



37th Annual Ground Hog Meet

SUNDAY, February 6, 2022

Sanctioned by the Connecticut LMSC for USMS Inc., Sanction # **XXX-S001**

- FACILITY** Westport/Weston Family YMCA, 14 Allen Raymond Lane, Westport, CT Phone: 203-226-8981. **The Westport/Weston YMCA pool is a covered 25 yard ten lane pool.** The meet will be run as a 25 yard, 8 lane meet. There will be 2 lanes for constant warmup/warm down. The length of the competition course is in compliance and on file with USMS articles 105.1.7 and 107.2.1. Times will be submitted for USMS Top 10 and Records.
- SPECIAL NOTICE:** All swimmers must complete the USMS Covid-19 Liability Waiver and the COVID-19 Attendee Screening prior to competition. ALL EVENTS WILL BE SWUM SLOWEST TO FASTEST. **LIMITED TO 75 SWIMMERS.**
- WARMUP** Feet first entry into the pool in a cautious and controlled manner during warm-up. Diving will be permitted at the discretion of the meet referee, but only in designated one-way sprint lane(s).
- ELIGIBILITY** All participants must be USMS registered swimmers age 18 and older and registered members of USMS. Age determining date for this meet is February 6, 2022.
- SCHEDULE** **Warm-up 7:30 am; meet start 8:30 am. The meet must be concluded by 11:30 am. No deck entries will be accepted. Positive Check In required for the 500 Freestyle. In the event that the meet runs over, the 500 Freestyle may be eliminated or further limited.**
- SEEDING** Events will be run in heats, slowest to fastest, regardless of age or sex.
- EVENT LIMIT** Swimmers are permitted to enter a MAXIMUM of three (3) individual events & two (2) relay events. **The meet will be capped at 75 competitors. The 500 freestyle will be limited to 2 heats or a total of 16 swimmers. In the event that the meet runs over, the 500 Freestyle may be eliminated or further limited.**
- RELAY ENTRIES** Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women & two men or three women & one man. Mixed relays going for a USMS record must be two women and two men. The 4x50 Medley relay, 4x50 Free Relay and 4x100 Free relay may be run in 1 Heat.
- RECORD TIMES** A swimmer who intends to post a USMS National Record or FINA World Record during the meet should bring it to the attention of the Meet official **PRIOR TO YOUR EVENT.**
- ENTRY FEES** Entry fee is **\$40.00** for online entry **RECEIVED BY 02/04/2022.** **Entry fees are non-refundable and non-transferrable.**
- ONLINE ENTRY** Register at https://www.ClubAssistant.com/club/meet_information.cfm?c=1867&smid=14324. Credit card will reflect a charge by "Club Assistant.com Event Billing". Entries close midnight, February 04, 2022.
- ENTRY TIMES** Enter short course yard times for all events.
- QUESTIONS:** Direct inquiries to Meet Director Jeff Sargent- jssarge@att.net. For entry questions or adjustments, please contact Jeff Sargent – jssarge@att.net.
- DIRECTIONS:** **From Merritt Parkway** – Exit 41, Route 33 northbound exit, Left turn on to Allen Raymond Lane
- Exit 41, Route 33 southbound. Right turn on to Route 33 (Wilton Road), left at stoplight to Allen Raymond Lane.
- From I-95** – Exit 17, go North. Approximately Right turn at the 4th light to Allen Raymond Lane.



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EVENT ORDER:

#	EVENT	ENTRY TIME	#	EVENT	ENTRY TIME
1	Mixed 200 SCY Medley Relay*	_____	10	Mixed 100 SCY IM	_____
4	Mixed 100 SCY Free	_____	11	Mixed 50 SCY Butterfly	_____
5	Mixed 200 SCY IM	_____	12	Mixed 200 SCY Freestyle	_____
6	Mixed 50 SCY Backstroke	_____	13	Mixed 100 SCY Backstroke	_____
7	Mixed 100 SCY Butterfly	_____	14	Mixed 50 SCY Breaststroke	_____
8	Mixed 50 SCY Freestyle	_____	15	Mixed 400 SCY Free Relay*	_____
9	Mixed 100 SCY Breaststroke	_____	18	Mixed 500 SCY Freestyle	_____

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 THIS MEET 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, THE TOWN OF WESTPORT 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. (Rule book article 204.1)

SIGNATURE _____

DATE _____

PRINT NAME _____

GENDER (*circle one*) male female

ADDRESS/CITY/STATE/ZIP _____

EMAIL ADDRESS _____

DATE OF BIRTH: ____/____/____

AGE: _____ (*as of 02/06/2022*)

USMS #: _____ [*please attach copy of card*]

DAY TELEPHONE (____) _____ - _____

EVE TELEPHONE (____) _____ - _____

LMSC (i.e.: Conn Masters): _____

CLUB (i.e.: Water Rat Masters): _____