

# The Spring Fling Meet @The Bangor Region YMCA!

April 2<sup>nd</sup>, 2022 – The Bangor Region YMCA, Bangor, Maine

**NO HARVARD MEET? NO PROBLEM!!!**

## Saturday 4/2, 9:30am warm up / 10:30am 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 5 individual events, see relay note below for relay entries. Seeding 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		1
2		Mixed 100 Breaststroke		2
3		Mixed 100 Butterfly		3
4		Mixed 50 Freestyle		4
5		Mixed 25 Backstroke		5
6		Mixed 25 Breaststroke		6
7		Mixed 25 Butterfly		7
8		Mixed 25 Freestyle		8
9		Mixed 100 IM		9
10		Mixed 50 Backstroke		10
11		Mixed 100 Freestyle		11
12		Mixed 200 Breaststroke		12
13		Mixed 100 Backstroke		13
14		Mixed 50 Butterfly		14
15		Mixed 200 IM		15
16		Mixed 50 Breaststroke		16
17		Mixed 200 Backstroke		17
18		Mixed 200 Freestyle		18
19		Mixed 200 Butterfly		19
20		Mixed 500 Freestyle		

\*Swimmers for the 500 free and must provide their own counters. Heats will be organized based on seed times.



## Participant Information

Name \_\_\_\_\_

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender **M** **F**

Emergency Contact (name/phone) \_\_\_\_\_

Prestige Worldwide Swim (PWWS)  Maine Masters (MESC)  New England Masters (NEM)

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 PWWS sponsored events will be governed by the current USMS rules. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

Recognized by the New England LMSC on behalf of US Masters Swimming. Recognition Number XXXXXXX

"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"

**Directions:** The Bangor Region YMCA is located at 17 Second St, Bangor, Maine 04401

**Facility:** 6-lane pool with five racing lanes and an adjacent lane for warm-up and cool down. Electronic timing will be used.

**Meet Directors:** Shawn Rich & Tim Lecrone

**Contacts:** Shawn Rich at [srich@bangory.org](mailto:srich@bangory.org) or (207) 941-2808 and Tim Lecrone at [tlecrone@msn.com](mailto:tlecrone@msn.com)

**Fees:** Entries received by Noon, Thursday, March 31<sup>st</sup> will be pre-seeded with a cost of \$20 for up to 5 individual events. Later entries, including deck entries, will be accepted at a cost of \$25 for 5 events. Make checks payable to Bangor Region YMCA.

**Send Entries To:** Shawn Rich, 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 AN 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: 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 of the Participant \_\_\_\_\_

Date \_\_\_\_\_