

NEWBURGH SHARKS
2005 May Distance Meet
May 21st & 22nd
Metropolitan Swimming Sanction #050503

SITE: Newburgh Free Academy, 201 Fullerton Ave., Newburgh, N.Y. 12550. There is extensive on-site as well as adjacent street parking.

ENTRIES: Entries may be sent via email to wakeupswim@aol.com. Checks and a hard copy of entries may be mailed to: Newburgh Sharks, c/o Chris Townsend, 1 Rogers Pl., Newburgh, NY 12550

FEES: Individual events are \$3.00 per entry. Relays are \$8.00 per entry. Checks must be made out to **Newburgh Sharks**.

CONDITIONS:

1. Metro LSC clubs will be given priority on a first come/first serve basis and must be received by Friday, May 6th.
2. The final entry deadline for this meet is Wednesday, May 11th.
3. Entries received between Saturday, May 7th and Wednesday, May 11th will be entered in the order they were received, regardless of LSC affiliation, as space allows.
4. USA Swimming, Inc., Metropolitan Swimming, Inc., Newburgh Enlarged City School District, Newburgh Sharks and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this meet.

RULES: Current USA Swimming rules will govern this meet. Metropolitan LSC warm-up procedures will be in effect. All events are timed finals. Swimmers may enter as many events in which they are eligible.

ELIGIBILITY: All swimmers must be USA Swimming registered. Age as of the first day of the meet will determine eligibility for age group events. All persons on deck must have current USA Swimming credentials.

AWARDS: Medals will be awarded for the top three finishers in each event.

SEEDING: Seeding will be conducted at the beginning of each session utilizing a scratch sheet procedure. Heat sheets will be posted and distributed.

ADMISSION: There will be an admission charge of \$3.00 per adult per session. Admission will include a psych sheet.

CONSESSION: A concession and apparel stand will be available in the pool balcony during all sessions.

QUESTIONS: Any questions or problems, please contact Mike Townsend at 914-329-8594 or at wakeupswim@aol.com.

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Session 1: Saturday, May 21st

Warm-Up: 7:30 AM

Meet Starts: 9:00 AM

Girls	EVENTS	Boys
1	11/12 500 Freestyle	2
3	10/Under 500 Freestyle	4
5	13/14 400 Individual Medley	6
7	11/12 400 Individual Medley	8

Session 2: Saturday, May 21st

Warm-Up: 1:00 PM

Meet Starts: 2:00 PM

Girls	EVENTS	Boys
9	OPEN 1650 Freestyle	10

Session 3: Sunday, May 22nd

Warm-Up: 7:30 AM

Meet Starts: 9:00 AM

Girls	EVENTS	Boys
11	12 & Under 200 Medley Relay	12
13	10 & Under 100 Freestyle	14
15	11-12 100 Freestyle	16
17	10 & Under 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	10 & Under 50 Backstroke	22
23	11-12 50 Backstroke	24
25	10 & Under 50 Butterfly	26
27	11-12 50 Butterfly	28
29	12 & Under 200 Freestyle Relay	30

Session 4: Sunday, May 22nd

Warm-Up: 1:00 PM

Meet Starts: 2:00 PM

Girls	EVENTS	Boys
31	Open 200 Medley Relay	32
33	13-14 100 Freestyle	34
35	Open 100 Freestyle	36
37	13-14 200 Breaststroke	38
39	Open 200 Breaststroke	40
41	13-14 200 Backstroke	42
43	Open 200 Backstroke	44
45	13-14 200 Butterfly	46
47	Open 200 Butterfly	48
49	Open 200 Freestyle Relay	50

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****Please complete this form and mail with check and a hard copy of entry.****

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ EMAIL: _____

CLUB CONTACT: _____ PHONE: _____

ENTRY FEES: Make Check Payable to: **NEWBURGH SHARKS**

TOTAL INDIVIDUAL ENTRIES: _____ X \$3.00 = _____

TOTAL RELAY ENTRIES: _____ X \$8.00 = _____

TOTAL DUE = _____

Email Entries to: wakeupswim@aol.com

Send Check & Hard Copy of Entries to: Newburgh Sharks
c/o Chris Townsend
1 Rogers Pl
Newburgh, NY 12550

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., the Newburgh Sharks, and the Newburgh Enlarged City School District or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official): _____