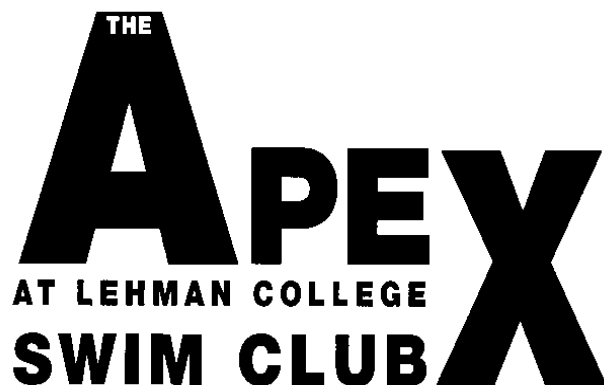


2014 METRO SILVER CHAMPIONSHIPS CENTRAL



FRIDAY, SATURDAY AND SUNDAY,
February 28, March 1 and 2, 2014

**Hosted By: Lehman College
The City University of New York
The APEX Swim Club**

**Held at the Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468**

**Metropolitan Swimming Sanction #140213
Time Trial Sanction #140259-T**

Apex, Asphalt Green, Badger Swim Club, Blue Arrow Swim Club, CAS Stingrays, Central Queens YM&YWHA, Cross Island YMCA, Columbia University, Flushing YMCA, GAEL Aquatic Club, Gateway, Harbor Seals/Bay Ridge, HES Hurricanes, Hydro Aquatics, JCC Thunderbirds, Kips Bay Makos, Kraken Swim Team, LaGuardia Aquatics, Long Island Express, , Madison Square Boys and Girls Club, Manhattan Makos, Mc Burney Manta Rays YMCA, New Rochelle YMCA, New York City Aquatic Club, Nile Crocodile, Nu-Finmen Swimming, Phoenix Aquatic Club, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Marlins, Shorefront Y Brooklyn Seals, Swim Brooklyn, Wagner Aquatic Club, Westchester Wolverines, 92nd Street Flying Dolphins.

2014 METROPOLITAN SWIMMING SILVER CHAMPIONSHIPS CENTRAL – Hosted by APEX SWIM CLUB

Friday, Saturday and Sunday – February 28, March 1 and 2, 2014

METRO CENTRAL TEAMS:

Apex, Asphalt Green, Badger Swim Club, Blue Arrow Swim Club, CAS Stingrays, Central Queens YM&YWHA, Cross Island YMCA, Columbia University, Flushing YMCA, GAEL Aquatic Club, Gateway, Harbor Seals/Bay Ridge, HES Hurricanes, Hydro Aquatics, JCC Thunderbirds, Kips Bay Makos, Kraken Swim Team, LaGuardia Aquatics, Long Island Express, , Madison Square Boys and Girls Club, Manhattan Makos, Mc Burney Manta Rays YMCA, New Rochelle YMCA, New York City Aquatic Club, Nile Crocodile, Nu-Finmen Swimming, Phoenix Aquatic Club, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Marlins, Shorefront Y Brooklyn Seals, Swim Brooklyn, Wagner Aquatic Club, Westchester Wolverines, 92nd Street Flying Dolphins.

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 140213 # 140259-T

LOCATION: Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468

FACILITY: The competitive course is 7-13 feet deep. Two-30 yard warm-up/warm-down lanes will be available in the shallow end of the pool throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes). The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: **Session 1: Friday PM: 4:00 PM Warm Up – 5:00 PM Start**
Session 2: Saturday AM: 7:30 AM Warm Up – 8:30 AM Start
Session 3: Saturday PM: 1:30 PM Warm-Up – 2:30 PM Start
Session 4: Sunday AM: 7:30 AM Warm Up – 8:30 AM Start
Session 5: Sunday PM: 1:30 PM Warm-Up – 2:30 PM Start
**** afternoon sessions warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified.**

FORMAT: **This is a timed final meet.**
This meet will be deck seeded with coaches checking in/scratching all swimmers.
Time Trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director
There will be no more than two (2) time trials per swimmer over the 5 sessions and will count towards the 5 events per day/per swimmer. The cost for time trials is \$5.00 per Time Trial and must be paid in cash at the desk

ELIGIBILITY: Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers CENTRAL REGION.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on February 28, 2014 will determine age for the entire meet.

