



# 2003 United States Masters Swimming National Long Course Championships

Sonny Werblin Recreation Center, Rutgers University  
Piscataway, New Jersey August 13-17, 2003



Sonny Werblin Recreation Center

## MEET INFORMATION

*Rutgers Aquatics and Rutgers University is proud to host the 2003 Long Course National Championships. Please read the following information carefully and refer to the checklist on the entry form to avoid misunderstandings or problems regarding the conduct of the meet. All times listed are Eastern Daylight Savings Time.*

### Location

The Sonny Werblin Recreation Center, 656 Bartholomew Road, Piscataway, NJ 08854. (732) 445-4189. From Newark Airport go south on the NJ Turnpike to exit 9, north on Rt 18 to the Busch Campus.

### Facilities

One 8-lane 50-meter heated indoor competition pool kept at 80F. Adjacent are two indoor heated 4-lane 20-yard pools. Additionally there is one outdoor 4-lane 25-yard pool for warm-up. Electronic timing with Colorado Timing. Concession stand will be available.

### Website

Meet information, entry forms, on-line registration and current hotel and car rental information are available at [www.usms.org](http://www.usms.org).

### Hotels

Book your room early to avoid availability problems. Mention "National Masters" to get the discounted rate. All hotels are 2-4 miles from the pool facility.

#### **Marriott Somerset**

110 Davidson Road, Somerset  
800-238-3198 or 732-560-0500  
\$96 (1-2 people)

#### **Four Points Sheraton**

21 Kingsbridge Road, Piscataway  
888-627-8198 or 732-980-0400  
\$79 (1-2 people)

#### **Courtyard by Marriott**

250 Davidson Avenue, Somerset  
732-271-4555 or 800-321-2211  
\$73 (1-2 people)

#### **Hampton Inn**

255 Davidson Avenue, Somerset  
732-563-1600 or 800-426-7866  
\$109 (1-2 people, w/continental breakfast)

#### **Embassy Suites**

121 Centennial Avenue, Piscataway  
732-980-0500 or 1-800-362-2779  
\$109 (1-4 people, full breakfast included)

#### **Clarion**

11 Cedar Grove Lane, Somerset  
732-563-1000 or 800-372-9099  
\$74 for double/double, \$94 for duplex suites

#### **Summerfield Suites Somerset**

260 Davidson Road, Somerset  
732-356-8000 or 800-360-8038  
\$103 two room suite, \$83 one room suite

#### **Sierra Suites**

410 S. Randolphville Road, Piscataway  
732-235-1000 or 800-474-3772  
\$78 one bedroom suites with two beds

#### **Doubletree Somerset**

200 Atrium Drive, Somerset  
732-469-2600 or 800-222-8733  
\$96 (1-2 people)

#### **Ramada Somerset**

60 Cottontail Lane, Somerset  
732-560-9880 or 800-272-6232  
\$89 (1-2 people)

#### **Hyatt New Brunswick**

Two Albany Street, New Brunswick  
732-873-1234 or 800-233-1234  
\$96 single/double

#### **Wellesley Inn & Suites**

831 US Route 1, Edison  
732-287-0171 or 800-444-8888 (must ask for

code: SWIM) \$78 (1-2 people)

### Meet Shuttle Service

All hotels listed are on the shuttle route. Beginning at 5:00am the shuttle service will run until one hour after the completion of the last event. The shuttles schedule will be available at registration.

### Parking

Free parking is available next to the facility.

### Travel

Continental Airlines is the official meet airline. For discounted airfares call Continental Airlines at (800)468-7022. Provide them with the: Agreement Code: VYMP1X and Z Code: ZWDA. (The Z Code must be listed in the Ticket Designator Box and Tour Code Box.)

### Ground Transportation

**Gogel Enterprises** - 800-624-6112 (press one for My Limo); **Airporter Shuttle Services**  
**Hilton East Brunswick** - 800-385-4000. Schedule from Newark: 7:15am, 9:15am, 11:15am, 1:15-8:15pm every hour. Cost: \$20 per person each way; **State Shuttle** (All other hotels in area use this service) 800-427-3207. Advance reservation is required.

**Rental cars** - Contact Team Meeting Services at (609)-716-1175 or fax (609)-716-7001. Email: [TMS99@aol.com](mailto:TMS99@aol.com).

### Attractions

See [www.usms.org](http://www.usms.org) for a list of attractions. For more information about or to book attractions contact: Team Meeting Services: 609-716-1175 or [TMS99@aol.com](mailto:TMS99@aol.com).

