

4th Annual

Edge Masters Swim Like a Fool / Vermont Senior Games Swim Meet

Saturday, April 1, 2017 The Edge, Williston, VT

Recognized USMS Swim Meet # 027-R002

Contacts:

Meet Director/Entry Chair: Emily Mitchell EmilyM@edgevt.com 802-922-0888

Aquatic Director: Bethel Patrick-Ogle BetheP@Edgevt.com 802-860-3343 x21

Schedule: The pool will open for *warm up at 12pm* and the *meet will begin at 1pm*. Anticipated end time is before 4:00pm. FEET-FIRST entry during warm up except in designated lanes.

Location: The Edge Sports and Fitness Center, 115 Wellness Drive, Williston, Vermont.

Facility: The pool is a 6 lane, 25-yard pool. There is also a smaller, warm pool available for warm-up/cool-down during the meet. Since the warm-up pool is not 25 yards, the meet schedule includes scheduled warm-up/cool-down breaks periodically throughout the meet in the competition pool. Hand-held timers will be used for this meet. 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

Eligibility: Since this is a recognized USMS swim meet, anyone age 18 and older is eligible to participate. It is not a requirement to be a USMS member. However, only those participants who are current USMS members are eligible for USMS top ten times and national records. If you are a USMS member, please submit a copy of your current membership card with your entry form to verify eligibility of submission for USMS top ten times and national records.

Check –in: All swimmers must check-in at the designated table no later than 11:15am.

Event Limit: Swimmers can swim a maximum of 5 events not counting relays.

Meet Entry Fees: \$25 per person for up to 5 individual events (for entries received by March 28, 2017). Late entries and/or deck entries (before 11:15 am on meet day) are \$35. Make check or money order payable to The Edge Masters Swim Club. All entries must include completed entry form, payment, and a copy of your USMS membership card if applicable.

Entry Requirements and Due Date: Entries must be RECEIVED by Tuesday, March 28, 2017 to qualify for reduced fee. Meet entry forms should be mailed to Emily Mitchell, Masters Coach c/o The Edge, 115 Wellness Dr., Williston, VT 05495. All entry times must be submitted in short course yards.

Seeding: Events will be seeded slowest to fastest regardless of gender and age. If you do not have a time, you can enter No Time and you will be placed in the first heat for that event. **We will do our best to accommodate day-of-entry requests. However, we highly recommend registering prior to March 28 to ensure you are placed in an appropriate heat and can swim the events you select.**

Vermont Senior Games (VSGA): This meet will be run simultaneously as the *2017 Vermont Senior Games State Swimming Championships*. Any swimmer age 50 & older may participate in both meets at the same time. The benefits of dual-registering include: (1) receiving medals for first, second, and third place by gender and age group, (2) being added to the VSGA mailing list and receiving communications about VSGA events and news, and (3) in even-numbered years, qualifying for the National Senior Games; 2017 is not a qualifying year.



Check here if you are 50 years of age or older and would like to be dual-registered for the 2017 Vermont Senior Games State Swimming Championships. Your registration information will be shared with the Vermont Senior Games Association.

Visit www.vermontseniorgames.org to learn more about the Vermont Senior Games.

Relays: We will hold a 200 free relay event as well as a 200 medley relay event. We will also run an April Fools Fun Relay. Relay entries will be submitted during the meet at least four events prior to the relay event. Relays can be all men, all women, or mixed (2 men and 2 women).

Record Times: If you intend to post a National Record time it is your responsibility to notify a meet official prior to your event.

Concessions: There will be refreshments available in the lobby. All proceeds will support the Edge Swim Club.

Awards: No place awards will be given.

Rules: Current USMS rules will apply. Swimmers will be seeded in heats according to times; heats will run slowest to fastest, regardless of age or gender. No equipment is allowed at any time.

Hotels: There are many accommodation options within a couple miles of the Edge facility. If coming from out of town, Burlington, and the waterfront, is also only 15 minutes away.

