

WESTPORT YMCA MASTERS SWIMMING 25th ANNUAL GROUND HOG MEET

Sunday JANUARY 31, 2010

Sanctioned for USMS by Connecticut Masters

Warm-up 8:30 am Meet starts 9:30 am – pool must be cleared by 1:15 pm

Location – Westport YMCA – 59 Post Road East (center of Westport, CT) 25 yards - 6 lanes

Colorado Timing – seeding fast to slow – warm-up available throughout. 2010 USMS Rules apply. Times will be submitted for top ten. Open to registered Masters Swimmers (18 and over).

Entries – Pre meet. Entry fee \$25.00 for up to limit of five events. Checks payable to Westport YMCA Masters Must be received at P O Box 5, Westport, Connecticut 06881 by January 26, 2010

Deck Entries accepted until 9 AM at \$35.00 for up to five events. We are trying to encourage pre meet entries to enter on the computer.

Directions: From Merritt Parkway – Exit 41, South to 2nd traffic light after Merritt exit lights (Post Road, Rt. 1); left across bridge to 2nd traffic light (Main St.) turn left, take first right (one block). Parking in left or right lot. YMCA back entrance is on the right.
From I-95 – Exit 17, go North to 2nd traffic light after Thruway exit lights (Post Rd. Rt. 1). Turn right, cross bridge, follow above instructions.

Bring or SEND a copy of your 2010 USMS Registration Card and complete the following form:

Entry form: Please complete and return with check or bring to meet.

Name _____ Age _____ Sex _____ USMS No _____

| ORDER OF EVENTS: | Best Time | | Best Time |
|-----------------------|-----------|------------------------------------|-----------|
| 1. 400 yard IM | _____ | 9. 200 yard IM | _____ |
| 2. 200 yard Back | _____ | 10. 200 yard Free | _____ |
| 3. 200 yard Butterfly | _____ | 11. 50 yard Fly | _____ |
| 4. 200 yard Breast | _____ | 12. 100 yard Breast | _____ |
| 5. 50 yard Free | _____ | 13. 50 yard Back | _____ |
| 6. 100 yard Back | _____ | 14. 100 yard Free | _____ |
| 7. 50 yard Breast | _____ | 15. 100 yard IM | _____ |
| 8. 100 yard Fly | _____ | 16. 500 yard Free (timepermitting) | _____ |