### Temperature and Climate

New Jersey climate in the summer is warm with daytime temperatures in the 80s-90s.

### Concessions, Vendors & Souvenir Items

A full concession stand will be open throughout the meet. Fruit, bagels, danish, teas,

## MEET INFORMATION

coffee, juice, sandwiches, pizza etc. will be available for purchase. Several vendors (official USMS sponsors) will be on site selling merchandise. The host, Rutgers Aquatics and Rutgers Masters will also have a booth selling meet souvenirs.

### Registration

All participants must register prior to competing to sign an emergency card, safety information statement, and liability release. Registered swimmers will receive a meet program, optional social tickets, and other meet information. Registration will be held in the lobby at the Natatorium on Tuesday, August 12, from noon to 8 pm, on Wednesday, August 13 from 5:30am until the end of the day's last event, and on Thursday, August 14 through Sunday, August 17, from 6:00am until the end of each day's last event.

### Eligibility

The Championships are open to any registered Masters swimmer at least 19 years of age as of December 31, 2003. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, the swimmer shall be entered as "unattached". Foreign entries must include a copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.

### Age Groups

Age for the meet is determined as of 12/31/03. **Individual Events:** 19-24, 25-29, 30-34, 35-39, ...100-104. **Relay Events:** (aggregate age of relay members): 76-99, 100-119, 120-159, 160-199, ...(40-year increments as high as is necessary).

### Scoring

Individual Events: 11-9-8-7-6-5-4-3-2-1.

Relays: 22-18-16-14-12-10-8-6-4-2.

### Team Scoring

Team scoring will be tabulated in three divisions: Large, Medium, and Small. Each division contains three categories: Men, Women, and Combined. Mixed relays score points only in the Combined category. The USMS Championship Committee will determine the team divisions after the entry deadline based on the number of entrants from each club.

### Awards

Medals will be awarded for first through tenth places in each age group. A USMS Championship Patch will be given to each individual and relay team member for the first event won. Swimmers winning more than one event may purchase additional patches. Unclaimed awards will not be mailed unless arrangements are made at the meet. There will be a charge for mailing awards. Awards will be presented to the top three teams in each category of each division.

### Final Results

Complete final results may be ordered in advance or at the Awards Table during the meet. Cost will be \$15.00 per copy. Individual swimmer's final results with splits will be

available at the meet for \$5.00 each. The USMS website will post results.

### Seeding

All events will be deck seeded unless meet management determines that the meet can be completed in a timely fashion with pre-seeded events. Odd heats will start from one end of the pool and even heats will start from the other end unless the meet can be run in a timely manner without using the Chase Start format. Men's heats will precede women's heats for most events. All events except the 400 IM, 800 Free, and 1500 Free will be seeded by age group with the oldest age groups first, slowest heats seeded first in each age group. The 400 IM, 800 free and 1500 free will be seeded slowest to fastest by entry time for each sex regardless of age. Men and women's heats will be alternated for the 800 and 1500 Free (heat 1 of the men will swim first, then heat 1 of the women, etc.) unless the Championship Committee deems it necessary to seed men and women together. In all other events, all men's heats will be completed before the women's heats. If necessary, due to the possibility of a large number of entries for this meet, swimmers are encouraged to swim 2 per lane in the 800 and 1500 Free. Heats having 2 per lane will be swum before those with one per lane. Please mark on the registration form your willingness to swim 2 per lane.

### Check-in Deadline for All Events

**This is a deck seeded meet. Check-in is required for all events and may be done in person in the registration area on the day prior to your events.** Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check-in will result in the swimmer being scratched from the event. **Heat sheets will be available on each morning for the day's events.**

### Check-in Times

**For Thursday, Friday, Saturday and Sunday's events, you must check-in the day before between 7am - 6pm for the events you plan to swim the next day.** For Wednesday's events (the 1500 Free), you may check in on Tuesday between 12:00pm - 8:00pm, or you must check in by 6:00am on Wednesday.

### Warm-up Times

The competition pool will be open for warm-up on Tuesday, August 12 from noon until 8 pm. On competition days, the competition pool will be open for warm-up from 5:30 am until 6:50 am and the warm-up pools will be available from 6:30 am until conclusion of the final event. On Thursday through Sunday, the competition pool will also be open for warm-up for 30 minutes following the last heat of the first event, the 800 Free, 400 IM, Men's 400 Free, and Women's 400 Free. The competition pool will be open for 30 minutes following the last event each day.

