



SUNDAY, DECEMBER 11, 2005
2005 SC Meter "Last Chance" Meet
Sanctioned by the Connecticut LMSC
for USMS Inc., Sanction #:

- FACILITY** Staples High School, 70 North Avenue, Westport, CT. 6 short course meter competition lanes; 1 lane will be designated a warm-up/down lane.
- WARMUP** **No diving** is permitted during warm-up except in designated one-way sprint lane(s).
- ELIGIBILITY** Open to all USMS-registered swimmers age 19 and older. **Age determining date for this meet is December 31, 2005.** Include a legible copy of your current (2005 or 2006) USMS registration card with entry form.
- SCHEDULE** Warm-up 8:30am; meet start 9:30am; meet end 1:00pm. All events will be seeded when deck entries are closed at 9:15am.
- ENTRY TIMES** Enter short course meter times for all events. An automated time conversion system can be found at: <http://www.swiminfo.com/results/conversions.asp>
- ENTRIES** Please submit a 3x5 index card for each event you're swimming with the following information: **Name, Age (@12/31/05), Gender, Event, Event #, Best estimated SCM time for event**
- EVENT LIMIT** Swimmers are permitted to enter a **MAXIMUM** of five (5) individual events.
- RELAY EVENTS** If time permits, Relays can be deck-entered and paid for at the meet.
- CHECK-IN** **Positive check-in is required for the 400 Freestyle and 400 IM.**
- SEEDING** Events will be run in heats, **FASTEST TO SLOWEST**, with men and women swimming together.
- RECORD TIMES** Any swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official **PRIOR TO YOUR EVENT.**
- AWARDS** No awards will be given out.
- ENTRY FEES** \$25 per person for up to 5 events (for entries received by 12/8/05). Late entries and/or deck entries are \$35 for up to 5 events. Please make check or money order payable to: **WESTPORT Y MASTERS**
- ENTRY DEADLINE** **Individual entries must be RECEIVED (not postmarked) by Thursday, December 8, 2005.** No telephone, fax, or electronic entries will be accepted. Fill in all personal contact information on entry form to enable us to contact you to resolve an entry problems. Include meet entry fee payment, executed entry form, a 3x5 index card for each event, and a legible copy of your current (2005 or 2006) USMS registration card.
- MAIL ENTRY TO** Mike Laux, P.O. Box 5, Westport, CT 06881.
- QUESTIONS** Direct inquiries to Meet Director Mike Laux (email lauxlaw@aol.com)



STAPLES 2005 SC Meter "Last Chance Meet"
 Sunday, December 11, 2005

INDIVIDUAL EVENT ENTRY FORM

Warmup 8:30am; Start 9:30am. Age determining date for this meet is December 31, 2005.
 Enter short course meter times. You are permitted to enter a maximum of five (5) individual events.
 Please print neatly. Include all contact information should we need to reach you to resolve a discrepancy.
 Include a legible copy of your current (2005 or 2006) USMS registration card and the \$25.00 meet surcharge
 in your entry fee payment. **Individual entries must be RECEIVED (not postmarked) by Thursday,
 December 8, 2005.**

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 400 scm Freestyle	_____	9	Mixed 100 scm Breastroke	_____
	Check-in ENDS at 9:15am	_____			
2	Mixed 400 scm IM	_____	10	Mixed 100 scm Freestyle	_____
	Check-in ENDS at 9:15am	_____			
3	Mixed 50 scm Butterfly	_____	11	Mixed 200 scm IM	_____
4	Mixed 100 Backstroke	_____	12	Mixed 200 scm Butterfly	_____
5	Mixed 200 Breastroke	_____	13	Mixed 200 scm Backstroke	_____
6	Mixed 200 scm Freestyle	_____	14	Mixed 50 scm Breastroke	_____
7	Mixed 100 scm Butterfly	_____	15	Mixed 50 scm Freestyle	_____
8	Mixed 50 scm Backstroke	_____	16	Mixed 100 scm IM	_____

RELAYS – if time permits

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 THIS MEET 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, THE TOWN OF WESTPORT 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 _____

PRINT NAME _____ GENDER (*circle one*) male female

DATE OF BIRTH ____/____/____ AGE _____ TEAM NAME _____
m m d d y y (as of 12/31/05)

DAY TELEPHONE (____) _____ - _____ EVE TELEPHONE (____) _____ - _____

E-MAIL ADDRESS: _____