



SUNDAY, FEBRUARY 1, 2009
23rd Annual Ground Hog Meet
Sanctioned by the Connecticut LMSC for USMS Inc., Sanction #: 09-_____

- FACILITY** Westport YMCA, 59 Post Road East, Westport, CT Phone: 203-226-8981
6 short course yards competition lanes; Shallow end available throughout for warm up/down.
- 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 February 1, 2009. Include a copy of your current 2009 USMS registration card with entry form.
- SCHEDULE** Warm-up 8:30am; meet start 9:30am; meet end 1:00pm. All events will be seeded 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 01/26/2009). Late entries and/or deck entries are \$35 for up to 5 events. Please make check or money order payable to: WESTPORT YMCA MASTERS.
- ENTRY DEADLINE** Individual entries must be RECEIVED (not postmarked) by Monday, January 26, 2009. 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 problem. Include meet entry fee payment, executed entry form, and a legible copy of your current 2009 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@gmail.com).
- DIRECTIONS** From Merritt Parkway – Exit 41, South to 2nd traffic light after Merritt exit lights (Post Road, Rt. 1); left across bridge to 2nd traffic light (Main St.) turn left, take first right (one block).
Parking in left or right lot. YMCA back entrance is on the right.
- From I-95 – Exit 17, go North to 2nd traffic light after Thruway exit lights (Post Rd. Rt. 1).
Turn right, cross bridge, go to 2nd traffic light (Main St.) turn left, take first right (one block).
Parking in left or right lot. YMCA back entrance is on the right.



SUNDAY, FEBRUARY 1, 2009
 20th Annual Ground Hog Meet
 Sanctioned by the Connecticut LMSC for USMS Inc., Sanction #: 09_____

INDIVIDUAL EVENT ENTRY FORM

Warmup 8:30am; Start 9:30am. Age determining date for this meet is February 1, 2009.
 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 2008 USMS registration card and the \$25.00 meet entry fee payment.
 Individual entries must be RECEIVED (not postmarked) by Monday, January 26, 2009.

| # | 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 02/01/2009)

TELEPHONE (____) _____ - _____ E Mail Required for notification _____

LMSC (ie: Conn Masters): _____ CLUB NAME: (ie: Westport Swim Club): _____