### Warm-up Procedures

Swimmers must enter the pool feet first in a

cautious and controlled manner. No diving or backstroke starts will be allowed except in designated sprint lanes. No diving or backstroke starts will be allowed in the warm-up pools. One or two lanes shall be designated as **One-Way Sprint Lanes** during the pre-meet warm-up sessions in the competition pool only. No sprint lanes will be designated in the warm-up pool. **Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.15.3).** Pull-buoys, kick boards, fins, and hand paddles are not allowed in the competition pool or warm-up pool.

### Scratches

Any swimmer failing to report to the proper lane in the correct heat of his/her event shall be scratched from that event and shall not be permitted to swim that event at another time.

### General Meeting

All swimmers, coaches, and officials should be present or represented at the general meeting in the Multi-Purpose Room in the Sonny Werblin Recreation Center on Tuesday, August 12 at 7 pm. Matters pertinent to the operation and conduct of the meet will be discussed.

### Coaches Hospitality

Hospitality is available to coaches who are MACA and/or ASCA members. MACA membership is available through Emmett Hines at emmett@usms.org, or on the MACA website: www.macacoach.org.

### Time Verifications (formerly OVCs)

Swimmers needing verification of time(s) or wish their times to be entered into the USA Swimming Database (for entry into USA-S national meets) should complete a form at the meet and prior to the swim. Contact the Administrative Referee: Bob Brown, (503) 806-0783, or rlhlbrown@mobil.att.net.

### Social

Enjoy a buffet feast on Saturday, August 16 starting at 6:00 pm. Food to satisfy everyone's tastes and appetite. Entertainment will also be provided. Shuttle service provided from your hotel. Tickets cost \$30 and will be limited so make your reservations early.

### Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters Swimming, entitled to V.I.P. hospitality on deck, and receive a commemorative gift. Cost of one sponsorship will be \$50. Order sponsorships on the meet entry form.

### Meet Management

Meet Director: Alex Antoniou

Meet Referee: Dottie Daniels

### Entry Procedures

Use Official Entry Form or a photocopy of the entire form. Read all instructions and fill out the form completely. **Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected. Foreign entries must include a legible copy of the swimmer's Masters Swimming registration card and fees in U.S. dollars.** Failure



## WOMEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:33.08	:33.30	:32.80	:32.39	:33.29	:34.50	:36.41	:41.65	:43.35	:47.88	:50.32	1:00.40	1:07.46	1:26.51
100 Free	1:13.67	1:13.52	1:12.23	1:11.83	1:13.90	1:16.89	1:21.73	1:35.16	1:40.07	1:46.67	1:59.17	2:14.63	2:44.97	3:42.47
200 Free	2:43.65	2:40.88	2:39.04	2:39.57	2:40.73	2:50.76	3:00.51	3:27.75	3:42.04	3:58.60	4:17.23	4:53.16	6:15.91	8:35.78
400 Free	6:02.86	5:45.22	5:43.87	5:35.71	5:39.33	6:07.48	6:21.62	7:18.50	7:49.41	8:28.70	9:11.03	10:32.12	16:33.82	No Time
800 Free	14:40.52	12:55.20	12:09.80	12:06.39	11:47.16	12:36.85	13:27.41	15:12.85	17:30.93	17:57.96	19:48.17	23:47.92	31:32.14	No Time
1500 Free	27:41.47	25:17.41	23:46.05	23:54.43	23:30.55	25:05.19	26:33.89	29:58.95	39:32.12	50:01.87	38:40.40	44:57.02	No Time	No Time
50 Back	:40.08	:39.33	:40.01	:38.83	:40.22	:42.24	:44.66	:50.88	:54.58	:59.15	1:06.22	1:09.33	1:21.41	1:43.35
100 Back	1:26.39	1:27.36	1:27.35	1:23.48	1:27.19	1:32.31	1:38.38	1:52.30	2:00.98	2:17.31	2:21.02	2:38.37	3:28.37	3:44.84
200 Back	3:20.30	3:10.81	3:13.67	3:06.18	3:14.93	3:21.27	3:35.90	4:13.15	4:20.20	4:59.19	5:08.54	5:49.83	8:21.11	9:34.19
50 Breast	:45.06	:43.97	:44.05	:44.44	:45.49	:47.62	:48.88	:54.16	:57.54	1:03.60	1:06.56	1:19.98	1:50.14	No Time
100 Breast	1:41.13	1:37.01	1:37.05	1:37.21	1:40.63	1:44.08	1:50.80	1:59.75	2:05.82	2:19.70	2:35.82	2:58.92	3:11.89	No Time
200 Breast	3:53.87	3:36.14	3:35.90	3:35.34	3:41.99	3:47.14	4:03.90	4:24.81	4:34.49	5:23.97	5:56.91	6:47.58	7:49.20	No Time
50 Fly	:36.47	:35.79	:35.55	:35.66	:36.05	:38.27	:42.03	:49.51	:55.46	1:03.45	1:16.10	1:22.86	1:50.44	No Time
100 Fly	1:27.02	1:22.43	1:20.38	1:21.54	1:25.77	1:31.77	1:49.75	2:11.44	2:20.70	2:56.94	2:48.87	3:13.93	No Time	No Time
200 Fly	3:39.44	4:35.04	3:31.63	3:29.18	3:44.13	3:38.98	4:13.41	5:59.63	4:50.90	6:56.59	8:16.12	7:13.54	No Time	No Time
200 IM	3:06.24	2:59.40	3:05.78	3:04.69	3:11.17	3:19.38	3:38.46	4:04.72	4:21.93	5:00.37	5:35.73	6:29.91	7:19.50	No Time
400 IM	7:17.88	6:47.95	6:52.87	6:37.74	6:58.67	7:08.49	8:26.78	9:15.81	10:12.19	11:00.52	12:09.97	13:37.78	No Time	No Time

