



Sanctioned by Utah Masters for USMS, Inc. Sanction # TBD

Meet Director: Gordon Gridley, Phone 801-784-0502; Email: ggridley@gdongridley.us

Facility: South Davis Recreation Center is a 10 Lane 25 yard pool.

Location: 550 North 200 West, Bountiful, UT 84010 Phone: 801-298-6220

Directions: From SLC take I-15 north to the 400 North Exit in Bountiful. Take exit and go east. Turn left on 200 West and South Davis Recreation Center is located on the right.

Sign up: Sign up on ClubAssistant.com

Meet Conduct: 2014 USMS Rules will govern conduct of this meet. [Click here](#) for the rules.

Eligibility: All swimmers must be registered with USMS, USMS/Utah Annual registration for 2015 will be offered at check-in. If registered after Nov. 1st, 2014 your annual registration will be good for 13 months or through Dec. 31, 2015. If you do NOT have an annual membership card, the USMS/Utah one time swim meet event registration will be \$15.

Age Group Classification: According to Rule 102.2, your age group classification is determined by your age as of November 8th, 2014 (The day of the meet).

Awards: 1st/2nd/3rd place ribbons will be awarded per event per gender.

Entry Fee: \$25 fee for this meet for USMS members. Non-USMS members have three options:

1. Register online with USMS on your own (preferred method). Go to <http://www.usms.org/reg/> to register. Then use your USMS membership number.
2. If you do not want to pay for a year membership an additional \$15 will be charged for one day event insurance with USMS.
3. Register on deck on Friday morning (an additional \$10 late fee for this option), and pay your yearly USMS membership there at the meet. Paper membership form for 2015 will need to be filled out, and additional check made out to Utah Masters. Be aware that USMS's price for 2015 will be \$37 and Utah LMSC fee is \$8, for a total of \$45 for UNAT swimmers. Additional club fees may apply.

No-shirt Entry option: If you wish to NOT have a shirt included in your entry, you can opt to pay \$20 instead, and NOT receive a shirt. Online entry will include a shirt by default, you must deselect this option to get the \$5 off.

Relay Age Groups: (Sum of ages) 72-99, 100-119, 210-159, 160-199, etc in 40 year increments.

Seeding: All events will be timed finals with heats seeded by time, slowest to fastest. Genders will swim together (mixed).

Records: Swimmers attempting to set records during the meet should notify the Starter to assure that three official timers will be present.

Heats: Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to Meet Director and Referee. Swimmers without seed times may be placed in the slowest (earliest) heats.

Registration: Online registration at ClubAssistant.com.

Last Day to register online: Thursday, November 6th, 2014.

Same Day Deck Entries (\$10 late fee will be assessed): You may register on-deck on Saturday between 6-8am. No deck entries after 8am. It is better for you and for us if you register online!

Warmup/Cooldown: Saturday Nov 8th, warmups start at 6:00am, competition begins at 7:00am. If you are not registering for the first two events, the third event will start at 9am. Warmup/Cooldown will be conducted in the 5 lanes north of the bulkhead.

Relays: Swimmers must be entered in the meet to swim on relays and must be registered with the same USMS registered club. Relay cards may be obtained at the relay card pickup table and at the meet check-in.

Guess Your Time: Event #4, 50 Freestyle: Thanks to our sponsor Poco Loco the male and female swimmer closest to their seed time wins a swim suit.

Order of Events:

Event Short Course Yards Distance

Saturday, November 8th, 2014: Pool opens 6:00am; competition begins at 7:00am (MST)

Circle event you wish to swim and enter a seed time (Enter NT if you don't know)

Please note: Participants may only swim 7 events total: 5 individual events, and 2 relay events.

1650 Freestyle (3 heats only)

400 IM

100 Backstroke - event will start at 9:00am

50 Freestyle

200 Backstroke

100 IM

200 Breaststroke

50 Butterfly

---10 minute break---

500 Freestyle

100 Freestyle

50 Breaststroke

200 Butterfly

50 Backstroke

200 IM

100 Butterfly

200 Freestyle

100 Breaststroke

200 Medley Relay Deck Enter Only

200 Freestyle Relay Deck Enter Only

The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 107.2.1).



**U.S. MASTERS
SWIMMING**

**PARTICIPANT WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 8/12/2014