



## 34th Annual Ground Hog Meet

SUNDAY, February 10, 2019

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction # 059-S002

- FACILITY** Westport/Weston Family YMCA, 14 Allen Raymond Lane, Westport, CT Phone: 203-226-8981. **The Westport/Weston YMCA pool is a covered 25 yard ten lane pool.** The meet will be run as a 25 yard, 8 lane meet. There will be 2 lanes for constant warmup/warm down. The length of the competition course is in compliance and on file with USMS articles 105.1.7 and 107.2.1. Times will be submitted for USMS Top 10 and Records.
- PARKING** **Meet participants must park in the Red Barn parking lot, located at 292 Wilton Road, Westport Connecticut. A shuttle bus will be available to transport you to and from the YMCA facility, approximately 2/10 a mile away.**
- WARMUP** Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).
- ELIGIBILITY** Open to all USMS-registered swimmers age 18 and older. Age determining date for this meet is February 10, 2019. Include a legible copy of your current 2019 USMS registration card with entry form.
- SCHEDULE** Warm-up 8:30 am; meet start 9:30 am; pool must be cleared by 1:15 pm. **Deck entries must be in by 8:45 am!! No deck entries will be accepted after this time.**
- SEEDING** Events will be run in heats, slowest to fastest, regardless of age or sex.
- EVENT LIMIT** Swimmers are permitted to enter a MAXIMUM of five (5) individual events & two (2) relay events. **The 400 IM and 500 Freestyle will be limited to a maximum of 3 heats or 24 swimmers. Positive check in required for both the 400 IM and the 500 Free. The meet will be capped at 125 meet competitors.**
- RELAY ENTRIES** Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men or three women & one man. Mixed relays going for a USMS record must be two women and two men. The 4x100 Medley relay and 4x100 Free relay may be run in 1 Heat.
- RECORD TIMES** A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official **PRIOR TO YOUR EVENT.**
- ENTRY FEES** Entry fee is **\$40.00** for online entry **RECEIVED BY 02/07/2019.** Deck entries are **\$50.00.** **Entry fees are non-refundable and non-transferrable.**
- ONLINE ENTRY** **Register at [https://www.clubassistant.com/club/meet\\_information.cfm?c=1867&smid=11176](https://www.clubassistant.com/club/meet_information.cfm?c=1867&smid=11176). Credit card will reflect a charge by "Club Assistant.com Event Billing". Entries close midnight, February 7, 2019.**
- ENTRY TIMES** Enter short course yard times for all events.
- QUESTIONS:** Direct inquiries to Meet Director Jeff Sargent- [jssarge@att.net](mailto:jssarge@att.net). For entry questions or adjustments, please contact Jeff Sargent – [jssarge@att.net](mailto:jssarge@att.net).
- DIRECTIONS:** **From Merritt Parkway** – Exit 41, Route 33 northbound exit, Right turn on to Allen Raymond Lane, Left turn at light to Route 33 (Wilton Road) Red Barn Lot is on your left.  
- Exit 41, Route 33 southbound. Right turn on to Route 33 (Wilton Road), through stoplight. Red Barn Lot is on your right.
- From I-95** – Exit 17, go North. Approximately 1 mile after the 3<sup>rd</sup> light the Red Barn lot will be on your right, directly before the 4<sup>th</sup> traffic light.



**SUNDAY, FEBRUARY 10, 2019**  
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**EVENT ORDER:**

| #  | EVENT                       | ENTRY TIME | #  | EVENT                      | ENTRY TIME |
|----|-----------------------------|------------|----|----------------------------|------------|
| 1  | Mixed 200 SCY Medley Relay* | _____      | 12 | Mixed 200 SCY IM           | _____      |
| 4  | Mixed 400 SCY IM            | _____      | 13 | Mixed 200 SCY Freestyle    | _____      |
| 5  | Mixed 50 SCY Backstroke     | _____      | 14 | Mixed 100 SCY Breaststroke | _____      |
| 6  | Mixed 50 SCY Freestyle      | _____      | 15 | Mixed 50 SCY Butterfly     | _____      |
| 7  | Mixed 200 SCY Breaststroke  | _____      | 16 | Mixed 100 SCY Freestyle    | _____      |
| 8  | Mixed 200 SCY Butterfly     | _____      | 17 | Mixed 100 SCY IM           | _____      |
| 9  | Mixed 100 SCY Backstroke    | _____      | 18 | Mixed 200 SCY Backstroke   | _____      |
| 10 | Mixed 50 SCY Breaststroke   | _____      | 19 | Mixed 400 SCY Free Relay*  | _____      |
| 11 | Mixed 100 SCY Butterfly     | _____      | 20 | Mixed 500 SCY Freestyle    | _____      |

**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 THIS MEET 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, THE TOWN OF WESTPORT 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. (Rule book article 204.1)

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_ GENDER (*circle one*) male female

ADDRESS/CITY/STATE/ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_

AGE: \_\_\_\_\_ (*as of 02/10/2019*) USMS #: \_\_\_\_\_ [*please attach copy of card*]

DAY TELEPHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EVE TELEPHONE (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

LMSC (i.e.: Conn Masters): \_\_\_\_\_ CLUB (i.e.: Water Rat Masters): \_\_\_\_\_