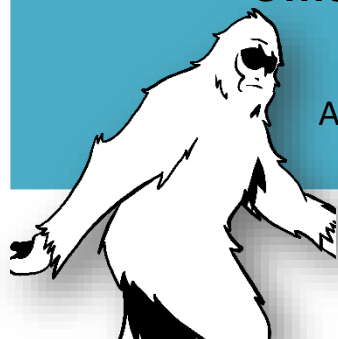




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Maine State SCY Championships & Senior Games @The Bangor Region YMCA

April 27th, 2024 – The Bangor Region YMCA, Bangor,
Maine



Recognition
Number XXXXXXX

10:30am Warm Up--- 11am Start



		All MESC/SASQ sponsored events will be governed by the current USMS rules. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.
		"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"
		Directions: <u>The Bangor Region YMCA is located at 17 Second St, Bangor, Maine</u>
		Facility: 6-lane pool with five racing lanes and an adjacent lane for warm-up and cool down. Electronic timing will be used.
		Meet Directors Shawn Rich at srich@bangory.org or (207) 941-2808 and Tim Lecrone at tlecrone@msn.com
		Fees: Entries received by Noon, Thursday, April 25 th , will be pre-seeded with a cost of \$30 for up to 5 individual events. Later entries, including deck entries, will be accepted at a cost of \$35 for 5 events. Make checks payable to The Bangor Region YMCA. Participants 45+ years of age should register at Maineseniorgames.org .
		Send Entries To: Shawn Rich, Bangor Region YMCA, 17 Second St, Bangor, ME 04401.
	COVID-19	An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. •According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. US Masters Swimming cannot prevent you from becoming exposed to, contracting, or spreading COVID19 while participating in USMS sanctioned/recognized events. It is not possible to prevent against the presence of the disease •Therefore, if you choose to participate in a USMS sanctioned/recognized event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. •By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever hold harmless US Masters Swimming, The Waldo County YMCA, Maine Masters Swimming, Sasquatch Swim Club, and all meet officials from any liability or claims including for personal injuries, death, disease or property loss; including, but not limited to claims of negligence and give up any claims you may have to seek damages; whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participation in this competition.
	Recognition	Recognized by the New England LMSC on behalf of US Masters Swimming. Recognition Number XXXXXXX
	Counters	*Swimmers for the 500 free and must provide their own counters. Heats will be organized based on slowest to fastest seed times with NT in the first heat. <i>There is no check-in and no penalty for scratches.</i>

The Order of Events!

Mixed 400 IM
Mixed 200 Freestyle
Mixed 100 Backstroke
Mixed 50 Butterfly
Mixed 50 Freestyle
Mixed 100 Breaststroke
Mixed 200 Backstroke
Mixed 100 IM
Mixed 500 Freestyle
Mixed 50 Breaststroke
Mixed 100 Butterfly
Mixed 200 IM
Mixed 100 Freestyle
Mixed 50 Backstroke
Mixed 200 Breaststroke
Mixed 200 Butterfly