- Residence Inn Burlington, 35 Hurricane Lane, Williston, (802) 662-8302
- Fairfield Inn Burlington, Williston, 2844 St George Rd, Williston, (802) 879-8999
- Holiday Inn Burlington, 1068 Williston Rd, South Burlington, (802) 863-6363

Location and Directions: The Edge, 115 Wellness Dr., Williston, VT 05495 <http://edgevt.com/>. From I-89 N take exit 12 for Vermont 2A; Turn right onto VT 2A N/St. George Rd; Turn left onto Marshall Ave; Turn right onto Wellness Dr. From I-89 S take exit 12 for Vermont 2A; Turn left onto VT 2A N/St. George Rd; Turn left onto Marshall Ave; Turn right onto Wellness Dr.

Visit www.edgeswim.com under the Master Swimming tab to learn more about the Masters Swim Club at the Williston Edge.

4th Annual Edge Masters Swim Like a Fool/VSG Meet

INDIVIDUAL ENTRY FORM:

Entries due Tuesday, March 28, 2017. The cost is \$25 for up to five events. Late/Day of entries will be permitted for an increased fee of \$35. Relays are not included in the 5 events and can be entered at the meet. All of the events will be seeded slowest to fastest regardless of age or gender. Participants entering on the day of will be seeded in the first heat for their events regardless of seed time. Please submit short course yard times. If you are a USMS member, please submit a copy of your membership card. If you are not a USMS member, you are still eligible to participate since this is a recognized USMS Swim Meet.

Please print clearly. All times to be entered in SCYARDS. Include all contact information in case we need to reach you to resolve a discrepancy. Include a legible copy of your current 2017 USMS registration. All events seeded by time slow to fast regardless of age or gender. Enter a maximum of 5 individual events (excluding relays), with short-course meters times.

Event	Entry Time	Event	Entry Time
#1 100 Yard Back	_____	#10 50 Yard Fly	_____
#2 50 Yard Breast	_____	#11 200 Yard Free	_____
#3 100 Yard Fly	_____	#12 400 Yard IM	_____
#4 50 Yard Free	_____	5 minute break	
#5 500 Yard Free	_____	#13 200 Yard IM	_____
5 minute break		#14 100 Yard Breast	_____
#6 200 Yard Breast	_____	#15 200 Yard Fly	_____
#7 100 Yard IM	_____	#16 50 Yard Back	_____
# 8 200 Yard Back	_____	#17 100 Yard Free	_____
#9 200 Yard Free Relay Sign up at meet		#18 200 Yard Medley Relay Sign up at meet	

Please Sign the Release of Liability Form on next page.

Print Name: _____ **Gender: Please circle one- M / F**

Address: _____

E-mail Address: _____ **Date of Birth:** _____

Age as of April 1, 2017: _____ **T-shirt size: (circle) XS S M L XL XXL**

USMS # (if applicable): _____

LMSC: _____ **Workout Group/Club:** _____

Fees: \$25 for up to 5 individual events if received by March 28, 2017. Late/Deck Entry \$35. Make checks payable to The Edge Masters Swim Club. **SIGN AND RETURN RELEASE FORM**

Send entry form (including signed release), payment, and copy of your USMS membership card if applicable to: Emily Mitchell, Head Coach c/o The Edge 115 Wellness Dr., Williston, VT 05495.

802-922-0888

Registration form can also be found on-line at www.edgeswim.com under the Master Swimming tab

Liability Release Form

Name: _____

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, VERMONT SENIOR GAMES ASSOCIATION, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: _____ Date: _____

Disability

Legally Blind or Visually Impaired

Deaf or Hard of Hearing

Physical Disability such as amputation, cerebral palsy, dwarfism, etc.

Photo Release

I give permission for my likeness to be used for swim team training purposes and advertisements posted on team bulletin boards, the team website, the team Facebook, and other media outlets such as local newspapers in association with their participation in the Edge Masters Swim Like a Fool/VSG's swim meet.

I have read, acknowledge, and agree to the EDGE Photo Release

I give permission ONLY for team postings

Please contact me prior to posting my likeness

I do NOT give permission