



SUNDAY, JANUARY 28, 2007

21st Annual Ground Hog Meet

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction #: CT-07_____

- FACILITY** Westport YMCA, 59 Post Road East, Westport, CT Phone: 203-226-8981
6 short course yards competition lanes; The shallow end pool will be available for warm-up.
- 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 January 28, 2007.** Include a legible copy of your current 2007 USMS registration card with entry form.
- SCHEDULE** Warm-up 8:30am; meet start 9:30am; meet end 1:00pm. All events will be seeded **Fast to Slow** after deck entries are closed at 9:00am.
- CHECK-IN** Positive check-in is required for all as you must sign the liability form the day of the meet.
- SEEDING** Events will be run in heats, FASTEST TO SLOWEST, with men and women swimming together.
- EVENT LIMIT** Swimmers are permitted to enter a MAXIMUM of five (5) individual events.
- 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 TIMES** Enter short course yard times for all events.
- ENTRY FEES** \$25 per person for up to 5 events (for entries *received* by 01/24/07). Late entries and/or deck entries are \$35 for up to 5 events. Please make check or money order payable to: **WESTPORT Y SWIM CLUB**
- ENTRY DEADLINE** Individual entries must be RECEIVED (not postmarked) by Wednesday, JANUARY 24, 2007. 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, and a legible copy of your current 2007USMS 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)
- DIRECTIONS** From Merritt Pkwy (Southbound) – Exit 41, take a Right onto Rte 33/Wilton Rd. or (Northbound) – Exit 41, take a LEFT onto Rte 33. Proceed on Rte 33 for approx. 2 miles to 2nd traffic light and take a LEFT onto US 1. **See directions below.**
From I-95 (north or south) – Exit 17, @exit ramp, take a LEFT onto Riverside Avenue. Go to the 2nd traffic light and take a RIGHT onto US 1. **See directions below.**
****Go over the bridge, take a LEFT @2nd traffic light onto Main St. Take 1st right. YMCA back entrance is on the right. Parking available in left or right lots.**



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INDIVIDUAL EVENT ENTRY FORM

Warmup 8:30am; Start 9:30am. Age determining date for this meet is January 28, 2007.
 Enter short course yard 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 2007 USMS registration card and the \$25.00 early meet entry fee payment.
Individual entries must be RECEIVED (not postmarked) by Wednesday, January 24, 2007. DECK ENTRIES WHICH MUST BE IN BY 8:45 AM ARE \$35.00. PLEASE ENETR EARLY!

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 400 scy IM	_____	9	Mixed 200 scy IM	_____
2	Mixed 200 scy Breastroke	_____	10	Mixed 200 scy Freestyle	_____
3	Mixed 200 scy Backstroke	_____	11	Mixed 50 scy Butterfly	_____
4	Mixed 200 scy Butterfly	_____	12	Mixed 100 scy Backstroke	_____
5	Mixed 50 scy Freestyle	_____	13	Mixed 50 scy Breastroke	_____
6	Mixed 100 scy Breastroke	_____	14	Mixed 100 scy Freestyle	_____
7	Mixed 50 scy Backstroke	_____	15	Mixed 100 scy IM	_____
8	Mixed 100 scy Butterfly	_____	16	Mixed 500 scy Freestyle [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: _____ USMS #: _____
 Mo. Day Year (as of 1/28/07)

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

LMSC (ie CONN for CT): _____ CLUB NAME: (ie: WSC for Westport Swim Club): _____