## MEN'S QUALIFYING TIMES

EVENT	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89
50 Free	:29.22	:28.35	:28.08	:28.76	:28.72	:29.34	:30.47	:31.29	:33.43	:35.07	:36.88	:41.76	:54.01	1:05.39
100 Free	1:05.98	1:03.51	1:02.49	1:03.58	1:04.01	1:05.35	1:08.12	1:10.59	1:15.63	1:21.38	1:27.04	1:41.33	2:10.67	2:29.59
200 Free	2:36.65	2:26.07	2:21.95	2:21.32	2:22.20	2:25.17	2:34.14	2:42.41	2:57.46	3:13.97	3:20.74	3:54.07	5:31.04	7:33.49
400 Free	6:28.78	5:20.89	5:06.61	5:07.10	5:06.13	5:17.68	5:33.20	5:54.97	6:32.54	6:57.96	7:27.26	8:44.22	11:08.77	11:39.63
800 Free	13:01.25	11:45.60	11:13.83	11:12.06	10:54.74	11:16.60	11:55.28	12:33.91	13:54.54	14:37.06	16:07.50	19:23.84	25:54.30	27:34.73
1500 Free	No Time	26:44.18	22:04.70	21:44.21	21:12.44	22:26.02	23:25.82	25:59.48	27:18.41	28:37.16	31:37.22	37:23.56	45:25.63	No Time
50 Back	:36.64	:35.28	:34.60	:34.79	:34.52	:35.96	:37.18	:39.17	:42.27	:45.19	:49.33	:55.72	1:06.91	1:47.59
100 Back	1:20.31	1:18.28	1:16.38	1:16.71	1:15.93	1:19.29	1:22.93	1:28.35	1:37.48	1:42.36	1:54.37	2:04.63	3:00.46	3:57.45
200 Back	3:14.22	3:01.05	2:50.26	2:52.08	2:50.33	2:54.63	3:01.85	3:18.76	3:38.17	3:52.78	4:16.49	4:36.06	5:47.64	8:33.74
50 Breast	:41.17	:38.64	:37.07	:37.41	:37.56	:38.76	:39.59	:41.86	:44.45	:46.83	:50.03	1:01.43	1:17.96	1:32.71
100 Breast	1:36.32	1:27.27	1:22.79	1:24.86	1:24.11	1:26.67	1:29.77	1:34.68	1:40.96	1:49.73	1:57.45	2:23.79	2:48.54	3:35.58
200 Breast	3:41.57	3:45.98	3:07.04	3:11.33	3:12.86	3:13.16	3:17.44	3:35.20	3:51.84	4:08.77	4:26.01	6:05.43	5:37.63	No Time
50 Fly	:32.02	:30.87	:30.30	:30.96	:30.88	:31.69	:33.01	:34.06	:37.51	:41.17	:48.64	1:01.50	1:21.71	No Time
100 Fly	1:15.92	1:11.07	1:08.46	1:10.74	1:11.08	1:13.96	1:17.45	1:24.95	1:40.28	1:52.16	2:13.13	3:34.95	No Time	No Time
200 Fly	3:00.56	2:51.30	3:00.95	3:00.53	2:56.90	3:12.23	3:22.38	4:01.14	4:10.63	4:35.55	8:42.79	7:32.61	No Time	No Time
200 IM	3:01.34	2:49.07	2:39.50	2:42.54	2:46.56	2:48.80	2:58.86	3:07.92	3:28.07	3:41.68	4:07.61	4:58.46	6:09.14	No Time
400 IM	No Time	6:54.27	6:02.78	6:14.50	6:16.23	6:19.61	6:26.16	7:17.04	8:00.26	9:17.29	10:28.42	13:04.46	No Time	No Time