ADDITIONAL ELIGIBILITY: **As voted on at the BOD of February 28, 2013:** If a swimmer ages-up to a new age group between the first day of Silvers (February 28, 2014) and the first day of JO's (March 14, 2014), and that swimmer has a JO qualifying time in the age group they are during Silvers (making that swimmer ineligible to swim at Silvers), but that swimmer does not have a JO qualifying time in that same event in the new age group by the meet extension deadline of JO's, that swimmer would be able to swim that event as exhibition/non award at Silvers – example: Jane Doe is 10-year-old as of February 28 on the first day of Silvers; her time in the 50 free is 31:00 (which is a JO time in the 50 free so she can't swim that event at Silvers. Jane ages up on March 5th so now her 31:00 in the 50 free is too slow for JOs in the 11-12 age group. So now under this proposal, Jane would be allowed to swim the 50 free at Silvers in the 11-12 age group as Exhibition only – Entries for that swimmer should be clicked as X (exhibition) in Team Manager. In addition, the name of the swimmers involved in this new rule, should be clearly added in the text of the Silvers Entries.

DISABILITY SWIMMERS: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

- ENTRIES:** A hard copy of the entries with “proof of times” must be emailed or (mailed) at the time entries are sent. (Just check the box “include proof of times in Team Manager Entry report. All swimmers must be a member of USA Swimming to enter and compete in this meet. There will be 10 and Under, 11-12, 13-14 and 15-18 Events. Swimmers may compete up to **5 individual** events per day. Entry times must have been achieved between **January 1, 2013 and the entry deadline, February 17, 2014.** A **SWIMS Times Recon** will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in SWIMS will be scratched. Times cannot be converted times, NT’s will not be accepted.
Age for this meet is February 28, 2014
- U.S. Mail Entries/Payment to: **Peter Kiernan – Lehman College APEX Aquatic Center**
250 Bedford Park Boulevard West
Bronx, New York 10468
- Email Entries/Confirm Entry Receipt: ApexSwim@usa.net
- Sign Express Mail Waiver allowing delivery without signature**
- DEADLINE:** 1: This is a Metro Championship Meet (**Metro Central Teams Only**)
2: The final entry deadline for this meet is **February 17, 2014**
3: Only new Silver cuts achieved between **February 18, 2014 through February 24, 2014** will be added. No updates of times.
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event and **\$1.00** per swimmer Metropolitan Swimming Surcharge must accompany the entries.
Make check payable to: **APEX Swim Club**
Payment must be received by **February 17, 2014** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes.
One Way Sprint lanes must be monitored by the swimmers’ coach that is using that sprint lane.
All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.
Warm up times may be assigned to teams depending on the total amount of swimmers.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** **Medals for Individual Events for 1st through 8th places for all Silver Times in the 10 & Under, 11-12, 13-14 and 15 – 18 age groups will be presented. All swimmers that qualify for Junior Olympics are Non-Awards.**
- OFFICIALS:** **Meet Referee: Kris Sawicz** Krzysztofs0711@aol.com
Officials wishing to volunteer should contact Meet Referee by **February 17, 2014.**
- ADMIN OFFICIALS:** **Wendy Martinez**
Peter Kiernan

- MEET DIRECTOR:** **Wendy Martinez and/or Peter Kiernan**
Email: ApexSwim@usa.net
- RULES:** The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
The overhead start procedure **WILL BE USED** for this meet.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.
"Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement"
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
1.0 meter = 4 feet 6 inches, 5 meters = 13 feet
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Lehman College , The City University of New York, the Lehman College APEX Aquatic Center, and Apex Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**
- DECK CHANGING:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**
- ADMISSION:** **\$5.00 Adults/Session**
\$3.00 Program/Session
- MERCHANTS:** The Metro Swim Shop will provide swimming apparel and related items for sale opposite the Balcony entrance to the pool. Refreshments will be available for purchase in the lower lobby throughout the meet. Please eat outside the pool area and place trash in the proper receptacles. No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable. Coaches are expected to monitor your team area.
- PARKING:** **Parking: \$5.00** all-day parking at College Supervised Lot, (100 yards from APEX).
- DIRECTIONS:** **By Train**
IRT No. 4 or the IND "D" line to Bedford Park Boulevard. The campus is a three-minute walk to the west. For more information about subway service to the Lehman campus, call the New York City Transit Authority at (718) 330-1234. Metro North's Harlem line has a local stop at the Botanical Gardens station. The campus is about 12 blocks due west on Bedford Park Boulevard. Call Metro North for information about fares and schedules (212) 532-4900.
- By Bus**
Nine Bronx buses including the 2, 10, 22, and 28 have stops at Lehman College. Liberty Lines BXM4 express buses from Manhattan stop near the campus, at Bedford Park Boulevard and the Grand Concourse. Good connections are available on Westchester 20 or 20X buses from White Plains, Hartsdale, Scarsdale, and Yonkers via Central Park Avenue. The No. 4 from Yonkers also stops near the campus. For more information about taking a bus to the Lehman campus, call (718) 330-1234 (Bronx buses) or (718) 652-8400 (Liberty Lines) or (914) 682-2020 (Westchester buses).
- By Car**
From Manhattan - East Side
Via East River Drive to Willis Avenue Bridge (or Triborough Bridge - Bronx spur) to Major Deegan

Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From Manhattan - West Side

Via West Side Highway north (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.

