

# Polar Bear Masters Meet

November 11th, 2023 – Bowdoin College Greason Pool, Brunswick, Maine

Recognized by NE-LMSC for USMS, Inc.

## Saturday 11/11 for an 11 a.m. warm up / 12 noon start

Print seed times clearly! Use a colon between minutes and seconds.

Circle the event number you wish to enter and if you have one, enter a seed time. Select up to 5 individual events, see relay note below for relay entries. Seeding will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 500 or 1000 Free*		1
2		Mixed 100 Breaststroke		2
3		Mixed 200 Butterfly		3
4		Mixed 50 Free		4
5		Mixed 200 IM		5
6		Mixed 50 Backstroke		6
7		Mixed 100 Free		7
8		Mixed 200 Breaststroke		8
9		Mixed 100 Backstroke		9
10		Mixed 50 Butterfly		10
11		Mixed 100 IM		11
12		Mixed 50 Breaststroke		12
13		Mixed 200 Backstroke		13
14		Mixed 200 Free		14
15		Mixed 100 Butterfly		15
16		Mixed 200 Free Relay**		16
17		Mixed 200 Medley Relay**		17

\*Swimmers may choose either the 500 or 1000 free and must provide their own counters. Heats will be organized based on seed times.

\*\* Relays will be deck seeded.

Address \_\_\_\_\_

E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender **M** **F**

Emergency Contact (name/phone) \_\_\_\_\_

[ ] Maine Masters (MESC) [ ] New England Masters (NEM)

[ ] Other Masters Club (please indicate club \_\_\_\_\_ )

Club members outside the New England LMSC **must attach a copy** of their current USMS membership card

## Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.

"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"

**This is a Recognized Meet.** Any swimmers 18 years and older may enter a recognized meet. To register as a Maine Master contact the Registrar

**Directions:** Bowdoin College Pool is located at the Farley Field House (Hwy. 123 S) Harpswell Road, Brunswick, Maine

**Facility:** 16-lane pool with eight racing lanes and adjacent lanes for warm-up and cool down. Electronic timing will be used.

**Meet Director:** Brad Burnham

**Contacts:** Brad Burnham at [bburnham@bowdoin.edu](mailto:bburnham@bowdoin.edu) or (207) 725-3527

**Fees:** Entries received by Noon, Thursday, November 9th will be pre-seeded and cost \$30 for up to 5 individual events plus relays. Later entries, including deck entries, will be accepted at a cost of \$35 for 5 events. Make checks payable to Polar Bear Masters.

**Send Entries To:** Brad Burnham, Bowdoin Athletics-Swimming, 9000 College Station, Brunswick, ME 04011.

## Waiver (must be signed by all participants)

"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 AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE 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 of the Participant

\_\_\_\_\_  
Date