

Team NY Aquatics 2010 USMS One Hour Swim

Date: 1/10/2010 10:30 am Lane:1 Swimmer: Onesimo

USMS#: relay

Team: TNYA

USMS LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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. I certify that I have read the rules of this competition and that on this date I swam the following distance and times.

Swimmer Signature: [Signature] Timer Signature: [Signature]

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	31:32		1550	33:53	16:41:86	3050	33:35	32:06:81	4550	33:28	48:07:47
100	32:19	1:04:01	1600	32:10	16:43:96	3100	31:65	32:38:46	4600	32:05	48:39:52
150	30:63	1:34:64	1650	35:85	17:19:81	3150	37:46	33:15:92	4650	36:60	49:16:12
200	29:16	2:03:80	1700	28:80	17:48:61	3200	28:92	33:44:84	4700	30:02	49:46:14
250	28:18	2:31:98	1750	28:45	18:17:06	3250	29:37	34:14:21	4750	29:85	50:15:99
300	32:77	3:04:75	1800	33:07	18:50:13	3300	33:36	34:47:57	4800	33:38	50:49:37
350	32:01	3:36:76	1850	32:14	19:22:27	3350	31:59	35:19:60	4850	31:63	51:21:00
400	32:02	4:08:78	1900	36:85	19:59:12	3400	35:96	35:55:12	4900	36:68	52:57:68
450	28:80	4:37:58	1950	28:04	20:27:16	3450	29:09	36:24:21	4950	30:12	52:27:80
500	28:61	5:06:19	2000	28:39	20:55:55	3500	29:16	36:53:37	5000	28:54	52:56:34
550	32:65	5:38:84	2050	32:89	21:28:44	3550	34:04	37:27:41	5050	34:86	53:31:20
600	32:14	6:10:98	2100	31:91	22:00:35	3600	32:24	37:59:65	5100	30:78	54:01:98
650	33:54	6:44:52	2150	36:74	22:37:09	3650	36:87	38:36:52	5150	36:09	54:38:07
700	29:49	7:14:01	2200	27:61	23:04:70	3700	28:93	39:05:45	5200	32:24	55:10:31
750	28:31	7:42:32	2250	28:42	23:33:12	3750	29:06	39:34:51	5250	34:96	55:45:27
800	33:55	8:15:87	2300	33:51	24:06:63	3800	34:33	40:08:84	5300	33:94	56:19:21
850	32:79	8:48:66	2350	30:62	24:38:25	3850	31:50	40:40:34	5350	31:80	56:51:01
900	33:79	9:22:45	2400	36:52	25:14:77	3900	36:42	41:16:76	5400	36:77	57:27:78
950	29:37	9:51:82	2450	27:75	25:42:52	3950	28:40	41:45:16	5450	28:86	57:56:24
1000	28:73	10:20:55	2500	28:82	26:11:34	4000	28:68	42:13:84	5500	28:80	58:25:44
1050	33:48	10:54:03	2550	34:11	26:45:45	4050	33:58	42:47:42	5550	33:30	58:58:74
1100	32:53	11:26:56	2600	32:17	27:17:62	4100	31:96	43:18:68	5600	30:57	59:29:31
1150	35:55	12:02:11	2650	36:83	27:54:45	4150	36:27	43:54:95	5650		
1200	29:82	12:31:93	2700	28:44	28:22:86	4200	29:20	44:24:15	5700		
1250	27:93	12:59:86	2750	29:12	28:51:98	4250	28:85	44:53:00	5750		
1300	33:21	13:33:07	2800	34:67	29:26:65	4300	33:44	45:26:44	5800		
1350	31:45	14:04:52	2850	31:58	29:58:23	4350	32:09	45:58:53	5850		
1400	36:71	14:41:23	2900	37:50	30:35:73	4400	36:69	46:35:22	5900		
1450	28:93	15:10:16	2950	28:57	31:04:30	4450	29:73	47:04:95	5950		
1500	28:17	15:38:33	3000	29:16	31:33:46	4500	29:16	47:34:11	6000		

Partial Lap Yards: _____ Total Yards: _____

Circle if applicable: Relay Fins Pull Buoy Other Equipment

Unofficial

Joseph Donnelly Deborah Hyink
 Aaron Ahedo Kent Lau
 Josh Goldstein
Team NY Aquatics 2010 USMS One Hour Swim

Date: 1/10/2010 10:30 am Lane:8 Swimmer: Virgin Merries I USMS#: relay Team: TNYA

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Swimmer Signature: Joseph Donnelly Timer Signature: [Signature]

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	42 94	42 94	1550	47 03	23 16 44	3050	45 37	45 56 72	4550		
100	34 41	1 17 35	1600	49 47	24 05 91	3100	47 91	46 44 63	4600		
150	50 90	2 08 25	1650	52 65	24 58 56	3150	50 87	47 35 50	4650		
200	46 63	2 54 88	1700	43 88	25 42 44	3200	44 32	48 19 82	4700		
250	41 12	3 36 00	1750	42 28	26 24 72	3250	42 81	49 02 63	4750		
300	45 41	4 21 41	1800	43 66	27 08 31	3300	41 49	49 44 12	4800		
350	37 53	4 58 94	1850	44 56	27 52 94	3350	48 41	50 32 53	4850		
400	52 44	5 51 38	1900	51 91	28 44 85	3400	48 91	51 21 44	4900		
450	44 65	6 36 03	1950	43 21	29 28 06	3450	44 84	52 06 28	4950		
500	43 19	7 19 22	2000	43 22	30 11 28	3500	51 97	52 58 25	5000		
550	46 88	8 06 10	2050	45 69	30 56 97	3550	33 69	53 31 94	5050		
600	37 59	8 43 69	2100	43 28	31 40 25	3600	46 56	54 18 50	5100		
650	53 22	9 36 91	2150	51 66	32 31 91	3650	49 16	55 01 66	5150		
700	46 97	10 23 88	2200	42 37	33 14 28	3700	40 84	55 48 50	5200		
750	42 65	11 06 53	2250	41 13	33 55 41	3750	44 16	56 32 66	5250		
800	52 75	11 59 28	2300	46 19	34 41 60	3800	41 62	57 14 28	5300		
850	41 10	12 40 38	2350	44 78	35 26 38	3850	46 48	58 00 76	5350		
900	52 12	13 32 50	2400	50 18	36 16 56	3900	50 90	58 51 66	5400		
950	44 50	14 17 00	2450	41 76	36 58 32	3950	41 10	59 32 76	5450		
1000	41 06	14 58 06	2500	41 87	37 40 19	4000			5500		
1050	44 29	15 42 35	2550	42 87	38 23 06	4050			5550		
1100	45 56	16 27 91	2600	48 32	39 11 38	4100			5600		
1150	50 81	17 18 72	2650	51 65	40 03 03	4150			5650		
1200	45 75	18 04 47	2700	41 41	40 44 44	4200			5700		
1250	41 19	18 45 66	2750	41 44	41 25 88	4250			5750		
1300	44 44	19 30 10	2800	43 75	42 09 63	4300			5800		
1350	42 28	20 12 38	2850	44 93	42 54 56	4350			5850		
1400	51 72	21 04 10	2900	51 91	43 46 47	4400			5900		
1450	42 96	21 47 06	2950	43 44	44 29 91	4450			5950		
1500	42 35	22 29 41	3000	41 44	45 11 35	4500			6000		

Partial Lap Yards: _____ Total Yards: _____

Circle if applicable: Relay Fins Pull Buoy Other Equipment

Unofficial

