

# 10<sup>th</sup> Annual Wilton Masters Summer Sizzler Meet



**SUNDAY, JULY 11, 2010**

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction #050-002

- FACILITY** Wilton Family YMCA, 404 Danbury Road, Wilton, CT Phone: 203-762-8384  
The Wilton YMCA pool is a 50 meter six lane OUTDOOR pool with moveable bulkheads.  
The meet will be run as a 50 meter, 5 lane meet, with 1 lane designated a warm-up/down lane.
- WARMUP** **No diving** is permitted during warm-up, but only in designated one-way sprint lane(s).
- ELIGIBILITY** Open to all USMS-registered swimmers age 19 and older. Age determining date for this meet is Dec. 31, 2010. Include a legible copy of your current 2010 USMS registration card with entry form. Masters registration will be available at the meet.
- SCHEDULE** Warm-up 8:00am; meet start 9:00am; pool must be cleared by 1:00pm.  
**Deck entries must be in by 8:00am!! No deck entries will be accepted after this time.**  
At 1pm, the Wilton Y Masters host a BBQ serving up burgers, hot dogs, delicious homemade salads and soft drinks. The BBQ is free to meet participants, \$5 for guests or \$10 per family.
- CHECK-IN** Positive check-in is required for all as you must sign the liability form the day of the meet.
- 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.
- 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**.
- AWARDS** No awards will be given out.
- ENTRY TIMES** Enter long course meter times for all events.
- ENTRY FEES** \$25 per person for up to 5 events (for entries *received* by 7/06/10 Late entries and/or deck entries are \$30 +\$3 per event for up to 5 events. Please make check or money order payable to:  
**WILTON Y WAHOOS**
- ENTRY DEADLINE** **Individual entries must be RECEIVED (not postmarked) by Tuesday, July 6, 2010.** No telephone, fax, or electronic entries will be accepted. Fill in all personal contact information on entry form to enable us to contact you to resolve an entry problem. Include meet entry fee payment, executed entry form, and a legible copy of your current 2010 USMS registration card.
- MAIL ENTRY TO:** Wilton Y Masters, c/o Jessica Guttenberg, Masters Coach, 404 Danbury Road, Wilton, CT 06897
- QUESTIONS:** Direct inquiries to Meet Director (email: [wywahoos@aol.com](mailto:wywahoos@aol.com))
- DIRECTIONS:** From I-95 North & South take Exit 15, follow signs to Rte 7 north (Danbury). Stay on connector to end. Turn right at light, then at 2<sup>nd</sup> light take a left at light onto Rte. 7 north, and continue about 4 miles. Y is on right, across from Wilton High School. For directions from other areas, please visit the Wilton Y website at: <http://www.wiltonymca.org>

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**INDIVIDUAL EVENT ENTRY FORM**

Warm-up 8am, Start 9am, BBQ @1pm following the conclusion of the meet. Age determining date for this meet is December 31, 2010. Enter long course meter times. You are permitted to enter a maximum of five (5) individual events. Please print neatly. Include all contact information should we need to reach you to resolve a discrepancy. Include a legible copy of your current 2010 USMS registration card and meet entry payment.

Checks to be payable to **Wilton Y Wahoos**

**Individual entries must be RECEIVED (not postmarked) by Monday, July 6, 2010.**

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 400 lcm IM	_____	10	Mixed 100 lcm Butterfly	_____
2	Mixed 100 lcm Freestyle	_____	11	Mixed 200 Freestyle	_____
3	Mixed 50 lcm Breaststroke	_____	12	Mixed 50 lcm Backstroke	_____
4	Mixed 200 lcm Backstroke	_____	13	Mixed 200 lcm Breaststroke	_____
5	Mixed 400 lcm Freestyle	_____	14	Mixed 50 lcm Butterfly	_____
6	Mixed 200 lcm Butterfly	_____	15	Mixed 50 lcm Freestyle	_____
7	Mixed 100 lcm Backstroke	_____	16	Mixed 200 lcm Free Relay** [IF TIME PERMITS]	_____
8	Mixed 100 lcm Breaststroke	_____	17	Mixed 200 lcm Medley Relay** [IF TIME PERMITS]	_____
9	Mixed 200 lcm IM	_____	<b>** Relay entries due by Event #13</b>		

**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 WILTON 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 \_\_\_\_\_ DATE \_\_\_\_\_

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

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

EMAIL ADDRESS \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Mo. Day Year

AGE: \_\_\_\_\_  
 (as of 12/31/10)

USMS #: \_\_\_\_\_ [*please attach copy of card*]

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

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

LMSC (i.e.: Conn Masters): \_\_\_\_\_

CLUB (i.e.: Wilton Y Masters): \_\_\_\_\_