

This box for office use only

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| CHECK NUMBER | DATE ENTERED | ASSIGNED<br>069 | SEQUENCE NO |
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## United States Masters Swimming 2009 Metropolitan LMSC Swimmer Registration

New Member

Renewal

All fields required. Form will be returned if information is missing. Please write clearly.  
Register with same name you will use for competition.

|   |  |            |                            |      |
|---|--|------------|----------------------------|------|
| Last Name   |  | First Name |                            | M    |
| Street Address  |  |            |                            | Apt# |
| City  |  | State      | Zip+4                      |      |
| Preferred Phone<br>( ) -  | DATE OF BIRTH (mm/dd/yy)<br>(Required) | Age        | Sex<br>Female ___ Male ___ |      |
| CLUB CODE (Required): (see second page for list of club codes)  |  |            | F                          | I    |
|   |  |            | S                          | H    |
| <p>The policy of the Metro LMSC is that member emails are used solely by the staff and officers of the MLMSC to send membership related information and are never given to any third party or used for any other purpose, commercial or otherwise. Please help us serve you better by sending updates/changes to the MLMSC registrar. Help us protect the member email community by using effective anti-spam, anti-virus, anti-spyware and firewall on your computer.</p> <p><b>E-MAIL</b> (Print Clearly)</p> |  |            |                            |      |

I coach Masters Swimming (required if applicable)

I am a certified USMS official

### Authorization

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 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 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:** \_\_\_\_\_

On rare occasions, USMS may need to inform me of an important issue, check here  to opt out.

A USMS sponsor may wish to offer you information emailed from the USMS National Office, check here  to opt out (**Email addresses are not supplied to the sponsor.**)

|   |                     |
|---|---------------------|
| Annual Dues (November 1, 2008 – December 31, 2009)                    | <u><b>38.00</b></u> |
| Donation to US Masters Swimming Foundation / Legacy Fund (any amount) | _____               |
| Donation to International Swimming Hall of Fame (any amount)          | _____               |
| <b>Total</b> enclosed (check or money order only)                     | _____               |

|                                 |                                     |
|---------------------------------|-------------------------------------|
| <b>Make check payable to:</b>   | <b>METROPOLITAN LMSC</b>            |
| <b>Mail to:</b>                 | <b>Maria D. Anderson, Registrar</b> |
|                                 | <b>Metropolitan LMSC</b>            |
| <b>Please use regular mail.</b> | <b>201 Chestnut St.</b>             |
|                                 | <b>Port Jefferson, NY 11777</b>     |

PLEASE ALLOW 2 WEEKS FOR PROCESSING

Please direct all **registration** inquiries and correspondence to [metroswim@gmail.com](mailto:metroswim@gmail.com).  
General information is available at [www.metroswim.org](http://www.metroswim.org), or email [MetroChair@USMS.org](mailto:MetroChair@USMS.org).

# United States Masters Swimming Metropolitan Local Masters Swimming Committee

## Metropolitan LMSC Clubs and Teams as of November 2008

For contact information on specific clubs go to [www.metroswim.org](http://www.metroswim.org), or email the LMSC Chairman at [MetroChair@USMS.org](mailto:MetroChair@USMS.org)

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### METR – Metro Workout Group Codes

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|      |  |      |                          |      |  |
|------|--|------|--------------------------|------|--|
| APEX | Apex Masters                                       | MIDM | Middletown Masters       | TRS  | Team Rockland Swimming                                 |
| ALLL | Asser Levy Lanelions                               | MMA  | Merchant Marine Academy  | TTT  | Team Total Training                                    |
| BNLA | BNL Accelerators                                   | MVA  | Minisink Valley Aquatics | WMBM | Williamsburg Masters                                   |
| CHEL | Chelsea Piers Masters                              | NYYM | Brooklyn Dodge Y Masters | WPTM | West Point Masters                                     |
| CIBB | Coney Island Brighton Beach<br>Open Water Swimmers | PREM | Premier Aquatics Masters | WSYM | West Side YMCA Masters                                 |
| MBYM | McBurney YMCA Masters                              | SOFM | South Fork Masters       | VYMM | Vanderbilt Masters                                     |
|      |  | TMSC | Terriers Masters         | YONM | Yonkers Masters  |
|      |  | TRIG | Trigger Aquatics         | UNAM | Unattached (may swim relays with other metro swimmers) |

### Non-METR Club Clodes

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|      |                         |      |                            |      |   |
|------|-------------------------|------|----------------------------|------|---|
| AQFT | AquaFit Masters         | CTRI | Columbia Tri-Group Masters | REDT | Red Tide of NYC Masters                     |
| AGUA | Asphalt Green Masters   | EAST | East End Masters           | SEAW | Seawolves Masters                           |
| BDGR | Badger Masters          | FISH | FISH Masters               | TNYA | Team NY Aquatics                            |
| BCTM | BearCat Masters         | HAAM | Happauge Athletic Assoc    | WM   | Westchester Masters                         |
| BRAT | Bay Ridge Aquatics Team | HUMS | Huntington Masters         | WSF  | Westchester SwimFit (WM workout group)      |
| CIY  | Cross Island YMCA       | NYAC | New York Athletic Club     | UNAT | Unattached (no relay participation allowed) |
|      |                         | NYCH | NYC Hydras                 |      |   |

Note: Non-METR Club swimmers may only swim on relays with members of the same club

### Where Your Annual Dues Go

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\$25.00 to USMS

USMS Magazine during the length of member year

To support the national organization

For insurance coverage (valid in practices supervised by a USMS member or a USS certified coach where all swimmers are USMS registered AND in USMS sanctioned meets where all competitors are USMS registered.)

\$13.00 to Metropolitan LMSC (see [www.metroswim.org](http://www.metroswim.org) for a description of where your local dues go)

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Contact the Metropolitan LMSC Swim Office for Club and Team Registration forms:

Maria D. Anderson, Registrar  
Metropolitan LMSC  
201 Chestnut St.  
Port Jefferson, NY 11777

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Please direct all registration inquiries and correspondence to [metroreg@gmail.com](mailto:metroreg@gmail.com).  
General information is available at [www.metroswim.org](http://www.metroswim.org), or email [MetroChair@USMS.org](mailto:MetroChair@USMS.org).