Please see the USMS web site ([www.usms.org](http://www.usms.org)) for the National Qualifying Times formulas

## MEET INFORMATION

to include a Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer changing club affiliation prior to the meet must send either a USMS registration card or a letter from the local registrar with the new club affiliation and effective date. Online entries are encouraged. This method provides immediate confirmation that the entry has been received. To enter online visit [www.usms.org](http://www.usms.org).

### National Qualifying Times

Competitors may enter a maximum of three (3) individual events without meeting the National Qualifying Times (NQTs) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQTs in the past two years. The NQTs for all events are listed above. Designate the events in which the NQTs have been met with a "T" in the designated column. There are no NQTs for the 90 and over age groups.

### Entry Times

All events must include an entry time. "NT" entries will be rejected.

### Number of Events

If the swimmer qualifies, they may enter up to three individual events per day with a maximum of six events during the meet. A swimmer may enter both the 800 and 1500 freestyle only if the swimmer has made an NQT in

either the 800 or 1500.

### Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run efficiently, every swimmer's sixth event will be dropped. If six events are entered, indicate with the number "6" your least desired event in the designated column. If no indication is given, the last event entered on the entry form will be dropped. No changes of the designated 6th event will be allowed after July 9, 2003. No refunds given for the dropped event.

### Fees

Fees are \$4 per individual event plus \$38 surcharge per swimmer. Fees must accompany the entry form and must be paid in US dollars by credit card, check or money order. **Do not send cash.** The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in US dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by July 9, 2003. No refunds for events not swum. The \$38 surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to "Rutgers University".

### Relay Events

Relays may be entered at any time until 4:00

pm the day before the relay is scheduled to be swum. After that time, only the swimmers on the relay may be changed. Such changes must not affect the age group of the relay. The relay entry fee is \$12 per relay. Forms are available for downloading at [www.usms.org](http://www.usms.org)

### Mail Entry and Fees

Postmarked by July 2, 2003 or received by July 9, 2003 Mail to:

2003 USMS LCN Entries: Rutgers University  
Sonny Werblin Recreation Center  
656 Bartholomew Road  
Piscataway, NJ 08854

### Questions?

Call (732) 445-4189 (voicemail line) or email [antonio@rci.rutgers.edu](mailto:antonio@rci.rutgers.edu)

### Entry Deadline

All U.S. entries must be postmarked with an official US postmark (no business meters) by July 2, 2003 OR received by July 9, 2003. Entries received after this date will be returned to sender. Online entries are encouraged and will be accepted until midnight EDT on July 9, 2003. No telephone, FAX or email entries will be accepted. Mail entries early. Include a SASE (Self Addressed Stamped Envelope) with entry for proof of receipt. Do not send certified or overnight mail requiring signature. Allow sufficient time for mail delivery. Photocopy completed entry form and personal checks for your records and verification.

**Mail entry and fees to:**  
 2003 USMS LCN Entries  
 Rutgers University  
 Sonny Werblin Recreation Center  
 656 Bartholomew Road  
 Piscataway, NJ 08854  
 (732) 445-4189

## 2003 USMS National Long Course Championships Official Entry Form



**Sonny Werblin Recreation Center, Rutgers University  
 Piscataway, New Jersey August 13-17, 2003**

*Sanctioned by the New Jersey LMSC for USMS, Inc. - Sanction number 073-001*

Name\* \_\_\_\_\_ \*Print name as it appears on USMS registration card.  
Last First Middle Initial

Address \_\_\_\_\_  
Street City State ZIP Country

E-Mail \_\_\_\_\_ Day Phone \_\_\_\_\_ Eve. Phone \_\_\_\_\_  
A/C A/C

Emergency \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
Name Phone No. (on 12/31/03) (Month/Day/Year) M/F

