

**METROPOLITAN SWIMMING
REIMBURSEMENT FOR INDIVIDUAL EVENTS AT
2009 NCSA JUNIOR NATIONAL CHAMPIONSHIPS
(March 17-21, 2009)**

CLUB _____

Address _____
_____ ZIP _____

Phone (____) _____ email _____

For each athlete, list the five Metro meets (one of which must be Senior Mets) that the athlete attended from **March 23, 2008** to **Meet Entry Deadline**.

Please note: The athlete's name must appear in individual events on meet results.

Name: _____

Name: _____

Meets & Date:

1 _____
2 _____
3 _____
4 _____
5 _____

Meets & Date:

1 _____
2 _____
3 _____
4 _____
5 _____

Name: _____

Name: _____

Meets & Date:

1 _____
2 _____
3 _____
4 _____
5 _____

Meets & Date:

1 _____
2 _____
3 _____
4 _____
5 _____

PS: Proof of travel/hotel expenses must accompany this request (see list)

Athlete in Individual Event: \$350

Send to: M. Senecal, 1 Bonwit Place, Farmingdale, NY 11735 by **4/22/09**

LIST OF APPROVED DOCUMENTS FOR PROOF OF TRAVEL EXPENSES FOR CHAMPIONSHIP MEET STIPEND

- Hotel receipts from venue area / city and within date range of the meet
- Receipts or ticket stubs for air fare, train or bus to / from city of meet venue
- Mileage – include a map quest or similar travel program to support mileage from athlete's home to city of meet venue. Mileage will be reimbursed at a rate of .37 cents per mile. (This is the approved rate for mileage for Metropolitan Swimming LSC related travel). Please list any toll related expense.
- Meal receipts (meal expense up to \$25 per day per athlete will not require a receipt)

The requirement for proof of travel expense is to protect Metropolitan Swimming Inc. and the teams and athletes receiving the stipends.