



Jersey Area Multisport Presents:
**MARCH MADNESS SCY SWIM MEET
WITH MARCH MADNESS RELAYS**

Sunday, March 15, 2009
The John Witherspoon School, Princeton, NJ

Sanctioned by New Jersey LMSC, Inc. for USMS, Inc. #: 079-S02

- Facility:** To be held at the John Witherspoon School Pool in Princeton (directions can be found at: <http://www.swimppst.org/Pool/Pool%20page1.htm>. Be aware that if you use the school's address you'll end up 4 blocks from the pool!). The 25-yard pool is 8 lanes with ample spectator seating and locker rooms. Timing will be handled by a brand new 8 lane readout Colorado Timing System.
- Schedule:** 7:00am warmup for 1,650 swimmers. 8:00am start for four heats of the 1,650. 10:00am general warm-up. 11:00am start.
- Warm-ups:** **No diving is permitted during warm-up**, except in the designated one-way sprint lane(s). Depending on the size of the meet the pool may be set up as a six lane pool to allow for one lane of continuous warm-up/warm-down (or two breaks will be taken). This decision will be made by the meet director after all entries have been received and a note regarding the pool set up will be posted with the heat sheets, see Seeding below.
- Entry Limit:** Swimmers may register for a maximum of 5 events, not including relays. The 1,650 Freestyle, 500 Freestyle and 400 IM will be limited to the first 24 entries; there will be no refund for those registering for distance events and not being allowed to swim due to limit being reached. **Register Early!!**
- Relays:** Relay Cards will be available at the scorer's desk. The 200 Medley Relays must be submitted by 10:30am. **March Madness Relays** cards will also be available at the scorer's table; rules for these relays will be announced during the meet. 200 Free Relay entries will be due at the end of the 400 IM's.
- Check-in:** The 500 Freestyle and 400 IM require positive check-in by **11:00am**. Those not checked in by the deadline will be scratched.
- Seeding:** All 50-100-200 yard events will be pre-seeded. Events will be run in heats, slowest to fastest, with men and women swimming together. Entries with "No Times" will be seeded in the slowest heat. Heat sheets (and results after the meet) will be posted at www.jerseyareamultisport.com and www.njmasters.org, the Wednesday prior to the meet. Distance event heat sheets will be posted around the pool before the event.
- Age Groups:** Individuals: 19-24, 25-29, 30-34, etc. through 90+. Relays: age of the youngest swimmer in the relay: 25+, 35+, 45+, 55+, etc. All male or all female relays are permitted. Mixed relays must consist of two men and two women.
- Eligibility:** Open to all USMS registered swimmers. Swimmers must be 18 years of age on the date of the meet and must include a copy of their USMS card with their registration. **Swimmers not registered with USMS may pay the \$12 one-day registration; the one-day forms will be available at registration.**
- Awards:** Custom awards for first through third place in individual events and relays in all categories (age-group, sex, etc.).
Awards will not be mailed after the event
- Registration:** **All entries must be received by Friday, March 6, 2009. Absolutely no deck entries!**
- Timing:** In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of alternate (stopwatch) timers. If the possibility of a national or world record exists please notify the head official in advance of your race so back up timers can be in place.
- Entry Fees:**
- | | |
|--------------------|---|
| Pool Surcharge: | \$15 per swimmer (Including relay only swimmers) |
| Individual Events: | \$5 per event |
| Legal Relays: | \$10 per relay (March Madness Relays are Free) |
- Madness Relays: Bring your friends, bring your family, this is going to be a fun event. We will be having two breaks in the swimming action to have some fun relays. You won't know until you get to the blocks, what the relay is. If you have an idea for a great "Madness Relay" send the meet director a note and maybe yours will be used!! There will be special awards for these two relays. Don't miss out. This is a great chance to bring a friend and show them how much fun Masters Swimming can be!!!**
- Questions:** Meet Director: Jeff Gould, 609-947-0167 or by e-mail at jgould@jerseyareamultisport.com

JERSEY AREA MULTISPORT PRESENTS

MARCH MADNESS SCY SWIM MEET W/MADNESS RELAY CHALLENGES

Sunday March 15, 2009

The John Witherspoon School Pool, Princeton, NJ

1,650 Warm-up: 7:00am

1,650 Meet Starts: 8:00am

Warm-up: 10:00am

Meet Starts: 11:00am



Individual Meet Entry Form

Deadline:

Received by Friday, March 6, 2009

(A copy of your USMS card must be included with your entry)

Mail Entries to:

Jeff Gould, Registration
7 Prairie Dunes Court
Skillman, NJ 08558
609-947-0167

Make Checks Payable to:

Jeffrey R. Gould

Do not forget to attach a copy of your USMS card!

Name (as it appears on USMS card):			Please Supply the following information in case there is a problem with your entries:		
Address:			Daytime Phone:		
USMS number:		Team:	Evening Phone:		
Birth date:	Age:	Sex:	E-mail address:		

RELEASE OF LIABILITY BY PARTICIPANT:

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. (Rule Book Article 203.1)

Signature: _____ Date: _____

Please enter your best short course **yard** times for each event you wish to swim (put "NT" in the blank for No Time).

#:	Event:	Entry Time:	#:	Event:	Entry Time:
1.	1,650 Free	_____	14.	200 Back	_____
2.	Men's 200 Medley Relay	Deck Entered	15.	200 IM	_____
3.	Women's 200 Medley Relay	Deck Entered	16.	500 Free	_____
4.	Mixed 200 Medley Relay	Deck Entered	17.	MADNESS RELAY #2	Deck Entered
5.	100 Breast	_____	18.	50 Fly	_____
6.	200 Fly	_____	19.	200 Breast	_____
7.	200 Free	_____	20.	50 Back	_____
8.	100 Back	_____	21.	100 IM	_____
9.	400 IM	_____	22.	100 Free	_____
10.	MADNESS RELAY #1	Deck Entered	23.	Men's 200 Free Relay	Deck Entered
11.	50 Breast	_____	24.	Women's 200 Free Relay	Deck Entered
12.	100 Fly	_____	25.	Mixed 200 Free Relay	Deck Entered
13.	50 Free	_____			