



# U. S. Masters Swimming 2010 Metropolitan LMSC Swimmer Registration Form



RENEWAL - My last USMS number was: \_\_\_\_\_ - \_\_\_\_\_

I am a NEW Registrant

*This box for office use only*

<i>Check or Money Order Number</i> _____	<i>Date Entered</i> ____/____/____	<i>Assigned 2010 USMS Registration Number</i> # 0 6 0 _____
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**Register with the same name you will use for competition. Please print clearly. A legible email address is important since email is our primary form of communication. All information fields must be filled in. Incomplete or illegible forms can not be processed.**

LAST Name		FIRST Name	Middle Initial
Street Address (include apartment, suite or floor number if applicable) _____			
City		State	Zip
Preferred Phone (include area code) (____) _____ - _____	Date of Birth m m / d d / y y y y ____/____/____	Sex (circle one) Male    Female	Age
Club Code (see page 2 for club code listing) _____		E-Mail Address (print clearly): _____	

*Use of Image/Likeness: I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.*

**WAIVER:** "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."

Signature (required) \_\_\_\_\_ Date (required) \_\_\_\_\_

Check any/all that apply:  I am a certified swim coach     I am a certified official

I am a member of:  USA-Swimming     USA-Triathlon     YMCA/YWCA     Other (please indicate) \_\_\_\_\_

USMS-registered members are covered with secondary accident insurance in practices supervised by a USMS member or USA-Swimming certified coach wherein all swimmers are USMS registered, and USMS-sanctioned events wherein all competitors are USMS registered. Benefits of USMS membership include a subscription to USMS SWIMMER magazine for the duration of current membership year.

**\$40.00** total 2010 registration fee (\$27 USMS + \$13 LMSC) if paid between November 1, 2009 and August 31, 2010, plus any additional donations indicated below. 2010 USMS registration is valid to December 31, 2010.

- I wish to contribute \$1.00 or \$\_\_\_\_\_ (indicate amount) for the International Swimming Hall of Fame Foundation
- I wish to contribute \$1.00 or \$\_\_\_\_\_ (indicate amount) for the United States Masters Swimming Foundation
- I wish to contribute \$1.00 or \$\_\_\_\_\_ (indicate amount) for the Metropolitan LMSC

**\$40.00** registration fee plus indicated donation(s) payable via check or money order to **METROPOLITAN LMSC**. Mail payment with fully executed form to: Maria Anderson, 201 Chestnut Street, Port Jefferson, NY 11777. Please allow two (2) weeks processing time. Direct all registration inquiries to [metroreg@gmail.com](mailto:metroreg@gmail.com). General registration information is available online at [www.metroswim.org](http://www.metroswim.org).

Following is a listing of Metropolitan LMSC Clubs and Workout Groups with respective CODES as of November 2009.

**METRO = Metropolitan Masters All-Star Team with workout group CODES**

Comprised of Metro workout groups, teams and Unattached-Metro (UNAM) swimmers who may participate together on relays and for point-scoring purposes at swim meets.

<b>APEX</b>	= Apex Masters	<b>MVA</b>	= Minisink Valley Aquatics	<b>TTT</b>	= Team Total Training
<b>ALLL</b>	= Asser Levy Lanelions	<b>NYYM</b>	= Brooklyn Dodge Y Masters	<b>WMBM</b>	= Williamsburg Masters
<b>BNLA</b>	= BNL Accelerators	<b>PREM</b>	= Premier Aquatics Masters	<b>WPTM</b>	= West Point Masters
<b>CHEL</b>	= Chelsea Piers Masters	<b>SBR</b>	= SBR Multisport	<b>WSYM</b>	= West Side YMCA Masters
<b>CIBB</b>	= Coney Isl Brighton Beach OWSwimmers	<b>SOFM</b>	= South Fork Masters	<b>VYMM</b>	= Vanderbilt Masters
<b>MBYM</b>	= McBurney YMCA Masters	<b>TMSC</b>	= Terriers Masters	<b>YONM</b>	= Yonkers Masters
<b>MIDM</b>	= Middletown Masters	<b>TRS</b>	= Team Rockland Swimming	<b>UNAM</b>	= Unat-Metro (relay eligibility)

**Non-Metro CLUBS and CODES**

Independent stand-alone clubs who may only swim on relays and score points at swim meets with members of the same club. Unattached (UNAT) swimmers are NOT eligible for relay participation.

<b>AQFT</b>	= AquaFit Masters	<b>EAST</b>	= East End Masters	<b>REDT</b>	= Red Tide of NYC Masters
<b>AGUA</b>	= Asphalt Green Masters	<b>FISH</b>	= FISH Masters	<b>SEAW</b>	= Seawolves Masters
<b>BDGR</b>	= Badger Masters	<b>HHB</b>	= Harlem Honeys & Bears	<b>TNYA</b>	= Team New York Aquatics
<b>BCTM</b>	= BearCat Masters	<b>HUMS</b>	= Huntington Masters	<b>WM</b>	= Westchester Masters
<b>BRAT</b>	= Bay Ridge Aquatics Team	<b>NYCH</b>	= NYC Hydras	<b>WSF</b>	= Westchester SwimFit*
<b>CTRI</b>	= Columbia Tri-Group Masters	<b>OWS</b>	= Open Water Swimming	<b>UNAT</b>	= Unattached (no relay eligibility)

\*Westchester SwimFit is a Westchester Masters workout group

Where your annual USMS registration dues go

\$27 to USMS for

USMS SWIMMER magazine for the duration of current registration year

To support the national organization

For insurance coverage

Go to [www.usms.org](http://www.usms.org) for additional information on where your national dues go and how they are used

\$13 to the Metropolitan LMSC

Go to [www.metroswim.org](http://www.metroswim.org) for information of where your local dues go and how they are used

For additional club, team and transfer forms, or for general registration information, visit the Metropolitan LMSC website at [www.metroswim.org](http://www.metroswim.org). Contact the Registrar Maria Anderson via email at [metroreg@gmail.com](mailto:metroreg@gmail.com), or send inquiries and correspondence to: 201 Chestnut Street, Port Jefferson, NY 11777.