

**Sunday, December 13, 2015 Metropolitan SCM Champs at AGUA Masters
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #PENDING**

- Facility** Asphalt Green George Delacorte Olympic Pool, located at 1750 York Avenue, New York, NY 10128 (corner of 91st St. and York Ave.). The bulkhead pool will be set up with eight 25-meter competition lanes, with adjacent twenty-yard continuous warm up and warm down space.
- Directions** By Bus: Take M86 or M31 to the York Ave. and 91st St. stop. The AquaCenter is across the street.
By Subway: Take 4, 5, or 6 train to 86th St. station. Walk or take M86 bus east to York Ave. and north to 91st St.
By Car: Take FDR Drive to 96th St. exit. From South, continue onto York Ave. From North, turn left at second light and continue onto York Ave.
- Eligibility** Open to all 2015 or 2016 USMS-registered swimmers age 18 or older, regardless of Club or LMSC affiliation or residency. Age determination date for this meet is December 31, 2015. Note: You cannot register with USMS until you are 18 years old.
Retrieve USMS registration number/card online at: https://www.clubassistant.com/club/usms_member_card_request.cfm
Not a USMS member? No problem. Register with USMS for this meet online at: <http://www.usms.org/reg/>
- Rules** 2015 USMS rules govern this meet. NO DIVING permitted during warm-up except for designated one-way sprint lanes. Swimmers must enter the water in a cautious and controlled manner. Failure to comply with no diving rule may result in expulsion from meet.
- Schedule** Check-In: 4:30-5:15 p.m. / Warm-Up: 5:00-5:40 p.m. / Start: 5:45 p.m. / Finish: No later than 8:00 p.m.
- Check-In** Please email Meet Director Jonas Altman-Kurosaki to scratch in advance. Scratches will be accepted until 5:15 p.m. on the day of the meet.
- Seeding** Swimmers will be seeded according to entry time, not by age or gender. Heats will be contested slowest to fastest; "NT" (no time) entries will be seeded as slowest. All events will be seeded and heat sheets posted after swimmer check-in has closed at 5:15 p.m on the day of the meet.
- Entry Limit** Each swimmer is permitted to enter and swim a maximum of four (4) individual events.
- Entry Times** Enter SHORT COURSE METER times for all events. An online time conversion utility to calculate SCM times is available at: <http://swimswam.com/swimming-times-conversion-tool/>
- Split Times** Any swimmer who intends to post a USMS Top 10, USMS national record or FINA world record split time must submit official split time request in writing to computer table prior to conclusion of meet. Official split time request forms will be available at meet. Note: Initial backstroke split requests must be submitted PRIOR to swim.
- Records** The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.
- Entry Fee** \$30 flat individual entry fee. Entry fees are non-refundable and non-transferable.
- Deadline** **Online registration CLOSES at 11:59 a.m. ET on December 12, 2015.** Mail-in entry RECEIPT (not postmark) deadline is **December 7, 2015.**
- Register** Online meet registration with a credit card is strongly recommended for convenience and accuracy. Credit card statement will reflect a charge by "ClubAssistant.com Events". Register online at: https://www.clubassistant.com/club/meet_information.cfm?c=1542&smid=7071
- Food** With the exception of plastic bottled water or sports drinks, facility management prohibits food and beverages on pool deck or in locker rooms.
- Awards** Medals will be distributed for first, second and third place. Each registered swimmer will receive a commemorative Metro LMSC giveaway.
- Results** Results will be posted online within 48 hours of meet conclusion at www.metroswim.org and www.aquamasters.org.
- Questions** Direct inquiries to Meet Director Jonas Altman-Kurosaki at JAltmanK@asphaltgreen.org.

INDIVIDUAL MEET MAIL-IN ENTRY FORM

Swimmers MUST complete and sign USMS liability waiver on second page in order for entry to be accepted.

#	Event Description	SCM Entry Time
1	Mixed 100m Freestyle	_____
2	Mixed 50m Breaststroke	_____
3	Mixed 100m Backstroke	_____
4	Mixed 50m Butterfly	_____
5	Mixed 200m Individual Medley	_____
6	Mixed 50m Freestyle	_____
7	Mixed 100m Breaststroke	_____
8	Mixed 50m Backstroke	_____
9	Mixed 100m Butterfly	_____
10	Mixed 100m Individual Medley	_____

_____	_____	_____	____/____/____	_____	_____
LAST NAME	FIRST NAME	M.I.	BIRTH DATE	GENDER	USMS CLUB
_____					_____
SIGNATURE OF PARTICIPANT					DATE SIGNED

Include completed entry form; completed and signed USMS waiver; legible copy of current 2015 or 2016 USMS card; \$25 check or money order payable to ASPHALT GREEN. Mail to: **Jonas Altman-Kurosaki, 555 E. 90th St., New York, NY 10128**

