

**Frank Clark Meet hosted by Triad Masters Swimming**  
**Saturday, March 3, 2012**  
**GREENSBORO AQUATIC CENTER**

**Sanction:** Sanction by LMSC for NC for USMS, Inc. Sanction # 132-002

**Meet Co-Directors:** Andrew Richelson, arichelson@aol.com ; Chris Deinlein, cdeinlein@triad.rr.com

**Facility:** GREENSBORO AQUATIC CENTER, 1921 W. Lee Street, Greensboro, NC.  
25 yard, 8 lane racing course will be used for competition with 3 warm-up lanes.

<http://www.greensboroaquaticcenter.com/directions>

**THIS IS THE FACILITY WHICH WILL BE HOSTING THE US MASTERS NATIONAL CHAMPIONSHIPS IN APRIL**

**Parking:** **There is a Coliseum facility parking fee of \$4.00.** You may find on-street parking across Lee Street(aka High Point Road) opposite from the facility on or around Patterson Street or behind Stamey's restaurant. Triad Masters may be able to provide FREE parking to the first 30 entrants, and if so, will send parking passes by e-mail to those entrants. No guarantees.

**Eligibility:** Swimmers *must* register with USMS as of the day of the meet as determined by the Registrar of NCMS. NO EXCEPTIONS. USMS rules govern the meet. You must present a copy of your membership card at check-in. No one-day USMS registration.

**Deadline:** Entries must be received by **Sunday, February 26 2012 at 11:59 PM.** **DECK ENTRIES ONLY IF SPACE ALLOWS.** Relays **must** be submitted by 9:30 am on the day of the meet. Entries should be mailed or e-mailed to

Meri Amweg, Treasurer                      mamweg@hotmail.com  
4710 Beechcroft Dr                      OR  
Greensboro, NC 27407

**Fees:** \$25.00 flat fee. Swimmers may swim up to five(5) events plus relays. There are *no* relay charges. *There will be no refunds, unless the meet date is changed or canceled in which case all fees, less a \$5.00 charge will be refunded.*

**Awards:** **As long as supplies last,** ribbons given to the top 8 finishers in each event, each age group. Yes, we still have some ribbons!

**Seeding:** All events will be seeded by sex and time, with the exception of the following events: 500 freestyle and 1000 freestyle. These events will be seeded by time only with sexes combined. All events will be seeded slow to fast, except the 500 freestyle and 1000 freestyle which will be fast to slow. **The 1000 free is limited to the first 16 entries.** "No Time" will be placed in slow heats. Meet Director reserves the right to combine sexes in any events. There will be positive check-in for the 500 and 1000 freestyle events. Swimmers will declare their stroke for the 200 Choice(non-free) at time of check-in. Event limit is five events.

**Schedule:** Warm-ups will begin at 8:00 am with the first event (1000 free) starting at 8:45 am. The second warm-up session will begin at the conclusion of the 1000 free, with the meet continuing at approximately 10:00 am. Warm-up/warm-down lanes will be available during the meet. 5-10 minute breaks may be included in the event order per Meet Director.

**\*\*You must always enter the pool feet first (during warm-ups) except in sprint lanes.**

**Frank Clark Meet Entry Form  
March 3, 2012**

Name: \_\_\_\_\_ Team Initials: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Sex: M F Age: \_\_\_\_\_ DOB: \_\_\_\_\_ USMS Number: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

	Women	Time	Event	Time	Men
1	_____		1000 Freestyle	_____	1
			Break		
			200 Medley Relay		
7	_____		50 Freestyle	_____	8
9	_____		200 IM	_____	10
11	_____		50 Backstroke	_____	12
13	_____		100 Butterfly	_____	14
15	_____		100 Breaststroke	_____	16
17	_____		200 Freestyle	_____	18
19	_____		100 IM	_____	20
21	_____		50 Butterfly	_____	22
23	_____		100 Backstroke	_____	24
25	_____		50 Breaststroke	_____	26
27			200 Choice (non-free)		28
29	_____		100 Freestyle	_____	30
			200 Free Relay		
32	_____		500 Free	_____	33

**Meet Fee \$ 25.00 Payable to Triad Masters Swimming(TMS)**

**If entering by mail, please include the meet fee. If entering on-line, the meet fee and WAIVER must be paid at the time of check-in.**

**Read and Sign this Release from Liability:** 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 MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_