From Westchester

- Via New York State Thruway (I-87) south (it becomes Major Deegan Expressway) to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via **Saw Mill River Parkway south** (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.
- Via **Bronx River Parkway south** to Gun Hill Road exit. Make a right from exit ramp and take Gun Hill Road West to Jerome Avenue. Turn left onto Jerome, following the elevated subway line above to W. 205 Street. Turn right, and proceed two short blocks to Goulden Avenue. Make a left onto Goulden Avenue and proceed one block. Campus is on the left.

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From Queens and Eastern Long Island

- Via Grand Central Parkway to Triborough Bridge - Bronx spur to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via Throgs Neck Bridge or Whitestone Bridge to Cross Bronx Expressway west to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

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From New Jersey

Via George Washington Bridge to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From the Major Deegan Expressway

Exit at Van Cortlandt Park South. From the south, bear left along the fork of the exit ramp and make a left at the traffic light. From the north, make a left at the traffic light. Proceed up the winding hill for 4 traffic lights. Immediately after 4th traffic light, make a quick right onto Goulden Avenue. Proceed two long blocks to Bedford Park Boulevard West, where the campus begins. The parking lots are on your right.

From the Henry Hudson Parkway

Exit at Mosholu Parkway. Proceed on long exit ramp. At the second traffic light, before subway underpass, turn right onto Paul Avenue for two long blocks. At Bedford Park Boulevard, turn right and then left onto Goulden Avenue. The parking lots are on your right.

IMPORTANT! IN CASE OF EMERGENCY:

Pool Office: 718-960-7123 Meet Desk: 718-960-1134

FRIDAY 10&U, 11-12, 13-14, and 15-18 FRIDAY EVENING SESSION
Friday, February 28, 2014

SESSION #1 – Fri. Evening 10&U, 11-12, 13-14, 15-18 Distance Events: Warm Up: 4:00 p.m. Start Time: 5:00 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 4:20 p.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 1 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#1	6:45.00	7:04.99	10 & Under – 500 yd. Freestyle	6:45.00	7:05.99	#2
#3	6:02.00	6:20.79	11-12 – 500 yd. Freestyle	6:02.00	6:31.99	#4
#5	5:36.00	5:50.59	13-14 – 500 yd. Freestyle	5:22.00	5:50.99	#6
#7	5:31.00	5:39.99	15-18 – 500 yd. Freestyle	5:11.00	5:17.99	#8
#9	5:28.00	5:50.99	11-12 – 400 yd. Ind. Medley	5:28.00	5:55.99	#10
#11	5:07.00	5:25.99	13-14 – 400 yd. Ind. Medley	4:46.00	5:09.79	#12
#13	5:05.00	5:23.29	15-18 – 400 yd. Ind. Medley	4:42.00	4:45.89	#14

SATURDAY 10 & Under and 13-14 MORNING SESSION
Saturday, March 1st, 2014

SESSION #2 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 a.m. Session Start Time: 8:30 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 2 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#15	1:11.00	1:18.49	10 & Under - 100 yd. Freestyle	1:11.60	1:18.49	#16
#17	:58.00	1:03.09	13-14 - 100 yd. Freestyle	:54.00	59.59	#18
#19	:36.00	:43.89	10 & Under – 50 yd. Butterfly	:36.00	:43.89	#20
#21	1:05.70	1:11.59	13-14 - 100 yd. Butterfly	1:01.60	1:11.99	#22
#23	1:33.00	1:48.39	10 & Under – 100 yd. Breaststroke	1:34:60	1:48.39	#24
#25	2:43.00	2:56.99	13-14 - 200 yd. Breaststroke	2:35:20	2:53.99	#26
#27	:37.50	:42.89	10 & Under – 50 yd. Backstroke	:37:50	:42.89	#28
#29	2:22.60	2:42.99	13-14 - 200 yd. Backstroke	2:17.00	2:35.49	#30
#31	2:52.00	3:13.99	10 & Under – 200 yd. Ind. Medley	2:52.00	3:13.99	#32
#33	2:23.50	2:41.79	13-14 - 200 yd. Ind. Medley	2:14.00	2:32.99	#34

SATURDAY 11 & 12 and 15 -18 AFTERNOON SESSION
Saturday, March 1st, 2014

SESSION #3 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 1:30 p.m. Session Start Time: 230 PM

