**4th Annual**

**Edge Masters Swim Like a Fool / Vermont Senior Games Swim Meet**

**Saturday, April 7, 2018 The Edge, Williston, VT**

**Contacts:**

Meet Director/Entry Chair: Emily Mitchell [EmilyM@edgevt.com](mailto:EmilyM@edgevt.com)/ [Ironwoman1344@gmail.com](mailto:Ironwoman1344@gmail.com) 802-922-0888

Assistant Meet Director: Kim Fry

Aquatic Director: Bethe Patrick [BetheP@Edgevt.com](mailto:BetheP@Edgevt.com) 802-860-3343 x21

**Schedule:** The pool will open for ***warm up at 12pm*** and the ***meet will begin at 1pm***. Anticipated end is before 4:30pm. **FEET-FIRST** entry during warm up except in designated lanes.

**Location**: The Edge Sports and Fitness Center, 115 Wellness Drive, Williston, Vermont.

**Facility:** The pool is a 6 lane, 25-yard pool. There is also a smaller, warm pool available for warm-up/cool-down during the meet. Since the warm-up pool is not 25 yards, the meet schedule includes scheduled warm-up/cool-down breaks periodically throughout the meet in the competition pool. Hand-held timers will be used for this meet. 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

**Eligibility:** Since this is a recognized USMS swim meet, anyone age 18 and older is eligible to participate. It is not a requirement to be a USMS member. However, only those participants who are current USMS members are eligible for USMS top ten times and national records. If you are a USMS member, please submit a copy of your current membership card with your entry form to verify eligibility of submission for USMS top ten times and national records.

**Check –in:** All swimmers must check-in at the designated table no later than 11:15am.

**Event Limit:** Swimmers can swim a maximum of 5 events not counting relays.

**Meet Entry Fees: $25 per person for up to 5 individual events (for entries received by March 28, 2017). Late entries and/or deck entries (before 11:15 am on meet day) are $35**. Make check or money order payable to The Edge Masters Swim Club. All entries must include completed entry form, payment, and a copy of your USMS membership card if applicable.

**Entry Requirements and Due Date:** Entries must be RECEIVED by Tuesday, April 3, 2018 to qualify for reduced fee. Meet entry forms should be mailed to Emily Mitchell, Masters Coach c/o The Edge, 115 Wellness Dr., Williston, VT 05495. All entry times must be submitted in short course yards.

**Seeding:** Events will be seeded slowest to fastest regardless of gender and age. If you do not have a time, you can enter No Time and you will be placed in the first heat for that event. **We will do our best to accommodate day-of-entry requests.**

**Vermont Senior Games (VSGA):** This meet will be run simultaneously as the *2017 Vermont Senior Games State Swimming Championships*. Any swimmer age 50 & older may participate in both meets at the same time. The benefits of dual-registering include: (1) receiving medals for first, second, and third place by gender and age group, (2) being added to the VSGA mailing list and receiving communications about VSGA events and news, and (3) in even-numbered years, qualifying for the National Senior Games; 2018 is a qualifying year. Visit [www.vermontseniorgames.org](http://www.vermontseniorgames.org) to learn more about the Vermont Senior Games.

**Relays:** We will hold a 200 free relay event as well as a 200 medley relay event. Relay entries will be submitted at beginning of meet. Relays can be all men, all women, or mixed (2 men and 2 women).

**Record Times:** If you intend to post a National Record time it is your responsibility to notify a meet official prior to your event.

**Concessions:** There will be refreshments available in the lobby. All proceeds will support the Edge Masters Swim Club.

**Awards:** No place awards will be given.

**Rules:** Current USMS rules will apply. Swimmers will be seeded in heats according to times; heats will run slowest to fastest, regardless of age or gender. No equipment is allowed at any time.

**Hotels:** There are many accommodation options within a couple miles of the Edge facility. If coming from out of town, Burlington, and the waterfront, is also only 15 minutes away.

