

E'Town KY Dolphins
“Masters Invitational 2015”

January 24, 2015
Meet starts 1:30pm

- SPONSORS** E'Town KY Dolphins and Etown Swim and Fitness Center
- SANCTION** Sanctioned by Kentucky Masters Swimming for USMS, Inc. **Sanction pending**
- LOCATION** T.K. Stone Middle School indoor pool, Poplar Drive @ Beach Street, Elizabethtown, KY 42701. Take Exit 94 off I-65 • proceed West on US 62 (Mulberry St.) • turn right on Beech Street • Follow Beech until it dead ends onto Poplar Dr at the back of the school • You are now in the parking lot for the pool.
- FACILITIES** 8 lane, 25 yards indoor pool with non - turbulent dividers; Colorado Timing/Start system; 8 line digital scoreboard; SR Smith starting blocks. The depth of the pool at the start end is 6 feet. The depth at the shallow end is 4 feet. 6 lanes will be used for racing. Lane 7 will be left open, lane 8 will be the warm-up/warm-down lane during the meet.
- OFFICIALS** **Meet Director/Entry Chair:** Margaret Dugan (270-307-1034), trmadugan@yahoo.com
Referee: Paul Godfrey; **Starter:** Dawn Brandenburg
- FORMAT** **Lane Assignments:** Each event will be seeded by the pre-entered seed time of each swimmer with the slower heats first. No time (NT) will be seeded in the slower heats. Swimmers will be pre-seeded according to time regardless of age. Women and men will be seeded in heats, together. Swimmers are responsible for reporting to the blocks on time for their appropriate heat and lane for each event. We will be running 6 lanes. One lane will be a warm-up/warm-down lane. One lane will be left open between the race lanes and warm-up/warm-down lane.
- 500 Freestyle:** The 500 freestyle shall be limited to the first 32 entries, men and women, received. Men and women will be seeded together. There will be a positive check in for the 500 free. It will close at 1:20pm.
- Team Representatives:** All USMS registered teams should inform the meet director or entry chair of one official team representative before the start of event #1, or upon the team's arrival.
- Relays:** Relay teams may be entered as MEN, WOMEN or MIXED, but teams of all types will be seeded together in the same heats, and then scored separately. No swimmer may swim on both a mixed and a same-sex team in the same event. All relays will be deck entered. Official relay cards are to be picked up from the Clerk of Course by the coach or team representative who is responsible for printing legibly all information required. Each card shall include: each swimmer's name as registered with USMS in order swum on relay; first name, last name, age, and sex. Relay will be swam and scored according to USMS rules, 102.3.2.
- Protests:** Any protests concerning seed times, awards, final results, eligibility, scoring or entries will be addressed to the Meet Director, or Referee. The protest shall be made by the team representative only.
- Facility Restrictions:** No smoking or alcoholic beverages are allowed on the premises of the school.
- RULES** All swimmers must be registered with United States Masters Swimming, Inc. Each swimmer is responsible for his/her USMS card and will be required to show it upon request by officials.

Proof of USMS Membership: To be entered, the swimmer's USMS membership must be verified during online meet entry OR, for paper entries, a copy of the swimmer's current USMS registration card MUST accompany the paper entry form.

The meet entry form and event cards should display your registered name, number and team name, according to your USMS card. Unattached swimmers note "UNAT." Each swimmer is eligible to swim a maximum of 5 individual events for the meet, plus relays.

Age: The age reported on your entry form must reflect your age as of 12/31/2015.

18-24 Swimmers: Swimmers 18-24 years old competing in USMS meets may jeopardize their NCAA eligibility.

ENTRIES

The Online entry system is available at www.kylmsc.org. The fee for online entries is \$25 for up to a maximum of 5 individual events and 2 relays. **Online meet entry is paid by credit card to "ClubAssistant.com Events."** Online entries close Friday, January 23rd, 2015 at 9:00 pm EST. Paper entries can be sent to the address below. Please postmark by January 19th. The fee for the Deck Entries is \$40.00 (for maximum of 5 individual event and 2 relays). Make checks payable to the Etown Dolphins. Deck entries will be accepted between 12:30 - 1:30 pm EST, the day of the meet.

Please enter short course yard times.

For paper entries, mail your meet entry, check and photocopy of your USMS card to:
Margaret Dugan
c/o Etown Masters Invitational
218 Elizabeth St, Elizabethtown, KY 42701

Entry Chair: Margaret Dugan (270-307-1034)

LATE ENTRIES

Late/deck entries will be accepted at the discretion of the meet director. No refunds for scratches.

FEES

\$25.00 / 5 Individual Events plus 2 Relays.
Deck entry will be \$40/ 5 Individual Events plus 2 Relays
Relay only swimmers are \$10 / 2 Relays

TIME LINE

Warm-up will start no earlier than 12:30pm, and we will have (1) 40 min warm-up. **Meet starts at 1:30pm.**

AWARDS

Ribbons will be given for first through eighth place for each age group and gender. Team Representatives are asked to take awards at the end of the meet.

Real Time Results and event Psych Sheet will be posted on the Meet Mobile App under the meet name.

ORDER of EVENTS

Warm-up @ 12:30 PM (1 session of 40 minutes), **Competition @ 1:30 PM**

Warm-Up/Warm Down: Swimmers must enter the pool feet first in a cautious manner. Diving shall be permitted only in the designated lanes. USMS Rule 102.4 is in effect.

Relay Cards: 200 Medley Relay Cards are due at 1:30pm.
200 Free Relay Cards are due by completion of 100 Butterfly

Relay teams may be entered as MEN, WOMEN or MIXED, but teams of all types will be seeded together in the same heats, and then scored separately. No swimmer may swim on both a mixed and a same-sex team in the same event. All relays will be deck entered. Official relay cards are to be dropped off at the officials computer table by the coach or team representative who is responsible for printing legibly all information. Each card shall include: each swimmer's name as registered with USMS in order swum on relay; first name, last name, age, and sex. . Relay will be swam and scored according to USMS rules, 102.3.2.

Events

- 01 Mixed 500 Free
10 min break
- 02 200 Medley Relay
5 min break
- 03 Mixed 100 IM
- 04 Mixed 50 Back
- 05 Mixed 100 Breast
- 06 Mixed 50 Fly
- 07 Mixed 100 Free
- 08 Mixed 50 Breast
- 09 Mixed 100 Fly
- 10 Mixed 50 Free
- 11 Mixed 100 Back
10 min break
- 12 200 Free Relay

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(This form **MUST** accompany your meet entry)

ATHLETE _____ SEX: _____ BIRTH DATE: _____ TEAM: _____

ADDRESS _____

PHONE (H) _____ (W) _____

E-MAIL _____

ATTACH A COPY OF YOUR USMS CARD!!!!!!!!!!

**\$25 for a Maximum of 5 Individual Events and 2 relays!
\$10 for Relay only Swimmers (two relays)**

Short Course Yards

MIXED	EVENT	ENTRY TIME (should be yards time)
01	500 Yard Freestyle	
02	200 Yd. Medley Relay	
03	100 Yd IM	
04	50 Yd Backstroke	
05	100 Yd Breaststroke	
06	50 Yd Butterfly	
07	100 Yd Freestyle	
08	50 Yd Breaststroke	
09	100 Yd Butterfly	
10	50 Freestyle	
11	100 Yd Backstroke	
12	200 Yd Freestyle Relay	

Make checks payable to: **E'Town KY Dolphins**

Address: Margaret Dugan - Attn: Etown Masters Invitational, 218 Elizabeth Street, Elizabethtown, KY 42701



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 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	