

# Team NY Aquatics 2010 USMS One Hour Swim

Date: 1/31/2010 12:40 pm Lane: 5 Swimmer: Lean, Mean, Buff & Tough 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 swim the following distance and times:

Swimmer Signature: *Engelbrecht*

Timer Signature: *[Handwritten Signature]*

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50			1550	3756	214619	3050	3747	443794	4550		
100		11425	1600	4163	222782	3100	4128	451922	4600		
150	3638	15063	1650	3834	230616	3150	3803	455725	4650		
200	3800	22863	1700	4140	235056	3200	4003	463728	4700		
250	4169	31032	1750	4769	243825	3250	5128	472856	4750		
300	4793	35825	1800	5572	253397	3300	5925	482841	4800		
350	3513	43338	1850	3822	261219	3350	3981	490822	4850		
400	3941	51279	1900	4116	265335	3400	4131	495253	4900		
450	3715	54994	1950	4718	274053	3450	3894	503197	4950		
500	3694	62688	2000	5107	283160	3500	4532	511679	5000		
550	4284	70972	2050	4834	291994	3550	5109	520788	5050		
600	5269	80241	2100	5728	301722	3600	5809	530597	5100		
650	3659	83850	2150	4084	305806	3650	4572	535169	5150		
700	4060	91910	2200	4838	314644	3700	4725	543894	5200		
750	4075	95985	2250	4588	323232	3750	4894	552788	5250		
800	4325	104310	2300	4862	332094	3800	5181	561969	5300		
850	4434	112744	2350	4888	340982	3850	4781	570750	5350		
900	5441	122185	2400	5800	350782	3900	5706	580456	5400		
950	3994	130179	2450	3797	354579	3950	3666	584122	5450		
1000	4809	134988	2500	4174	362753	4000	4019	592141	5500		
1050	4191	143179	2550	3763	370516	4050	3444	595585	5550		
1100	4331	151510	2600	4072	374588	4100			5600		
1150	4534	160044	2650	4768	383556	4150			5650		
1200	5468	165512	2700	5820	393376	4200			5700		
1250	3782	173294	2750	3859	401235	4250			5750		
1300	4100	181394	2800	4256	405491	4300			5800		
1350	3588	184982	2850	3700	413191	4350			5850		
1400	3809	192791	2900	4044	421235	4400			5900		
1450	4625	201416	2950	5634	430269	4450			5950		
1500	5447	210863	3000	5778	440047	4500			6000		

Partial Lap Yards: 5 Total Yards: 4055

Circle if applicable: Relay Fins Pull Buoy Other Equipment

52  
*Whiffy*

# Team NY Aquatics 2010 USMS One Hour Swim

Date: 1/31/2010 4:10 pm Lane: 5 Swimmer: RT

USMS#: Relay

Team: REDT

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 swear the following distance and times.

Swimmer Signature: *Janet Wayman*

Timer Signature: *Brothers*

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	36 49	36 49	1550	34 44	18 55 50	3050	32 47	36 36 53	4550	38 44	54 52 72
100	32 40	1 09 19	1600	30 85	19 26 35	3100	29 94	37 06 47	4600	32 63	55 25 35
150	32 53	1 41 72	1650	33 31	19 59 66	3150	40 16	37 46 63	4650	37 93	56 03 28
200	33 88	2 15 60	1700	37 50	20 37 16	3200	35 81	38 22 44	4700	36 19	56 39 47
250	36 37	2 51 97	1750	32 03	21 09 19	3250	34 72	38 57 16	4750	34 81	57 14 28
300	40 41	3 32 38	1800	33 72	21 42 91	3300	42 31	39 39 47	4800	35 48	57 50 06
350	31 56	4 03 94	1850	29 72	22 12 63	3350	38 09	40 17 56	4850	29 76	58 19 82
400	35 06	4 39 00	1900	33 49	22 46 12	3400	40 10	40 57 66	4900	33 50	58 53 32
450	35 35	5 14 35	1950	36 74	23 23 06	3450	38 75	41 36 41	4950	34 90	59 28 22
500	37 00	5 51 35	2000	36 10	23 59 16	3500	35 78	42 12 19	5000		1 01 81
550	37 12	6 28 47	2050	38 03	24 37 19	3550	37 75	42 49 94	5050		
600	32 06	7 00 53	2100	33 78	25 10 97	3600	30 31	43 20 25	5100		
650	33 72	7 34 25	2150	35 00	25 45 97	3650	36 78	43 57 03	5150		
700	37 31	8 11 56	2200	37 50	26 23 47	3700	38 13	44 35 16	5200		
750	36 64	8 48 25	2250	35 03	26 58 50	3750	35 37	45 10 53	5250		
800	40 28	9 28 53	2300	40 72	27 39 22	3800	38 29	45 48 82	5300		
850	35 19	10 03 72	2350	35 13	28 14 35	3850	29 56	46 17 88	5350		
900	38 75	10 42 47	2400	38 15	28 52 50	3900	34 81	46 52 69	5400		
950	37 00	11 19 47	2450	33 82	29 26 32	3950	36 41	47 29 10	5450		
1000	40 35	11 59 82	2500	40 31	30 06 63	4000	35 22	48 04 32	5500		
1050	37 87	12 37 69	2550	40 53	30 47 16	4050	36 78	48 41 10	5550		
1100	32 50	13 10 19	2600	35 87	31 23 03	4100	35 66	49 16 76	5600		
1150	34 69	13 44 88	2650	41 03	32 04 06	4150	35 59	49 52 35	5650		
1200	35 37	14 20 25	2700	34 41	32 38 47	4200	36 56	50 28 91	5700		
1250	36 87	14 57 12	2750	33 59	33 12 06	4250	35 72	51 04 63	5750		
1300	43 10	15 40 22	2800	37 73	33 49 79	4300	38 78	51 43 41	5800		
1350	37 60	16 17 82	2850	29 84	34 19 63	4350	34 94	52 18 35	5850		
1400	44 21	17 02 03	2900	33 19	34 52 82	4400	39 75	52 58 10	5900		
1450	41 32	17 43 35	2950	35 81	35 28 63	4450	39 66	53 37 76	5950		
1500	34 71	18 18 06	3000	35 43	36 04 06	4500	36 52	54 14 28	6000		