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 3 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#35	1:01.80	1:08.39	11-12 – 100 yd. Freestyle	1:01.60	1:09.59	#36
#37	:57.80	1:01.09	15-18 – 100 yd. Freestyle	:52.00	:54.49	#38
#39	2:40.00	2:55.99	11-12 – 200 yd. Butterfly	2:40.00	2:57.99	#40
#41	1:05:00	1:09.59	15-18 – 100 yd. Butterfly	:58.00	1:02.59	#42
#43	:33.00	:37.99	11-12 – 50 yd. Backstroke	:33.30	:41.19	#44
#45	2:21.00	2:29.29	15-18 – 200 yd. Backstroke	2:11.00	2:16.89	#46
#47	:37.20	:42.79	11-12 – 50 yd. Breaststroke	:37.60	:42.79	#48
#49	2:33.00	2:55.99	11-12 – 200 yd. Backstroke	2:38.00	2:57.99	#50
#51	2:43.00	2:50.99	15-18 – 200 yd. Breaststroke	2:30.10	2:36.79	#52
#53	1:20.50	1:31.59	11-12 – 100 yd. Breaststroke	1:21.60	1:29.89	#54
#55	2:20:00	2:29.99	15-18 – 200 yd. Ind. Medley	2:08.00	2:27.79	#56
#57	2:30.50	2:48.09	11-12 – 200 yd. Ind. Medley	2:30.50	2:55.09	#58

SUNDAY 10 & Under and 13-14 MORNING SESSION

Sunday, March 2, 2014

SESSION #4 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 a.m. Session Start Time: 8:30 p.m.**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 4 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#59	2:32.00	2:49.59	10 & Under - 200 yd. Freestyle	2:32:00	2:49.59	#60
#61	2:07.00	2:16.99	13-14 - 200 yd. Freestyle	2:00:00	2:18.09	#62
#63	1:21.00	1:28.59	10 & Under – 100 yd. Ind. Medley	1:22.00	1:28.59	#64
#65	1:16.50	1:23.79	13-14 - 100 yd. Breaststroke	1:11.00	1:21.49	#66
#67	:43.00	:48.59	10 & Under – 50 yd. Breaststroke	:43:50	:48.59	#68
#69	1:06.60	1:15.29	13-14 - 100 yd. Backstroke	1:03.00	1:16.49	#70
#71	1:21.00	1:37.09	10 & Under – 100 yd. Backstroke	1:22.20	1:37.09	#72
#73	:26.70	:28.79	13-14 - 50 yd. Freestyle	:25.00	:26.79	#74
#75	:32.10	:35.19	10 & Under – 50 yd. Freestyle	:32.00	:35:19	#76
#77	2:31.00	2:36.59	13-14 - 200 yd. Butterfly	2:24.00	2:32.59	#78
#79	1:26.00	1:37.99	10 & Under – 100 yd. Butterfly	1:27:10	1:37.99	#80

SUNDAY 11 & 12 and 15 & OVER AFTERNOON SESSION

Sunday, March 2, 2014

SESSION #5 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 1:30 pm Session Start Time: 2:30 pm**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 5 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#81	1:12.10	1:26.19	11-12 – 100 yd. Butterfly	1:12.60	1:26.99	#82
#83	2:04.50	2:10.59	15-18 – 200 yd. Freestyle	1:54.00	1:57.99	#84
#85	:28.50	:30.99	11-12 – 50 yd. Freestyle	:28.30	:31.49	#86
#87	1:05.50	1:10.09	15-18 – 100 yd. Backstroke	1:00.00	1:03.89	#88
#89	1:10.50	1:21.99	11-12 – 100 yd. Backstroke	1:11.60	1:23.79	#90
#91	1:15.20	1:20.89	15-18 – 100 yd. Breaststroke	1:06.50	1:10.89	#92
#93	2:56.00	3:15.99	11-12 – 200 yd. Breaststroke	3:00.00	3:17.99	#94
#95	:31.60	:35.69	11-12 – 50 yd. Butterfly	:31.60	:38.69	#96
#97	:26.60	:28.29	15-18 – 50 yd. Freestyle	:23.80	:25:19	#98
#99	1:11.30	1:18.69	11-12 – 100 yd. Ind. Medley	1:12.00	1:20.59	#100
#101	2:30.00	2:33.99	15-18 – 200 yd. Butterfly	2:12:50	2:24.99	#102
#103	2:14.00	2:25.89	11-12 – 200 yd. Freestyle	2:15.00	2:28.89	#104

Metropolitan Swimming, Inc. & APEX Swim Club 'Silver Championships Central' 2014

Friday, Saturday, and Sunday, February 28, March 1 & 2, 2014

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against **USA-Swimming, Lehman College, APEX Swim Club, Metropolitan Swimming, Inc., and the APEX SWIM CLUB and their Staff** for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

ENTRY: _____ Individual Event Entries @ \$4.00 = \$ _____

SUMMARY: _____ Individual Swimmer Surcharge @ \$1.00 = \$ _____

TOTAL ENTRY FEES = \$ _____

MAKE CHECKS PAYABLE TO: APEX SWIM CLUB

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____