Club Name or Unattached \_\_\_\_\_ USMS or International Reg. # \_\_\_\_\_

**BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES - Check in for all events. Check in ends the day before at 6 pm EDT for all Thursday-Sunday events. Only for Wednesday, check in will start THE DAY BEFORE and end 6 am Wednesday for the 1500. Entries must be US postmarked by July 2, 2003, or received by July 9, 2003.**

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6	
<b>Warm-Up 5:30-6:50am</b>				<b>WEDNESDAY, AUGUST 13, 2003</b>		<b>Start 7:00 a.m.</b>			
2				1500 FREESTYLE**	1				
<b>Warm-Up 5:30-6:50am</b>				<b>THURSDAY, AUGUST 14, 2003</b>		<b>Start 7:00 a.m.</b>			
4				800 FREESTYLE**	3				
6				100 BREASTSTROKE	5				
8				50 BACKSTROKE	7				
10				100 BUTTERFLY	9				
11/12	SEE RELAY FORM			200 MIXED FREESTYLE RELAY	11/12	SEE RELAY FORM			
<b>Warm-Up 5:30-6:50am</b>				<b>FRIDAY, AUGUST 15, 2003</b>		<b>Start 7:00 a.m.</b>			
14				400 INDIVIDUAL MEDLEY	13				
16				200 FREESTYLE	15				
18				50 BUTTERFLY	17				
20				200 BREASTSTROKE	19				
22	SEE RELAY FORM			200 MEDLEY RELAY	21	SEE RELAY FORM			
<b>Warm-Up 5:30-6:50am</b>				<b>SATURDAY, AUGUST 16, 2003</b>		<b>Start 7:00 a.m.</b>			
***	WOMEN'S 400 SUN	***	***	400 FREESTYLE (MEN)	23				
26				200 BACKSTROKE	25				
28				100 FREESTYLE	27				
30				50 BREASTSTROKE	29				
31/32	SEE RELAY FORM			200 MIXED MEDLEY RELAY	31/32	SEE RELAY FORM			
34	SEE RELAY FORM			200 FREESTYLE RELAY	33	SEE RELAY FORM			
<b>Warm-Up 5:30-6:50am</b>				<b>SUNDAY, AUGUST 17, 2003</b>		<b>Start 7:00 a.m.</b>			
36				400 FREESTYLE (WOMEN)	****	MEN'S 400 SAT	***	***	
38				100 BACKSTROKE	37				
40				200 INDIVIDUAL MEDLEY	39				
42				50 FREESTYLE	41				
44				200 BUTTERFLY	43				

**Entry Checklist**

Entry form filled out completely?  
 "T" and "6" events clearly marked? ("T" is for NQT's that have been met. Mark "6" only if entering 6 events.)  
 Seed times in proper columns?  
 No more than three events per day entered?  
 Liability release signed and dated?  
 Fees payable to "Rutgers University" enclosed?  
 International registration card attached?  
 SASE enclosed?  
 (Indicate purpose on envelope.)  
 Entry postmarked by July 2, 2003, or received by July 9, 2003, deadline?

**QUESTIONS? Call (732) 445-4189.**

\*\*Check if you are willing to swim two per lane: 800 Free \_\_\_\_\_ 1500 Free \_\_\_\_\_. Men's and women's heats will alternate for 800/1500.

**Internet Entries will be accepted starting 5/01/03. Please see [www.usms.org](http://www.usms.org) for additional information.**

**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 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 MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

**FEES:** Meet Surcharge (required for all events) \_\_\_\_\_ \$38

Number of Individual Events \_\_\_\_\_ x \$4 \_\_\_\_\_

Final Results \_\_\_\_\_ x \$15 \_\_\_\_\_

Individual Results \_\_\_\_\_ x \$5 \_\_\_\_\_

Social Event \_\_\_\_\_ x \$30 \_\_\_\_\_

Gold Medal Sponsor \_\_\_\_\_ x \$50 \_\_\_\_\_

Meet T-shirt x \$15 each \_\_\_\_\_ x \$15 \_\_\_\_\_

size: \_\_\_Med. \_\_\_Lg. \_\_\_XL \_\_\_XXL

TOTAL FEES ENCLOSED \_\_\_\_\_

(Check or money order payable to: "Rutgers University")

**Pay by Mastercard or Visa:**

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

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