Partial Lap Yards: \_\_\_\_\_ Total Yards: 5660

Circle if applicable: Relay Fins Pull Buoy Other Equipment

# Team NY Aquatics 2010 USMS One Hour Swim

Date: 1/31/2010 4:10 pm Lane:4 Swimmer: Winna Relay

USMS#: Relay

Team:

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 THERE TO, 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: John Johnson MATT GURRY Timer Signature: Todd Lynn Billy Bilcozye

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	3:51	3:51.14	1550	18:42.41	3050	35:41	38:24.42	4550	53:58	56:41.02	
100	46:45	1:21.59	1600	49:46.19	3100	50:54	38:14.96	4600	33:10	57:14.12	
150	32:58	1:54.17	1650	57:98.26	3150	33:24	38:15.20	4650	33:72	57:48.14	
200	37:45	2:31	1700	32:13	21:41.98	3200	30:29	35:19.03	4700	30:66	58:25.10
250	29:29	3:00	1750	27:57	21:09.24	3250	32:35	35:51.44	4750	51:42	59:10.67
300	32:13	3:33.24	1800	33:21	21:43.12	3300	34:27	40:26.01	4800	31:79	
350	47:91	4:21.75	1850	52:54	22:36.34	3350	52:61	41:18.00	4850	11:79	
400	32:72	4:54.47	1900	32:46	23:08.72	3400	38:28	41:56.50	4900		
450	32:27	5:27.34	1950	37:15	23:46.47	3450	38:58	42:35.78	4950		
500	28:41	5:55.75	2000	29:10	24:15.57	3500	29:16	43:04.94	5000		
550	43:13	6:38.75	2050	45:43	25:10.11	3550	43:42	43:48.74	5050		
600	45:88	7:24.00	2100	49:06	25:50.00	3600	55:27	44:43.90	5100		
650	32:57	7:57.17	2150	32:34	26:23.52	3650	35:10	45:19.00	5150		
700	32:10	8:29.57	2200	32:10	26:56.32	3700	32:46	45:51.06	5200		
750	31:35	9:01.32	2250	33:29	27:29.41	3750	28:00	46:19.07	5250		
800	33:55	9:34.87	2300	33:50	28:03.21	3800	34:11	46:53.21	5300		
850	51:09	10:26.32	2350	50:57	28:54.08	3850	51:27	47:45.08	5350		
900	34:56	11:01.38	2400	32:07	29:26.52	3900	33:58	48:19.06	5400		
950	37:52	11:38.90	2450	34:53	30:01.44	3950	34:16	48:53.22	5450		
1000	29:07	12:07.97	2500	27:75	30:34.20	4000	30:45	49:23.67	5500		
1050	40:28	12:48.01	2550	34:52	31:08.72	4050	34:70	49:58.37	5550		
1100	47:73	13:35.78	2600	52:49	32:01.21	4100	52:53	50:50.90	5600		
1150	31:70	14:08.07	2650	35:27	32:37.28	4150	37:50	51:28.74	5650		
1200	33:09	14:41.06	2700	33:14	33:10.22	4200	33:24	52:02.11	5700		
1250	29:33	15:10.15	2750	28:34	33:38.56	4250	36:14	52:38.14	5750		
1300	34:54	15:45.29	2800	39:10	34:17.66	4300	35:03	53:13.77	5800		
1350	49:18	16:34.37	2850	49:76	35:07.70	4350	51:20	54:04.97	5850		
1400	33:42	17:07.79	2900	34:17	35:41.59	4400	34:75	54:39.75	5900		
1450	31:20	17:39.69	2950	30:55	36:12.44	4450	29:49	55:09.27	5950		
1500			3000	36:54	36:48.38	4500	38:20	55:47.44	6000		

