

**Sunday, November 21, 2004 SC Meter Fall Classic**  
**2004 Metropolitan SC Meter Swim Championships**  
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # 064-14



<b>FACILITY</b>	Nassau County Aquatic Center in Eisenhower Park, East Meadow, on Long Island. Formerly the Goodwill Games Swimming & Diving Complex. Ten short course meter competition lanes; all deep water in competition course. Electronic timing system and scoreboard display.
<b>WARMUP</b>	Adjacent short course meter lanes available for continuous warmup and cool down throughout the meet. <b>No diving</b> is permitted during warmup except in designated one-way sprint lane(s).
<b>ELIGIBILITY</b>	Open to all USMS-registered swimmers age 19 and older. <b>Age determining date for this meet is December 31, 2004.</b> Include a legible copy of your current (2004 or 2005) USMS registration card with entry form.
<b>SCHEDULE</b>	Warmup 8:00-8:55am; meet start 9:00am; meet end 2:00pm. Meet timeline, heat sheets and distance freestyle event psych sheets will be posted online at <a href="http://www.aquafitmasters.com">www.aquafitmasters.com</a> approximately TWO days before meet.
<b>ENTRY LIMIT</b>	Entries will be limited on a first-come, first-served basis to keep meet within five-hour time restriction.
<b>ENTRY TIMES</b>	Enter short course meter times for all events. <b>NO TIME ("NT")</b> entries will NOT be accepted in the 800 or 400 Freestyle events. An automated time conversion system can be linked to through the AquaFit website.
<b>INDIVIDUAL EVENTS</b>	Swimmers are permitted to enter a <b>MAXIMUM</b> of five (5) individual events.
<b>CHECK-IN</b>	<b>Positive check-in is required for BOTH distance freestyle events as follows:</b> Event #1 800 scm Freestyle check-in ends promptly at 8:30am; Event #9 400 scm Freestyle check-in ends promptly at 10:30am. <b>Swimmers who do not check in will be scratched!</b>
<b>SEEDING</b>	All 50-100-200 scm individual events will be pre-seeded. <b>Freestyle distance events will be deck seeded.</b> Events will be run in heats, slowest to fastest, with men and women swimming together. Heat sheets and psych sheets will be posted on the AquaFit Masters website approximately TWO days before the meet.
<b>ERRORS</b>	Entry discrepancies or omissions should immediately be brought to the attention of the computer operator <b>IN WRITING during warmup period before the start of the meet.</b> Computer error/change forms will be available at the computer table. You are urged to make a copy of your executed entry form and bring it to the meet.
<b>SPLIT TIMES</b>	Any swimmer who intends to post a USMS Top Ten, USMS National Record or FINA World Record split time during an individual event please make NOTE of the following. <b>Individual event split time request(s) must be submitted in writing prior to the conclusion of the meet; initial backstroke distance(s) in individual backstroke event(s) must be submitted in writing prior to the swim.</b> Submit written split time request(s) to the computer operator at the meet. Split time request forms will be available at the computer table.
<b>AWARDS</b>	Custom medals for first through third place in all individual events. <b>TEAM</b> trophies for the top three combined scoring teams. Current USMS registration determines team affiliation. Unattached swimmers can not score team points. Team point scoring system will be: 7 points for 1 <sup>st</sup> place, 5 points for 2 <sup>nd</sup> place, and 3 points for 3 <sup>rd</sup> place for each age group and gender per individual event. No awards will be mailed after the conclusion of the meet.
<b>ENTRY FEES</b>	\$7.00 meet surcharge plus \$4.00 per individual event via check or money order made payable to <b>AQUAFIT.</b>
<b>ENTRY DEADLINE</b>	<b>Entries must be RECEIVED (not postmarked) by Friday, November 12, 2004.</b> It is recommended that you mail your entry <b>AT LEAST</b> five (5) days before deadline. All forms of delivery service are accepted Monday through Saturday between the hours of 9:00am and 6:00pm. No telephone, fax, electronic or late entries will be accepted. Fill in all personal contact information on entry form to enable us to contact you if five-hour meet entry limit has been exceeded or to resolve an entry problem. Entry discrepancies that can not be resolved prior to the entry deadline date will be returned. Include meet surcharge plus entry fee payment, executed entry form, and a legible copy of your current (2004 or 2005) USMS registration card.
<b>MAIL ENTRY TO QUESTIONS</b>	AQUAFIT, 734 Franklin Avenue #383, Garden City, NY 11530-4525.
<b>DIRECTIONS</b>	Direct inquiries to Meet Director Lisa Baumann (email <a href="mailto:aquafitinc@aol.com">aquafitinc@aol.com</a> or telephone 516-294-7946). Driving directions, mass transportation options and local hotel information is available in the <b>EVENTS</b> section of the AquaFit website at <a href="http://www.aquafitmasters.com">www.aquafitmasters.com</a> .

# Sunday, November 21, 2004 SC Meter Fall Classic & Metro Swim Champs INDIVIDUAL EVENT ENTRY FORM

Warmup 8:00-8:55am; start 9:00am. Age determining date for this meet is December 31, 2004.  
Enter short course meter times. You are permitted to enter a maximum of five (5) individual events.  
An automated conversion time system can be linked to through the EVENTS section of the AquaFit website.  
Please print neatly and clearly. Include all contact information should we need to reach you to resolve a discrepancy.  
Include a legible copy of your current (2004 or 2005) USMS registration card and the \$7.00 meet surcharge in  
your entry fee payment. **Entries must be RECEIVED (not postmarked) by Friday, November 12, 2004.**

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 800 scm Freestyle NO "NT" entries accepted Check-in ENDS at 8:30am	_____	9	Mixed 400 scm Freestyle NO "NT" entries accepted Check-in ENDS at 10:30am	_____
2	Mixed 50 scm Breaststroke	_____	10	Mixed 200 scm Butterfly	_____
3	Mixed 100 scm Backstroke	_____	11	Mixed 100 scm Breaststroke	_____
4	Mixed 200 scm Individual Medley	_____	12	Mixed 50 scm Freestyle	_____
5	Mixed 100 scm Freestyle	_____	13	Mixed 100 scm Individual Medley	_____
6	Mixed 100 scm Butterfly	_____	14	Mixed 200 scm Backstroke	_____
7	Mixed 200 scm Breaststroke	_____	15	Mixed 50 scm Butterfly	_____
8	Mixed 50 scm Backstroke	_____	16	Mixed 200 scm Freestyle	_____

**ENTRY FEE CALCULATION:**

\_\_\_\_\_ Individual Events x \$ 4.00 = \_\_\_\_\_ **Entry must be RECEIVED (not postmarked) by Friday, November 12**  
**MEET SURCHARGE + \$ 7 . 0 0** **Enclosed a legible copy of your current USMS registration card**  
**TOTAL = \_\_\_\_\_** **Via check or money order made payable to AQUAFIT**

**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."

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

PRINT NAME \_\_\_\_\_ GENDER (*circle one*) male female

DATE OF BIRTH     /    /     AGE      TEAM NAME \_\_\_\_\_  
m m / d d / y y (as of 12/31/04)

DAY TELEPHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EVE TELEPHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

YOUR E-MAIL ADDRESS \_\_\_\_\_

**Enclose a legible copy of your current USMS registration card. Entries must be RECEIVED (not postmarked) by Friday, November 12!**