

2010 AMS LONG COURSE ZONE TEAM TEAM GEAR ORDERING PROCESS

ORDER DEADLINE: 12:00 NOON MONDAY, AUGUST 2, 2010 (No Exceptions!!!)

We will be ordering all team gear (mandatory/included and optional) through Metro Swim Shop. Metro has set up a Team Portal specifically for Allegheny Mountain Swimming.

ONLY 2010 LC ZONE TEAM PARTICIPANTS ARE PERMITTED TO ORDER FROM THIS TEAM PORTAL

To place your order, please follow these steps (see attached instructions):

1. Browse to www.metroswimshop.com/ams
2. If this is your first visit to the AMS portal, you must set up your account.
3. Select the "Mandatory" button to select sizes for all *included* items (Qty = 1 per item)
4. Select the "Optional" button to select *optional* items & sizes
5. Select "Home" to order other items on the main Metro web site (when finished, select Team Portal on the left to return to the AMS Zone Team Portal)
6. Select "Place Order" to complete your order

**Due to the very short time frame between JOs and the team's departure for Zones,
all orders must be placed by the deadline.**

MANDATORY ITEMS (INCLUDED WITH ZONE FEES):

*These items are included with your zone fees, but **they must be ordered and sizes selected through the Metro/AMS Team Portal.** You will not be billed for these items.*

1. Short Sleeve Yellow T-shirt (order 1 @ \$0.01)
2. Short Sleeve Black T-shirt (order 1 @ \$0.01)
3. Grey Hoodie (order 1 @ \$0.01)
4. Black Shorts (order 1 at \$0.01)

Girls: Cheer Short Boys: Long Mesh

Also included: Towel, 2 Caps & Water Bottle (you will not order these – they are automatically included)

OPTIONAL TEAM GEAR

These items may be ordered for additional cost and paid for directly through the Metro/AMS Team Portal.

1. Team Suit
Speedo Women's LZR PRO Recordbreaker (\$114.00)
Speedo Women's LZR PRO Recordbreaker Kneeskin (\$156.00)
Speedo Men's LZR PRO Jammer (\$108.00)
2. Speedo Varsity Warm-up s (Black & Gold) (\$95.65/set)
Available in Male, Female & Youth – please be sure to order correct items as each style is listed separately on the Metro/AMS Portal
3. Backpacks (\$49.00)
Speedo Team Pro Backpack
4. Extra T-shirts (\$9.70)
Swimmers wishing to order extra t-shirts (in addition to the two included t-shirts) may do so directly through the Metro/AMS Portal for an additional cost. They are listed separately under the "optional" list.

NOTES:

1. **If you know you are definitely going – please place your team gear orders as soon as possible.**
2. If you are ordering only "mandatory" items through the portal – put in 16 "0"s for the credit card number and three "0"s for the CVV2 number. You can use any expiration date.
3. Shipping fees are included with the orders. No additional shipping fees will be applied.
4. Team Gear is for *Zone Team Members Only*. If you do not make the team or choose not to go, your order will be cancelled.