 2 women. Enter short course meter (or "NT") times for all relays. If submitting multiple relays from same club in same age group, make sure to designate "A", "B" or "C." Swimmer relay order may not change once entry is submitted.

CLUB NAME \_\_\_\_\_

SCM ENTRY TIME \_\_\_\_\_ DESIGNATE (circle one):    A    B    C    D    E

AGE GROUP (circle one):    72-99    100-119    120-159    160-199    200-239    240-279    280-319    320-359

Print Swimmers' First & Last Names <i>(swimmer order may not change after submitting entry)</i>	Age on 12/31/12	Gender
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#1	_____	_____	_____
#2	_____	_____	_____
#3	_____	_____	_____
#4	_____	_____	_____

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**Sunday 18 November 2012 Metro SC Meter Champs  
Event #7 Women 200 SCM Freestyle Relay Entry Form**

Only swimmers USMS-registered with the same club and who are individually entered in meet are eligible for relay participation. Relays are to be deck-entered at meet by deadline indicated on event day. Confirm that all relay swimmers are present before submitting entry. Relay age group is determined by the aggregate (sum) age of all four relay team members. Mixed relays are comprised of 2 men + 2 women. Enter short course meter (or "NT") times for all relays. If submitting multiple relays from same club in same age group, make sure to designate "A", "B" or "C." Swimmer relay order may not change once entry is submitted.

CLUB NAME \_\_\_\_\_

SCM ENTRY TIME \_\_\_\_\_ DESIGNATE (circle one):    A    B    C    D    E

AGE GROUP (circle one):    72-99    100-119    120-159    160-199    200-239    240-279    280-319    320-359

Print Swimmers' First & Last Names <i>(swimmer order may not change after submitting entry)</i>	Age on 12/31/12	Gender
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#1	_____	_____	_____
#2	_____	_____	_____
#3	_____	_____	_____
#4	_____	_____	_____

**Sunday 18 November 2012 Metro SC Meter Champs  
Event #8 Mixed 200 SCM Freestyle Relay Entry Form**

Only swimmers USMS-registered with the same club and who are individually entered in meet are eligible for relay participation. Relays are to be deck-entered at meet by deadline indicated on event day. Confirm that all relay swimmers are present before submitting entry. Relay age group is determined by the aggregate (sum) age of all four relay team members. Mixed relays are comprised of 2 men + 2 women. Enter short course meter (or "NT") times for all relays. If submitting multiple relays from same club in same age group, make sure to designate "A", "B" or "C." Swimmer relay order may not change once entry is submitted.

CLUB NAME \_\_\_\_\_

SCM ENTRY TIME \_\_\_\_\_ DESIGNATE (circle one):    A    B    C    D    E

AGE GROUP (circle one):    72-99    100-119    120-159    160-199    200-239    240-279    280-319    320-359

Print Swimmers' First & Last Names (swimmer order may not change after submitting entry)	Age on 12/31/12	Gender
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#1	_____	_____	_____
#2	_____	_____	_____
#3	_____	_____	_____
#4	_____	_____	_____

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**Sunday 18 November 2012 Metro SC Meter Champs  
Event #15 Mixed 200 SCM Medley Relay Entry Form**

Only swimmers USMS-registered with the same club and who are individually entered in meet are eligible for relay participation. Relays are to be deck-entered at meet by deadline indicated on event day. Confirm that all relay swimmers are present before submitting entry. Relay age group is determined by the aggregate (sum) age of all four relay team members. Mixed relays are comprised of 2 men + 2 women. Enter short course meter (or "NT") times for all relays. If submitting multiple relays from same club in same age group, make sure to designate "A", "B" or "C." Swimmer relay order may not change once entry is submitted.

CLUB NAME \_\_\_\_\_

SCM ENTRY TIME \_\_\_\_\_ DESIGNATE (circle one):    A    B    C    D    E

AGE GROUP (circle one):    72-99    100-119    120-159    160-199    200-239    240-279    280-319    320-359

Print Swimmers' First & Last Names (swimmer order may not change after submitting entry)	Age on 12/31/12	Gender
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#1	_____	_____	_____
#2	_____	_____	_____
#3	_____	_____	_____
#4	_____	_____	_____