

The Maine State SCY Championships for Ages 18 to 44

September 28th, 2019 – Bangor Region YMCA, 17 Second St, Bangor, ME 04401

Saturday 9/28, 10:00 AM Warm up / 11:00 AM Start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time (select up to 6 individual events). Seedings will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 400 IM		2
3		Mixed 200 Freestyle		4
5		Mixed 100 Backstroke		6
7		Mixed 50 Butterfly		8
9		Mixed 50 Free		10
11		Mixed 100 Breaststroke		12
13		Mixed 200 Backstroke		14
15		Mixed 100 IM		16
17		Mixed 500 Freestyle		18
19		Mixed 50 Breaststroke		20
21		Mixed 100 Butterfly		22
23		Mixed 200 IM		24
25		Mixed 100 Freestyle		26
27		Mixed 50 Back		28
29		Mixed 200 Breaststroke		30
31		Mixed 200 Butterfly		32



Who swims masters swimming?
Anyone 18+

People of all ages and abilities. Fitness Swimmers, former competitive swimmers, beginner swimmers, and triathletes,

Check us out on Mainemasters.org

"The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1"

Participant Information

Name _____

Address _____

E-Mail _____

Home Phone _____ USMS# _____

Age _____ DOB _____ Gender **M** **F**

Emergency Contact (name/phone) _____

Maine Masters (MESC) New England Masters (NEM) Non-Master Swimmer

Other Masters Club (please indicate club _____)

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

This is a recognized meet. Membership to Maine Masters or Master swimming isn't required but is encouraged. The meet is a fundraiser for Bangor Region YMCA Barracudas.

To register as a Maine Master: do so online at <http://www.usms.org/reg/> **Pick MESC.** With questions contact Tim Lecrone at neregistrar@usms.org.

Directions: From South: Take I-95 North to Union Street, Exit 184. At end of exit, turn right onto Union Street. Continue straight through two lights. Three blocks from the second light is Second Street. The facility is on the corner of Union and Second Street.

From North: Take I-95 South, Union Street, Exit 184. Turn left at the end of exit onto Union Street. Continue straight through three lights. Second Street is three blocks on right after the third light. Bangor Y is on corner of Union and Second Street.

Facility: 6-lane pool, adjacent lanes for warm-up and cool down and electronic timing will be used.

Meet Director: Shawn Rich- srich@bangory.org (207) 941-2808 ext 332

Fees: Entries postmarked by Wednesday September 25th \$30 for 6 individual events and 2017 Maine Masters T-Shirt. Later entries will be accepted until 10:30am the day of the meet \$35 for 6 events.

Make checks payable to Bangor Region YMCA.

Send Entries To: Shawn Rich, Aquatics Director, Bangor Region YMCA, 17 Second St, Bangor, ME 04401.

Waiver (must be signed by all participants)

"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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: BANGOR YMCA, 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 of the Participant _____

Date _____