* Residence Inn Burlington, 35 Hurricane Lane, Williston, (802) 662-8302
* Fairfield Inn Burlington, Williston, 2844 St George Rd, Williston, (802) 879-8999
* Holiday Inn Burlington, 1068 Williston Rd, South Burlington, (802) 863-6363 ‎

**Location and Directions:** The Edge, 115 Wellness Dr., Williston, VT 05495 <http://edgevt.com/>. From I-89 N take exit 12 for Vermont 2A; Turn right onto VT 2A N/St. George Rd; Turn left onto Marshall Ave; Turn right onto Wellness Dr. From I-89 S take exit 12 for Vermont 2A; Turn left onto VT 2A N/St. George Rd; Turn left onto Marshall Ave; Turn right onto Wellness Dr.

**4th Annual Edge Masters Swim Like a Fool/VSG Meet INDIVIDUAL ENTRY FORM:**

* Entries due Tuesday, April 3, 2018. $25 for up to five events. Submit Short-course YARDS times.
* Late/Day of entries will be permitted for an increased fee of $35.
* All of the events will be seeded slowest to fastest.
* If you are a USMS member, please submit a copy of your membership card. If you are not a USMS member, you are still eligible to participate since this is a recognized USMS Swim Meet.
* ***Please, Sign the Edge Waiver, on reverse side.***
* Please print clearly.

**Print Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: M / F/ NS**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age as of April 1, 2017:\_\_\_\_\_\_\_\_\_\_\_ T-shirt size: (circle) XS S M L XL XXL**

**USMS #** (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**LMSC:** \_\_\_\_\_\_\_\_\_\_\_\_ **Workout Group/Club:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Event Entry Time**

**#1** 100 Yard Back \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**#2** 50 Yard Breast \_\_\_\_\_\_\_\_\_\_

**#3** 100 Yard Fly \_\_\_\_\_\_\_\_\_\_

**#4** 50 Yard Free \_\_\_\_\_\_\_\_\_\_

**#5** 500 Yard Free \_\_\_\_\_\_\_\_\_\_

5 minute break

**#6** 200 Yard Breast \_\_\_\_\_\_\_\_\_\_

**#7** 100 Yard IM \_\_\_\_\_\_\_\_\_\_

**# 8** 200 Yard Back \_\_\_\_\_\_\_\_\_\_

**#9** 200 Yard Free Relay Sign up at meet

**Event Entry Time**

**#10** 50 Yard Fly \_\_\_\_\_\_\_\_\_\_

**#11** 200 Yard Free \_\_\_\_\_\_\_\_\_\_

**#12** 400 Yard IM \_\_\_\_\_\_\_\_\_\_

5 minute break

**#13** 200 Yard IM \_\_\_\_\_\_\_\_\_\_

**#14** 100 Yard Breast \_\_\_\_\_\_\_\_\_\_

**#15** 200 Yard Fly \_\_\_\_\_\_\_\_\_\_

**#16** 50 Yard Back \_\_\_\_\_\_\_\_\_\_

**#17** 100 Yard Free \_\_\_\_\_\_\_\_\_\_

**#18** 200 Yard Medley Relay Sign up at meet

**Fees:** $25 for up to 5 individual events if received by April 3, 2018.

Late/Deck Entry $35. Make checks payable to The Edge Masters Swim Club.

**Send entry form**, **signed release, payment, and copy of your USMS membership card to:**

**Emily Mitchell, Masters Head Coach**

**c/o The Edge 115 Wellness Dr.**

**Williston, VT 05495.**

**802-922-0888**

**Liability Release Form**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**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, VERMONT SENIOR GAMES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITES. In addition, I agree to abide by and be governed by the rules of USMS.”

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Miscellaneous Athlete Information

**Disability**

\_\_\_\_ Legally Blind or Visually Impaired

\_\_\_\_ Deaf or Hard of Hearing

\_\_\_\_ Physical Disability such as amputation, cerebral palsy, dwarfism, etc.

\_\_\_\_ Other

**Photo Release**

I give permission for my likeness to be used for swim team training purposes and advertisements posted on team bulletin boards, the team website, the team Facebook, and other media outlets such as local newspapers in association with their participation in the Edge Masters Swim Like a Fool/VSG’s swim meet.

\_\_\_\_ I have read, acknowledge, and agree to the EDGE Photo Release



\_\_\_\_ I give permission ONLY for team postings

\_\_\_\_ Please contact me prior to posting my likeness

\_\_\_\_ I do NOT give permission

Check here if you are 50 years of age or older and would like to be dual-registered for the 2017 Vermont Senior Games State Swimming Championships. Your registration information will be shared with the Vermont Senior Games Association.