Partial Lap Yards: 25

Total Yards: 4825

71

Circle if applicable:

Relay

Fins

Pull Buoy

Other Equipment

# Team NY Aquatics 2010 USMS One Hour Swim

Scott

Date: 1/31/2010 4:10 pm Lane: 3 Swimmer: Kristin Gary USMS#: 0607-02XES Team: REDT

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 HERETO, 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 swim the following distance and times:

Swimmer Signature: [Signature] Timer Signature: Richard W. Peterson

Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum	Yds	Split	Cum
50	33.75	33.75	1550	40.09	19.46.00	3050	38.69	39.28	4550	41.56	58.14.25
100	35.37	1.09.12	1600	38.18	20.24.18	3100	40.31	39.19.59	4600	38.53	48.52.70
150	35.35	1.44.47	1650	37.04	21.01.22	3150	38.44	39.56.03	4650	34.34	59.27.72
200	35.71	2.20.18	1700	36.96	21.38.18	3200	40.31	40.38.34	4700	32.54	57.57.66
250	36.44	2.56.62	1750	37.29	22.15.47	3250	38.54	41.16.88	4750		
300	36.47	3.33.09	1800	37.71	22.53.18	3300	41.40	41.58.28	4800		
350	36.88	4.09.97	1850	38.04	23.31.22	3350	41.13	42.39.41	4850		
400	37.18	4.47.15	1900	37.19	24.08.41	3400	40.25	43.19.66	4900		
450	36.91	5.24.06	1950	37.25	24.45.66	3450	40.06	43.59.72	4950		
500	36.72	6.00.78	2000	39.84	25.25.50	3500	41.25	44.40.97	5000		
550	37.47	6.38.25	2050	39.19	26.04.69	3550	42.47	45.23.44	5050		
600	37.75	7.16.00	2100	39.59	26.44.28	3600	40.40	46.03.84	5100		
650	36.69	7.52.69	2150	39.72	27.24.00	3650	41.07	46.44.91	5150		
700	37.65	8.30.34	2200	39.28	28.03.28	3700	41.09	47.26.00	5200		
750	37.70	9.08.15	2250	39.56	28.42.84	3750	37.22	48.03.22	5250		
800	36.57	9.44.72	2300	38.82	29.21.66	3800	36.12	48.39.38	5300		
850	41.19	10.25.91	2350	37.72	29.59.38	3850	36.12	49.15.50	5350		
900	39.75	11.05.66	2400	33.21	30.32.57	3900	37.16	49.52.66	5400		
950	39.40	11.45.06	2450	34.88	31.07.47	3950	36.65	50.29.31	5450		
1000	40.60	12.25.66	2500	36.87	31.44.34	4000	33.35	—	5500		
1050	40.37	13.06.03	2550	35.10	32.19.44	4050	40.96	51.43.62	5550		
1100	39.91	13.45.94	2600	37.06	32.56.40	4100	37.66	52.21.28	5600		
1150	43.78	14.29.72	2650	36.72	33.33.22	4150	36.03	52.57.31	5650		
1200	38.50	15.08.22	2700	37.16	34.10.38	4200	38.63	53.35.94	5700		
1250	39.37	15.47.59	2750	36.93	34.47.31	4250	36.34	54.12.28	5750		
1300	39.91	16.27.50	2800	35.24	35.24.57	4300	37.22	54.49.50	5800		
1350	39.31	17.06.81	2850	37.00	36.01.59	4350	39.78	55.29.28	5850		
1400	39.75	17.46.56	2900	40.97	36.42.56	4400	40.94	56.10.22	5900		
1450	40.00	18.26.56	2950	37.41	37.19.97	4450	40.28	56.50.50	5950		
1500	39.35	19.05.91	3000	40.62	38.00.59	4500	42.19	57.32.69	6000		

Partial Lap Yards: \_\_\_\_\_ Total Yards: 4700

Circle if applicable: Relay Fins Pull Buoy Other Equipment