

# WCC 1<sup>st</sup> Official Master Swim Meet

Saturday January 31, 2014

**Recognized by:** New England LMSC for USMS

**Location:** Whitin Community Center, 60 Main St. Whitinsville, Ma 01588

**Facility:** The Whitin Community Center Competition Pool is a 6-lane, 25-yard pool with seven-footwide lanes and non-turbulent lane lines. The timing system includes a fully automatic Colorado Time Systems with push button plungers at the finish end of the pool. The finish end of the pool is 7 feet deep; the turn end of the pool is 3.5 feet deep. 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)

**Time:** 3:00 PM Warm-up, 4:00 PM Start

**Entry Fee:** (Maximum of 4 individual events)

- \$20.00 Registration fee, plus \$3.00 per event if received by Saturday, January 24, 2015

- \$25.00 Deck entry, plus \$3.00 per event

Deck entries will be accepted until 3:15 AM

Mail Entry forms to:

4 Spring Terrace Whitinsville, Ma 01588 or Email Skpmn429@yahoo.com

Make Checks out to Denise Foster

**Meet Director:** Denise Foster

**Directions:**

From the East/West/Boston/Southeast:

Take MASS PIKE (Rte. I-90) to exit #10A in Millbury, Rte 146 South.

Take Rte 146 South to exit #6 in Sutton, Purgatory Rd.

Take a left onto Purgatory Rd.

Follow Purgatory Road to its end at the stop sign (approximately 1.7 miles).

At the stop sign, take a left onto North Main Street.

At the next traffic signal, take a left onto Hill Street (approximately 7/10 of a mile).

The Whitin Community Center is immediately on left.

From Northeast/Worcester:

Take Rte 495 to Rte 290 West towards Worcester.

Take exit #12 and follow Rte 146S to Exit #6 in Sutton.

Take a left onto Purgatory Rd.

Follow Purgatory Road to its end at the stop sign (approximately 1.7 miles).

At the stop sign, take a left onto North Main Street.

At the next traffic signal, take a left onto Hill Street (approximately 7/10 of a mile).

The Whitin Community Center is immediately on left.

From the South/Providence:

Take Rte 146 North to exit #5 in Sutton, Main Street toward Northbridge.

Turn right at end of ramp and follow Main Street until second traffic signal (approximately 2.3 miles).

At 2nd traffic signal, take a left onto Hill Street.

The Whitin Community Center is immediately on left.

Please Remove and Send in with Payment:

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Last Name: \_\_\_\_\_ First Name \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Gender: [ ] Male [ ] Female

USMS Reg #: \_\_\_\_\_ Club \_\_\_\_\_

TEAM [ ] NEM, Workout Group: \_\_\_\_\_

### Order of Events

Place seed time next to events you are entering, max of 4 individual events:

- |                           |                           |
|---------------------------|---------------------------|
| 1. 50 Freestyle _____     | 8. 50 Breaststroke _____  |
| 2. 100 Butterfly _____    | 9. 200 IM _____           |
| 3. 50 Backstroke _____    | 10. 100 Freestyle _____   |
| 4. 100 Breaststroke _____ | 11. 50 Butterfly _____    |
| 5. 100 IM _____           | 12. Distance Event* _____ |
| 6. 200 Freestyle _____    |                           |
| 7. 100 Backstroke _____   |                           |

\*Swimmers Chose 500,1000, or 1650. Swimmer must provide own counter & timer



**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	

