

2015 San Diego Swim Masters SCY“HEAD-2-HEAD” Relay Invitational

Online Entry ONLY

Sunday, February 1, 2015

- Sanction:** Sanctioned by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS), **Sanction #: 445-S002**
- Host:** San Diego Swim Masters
- Location:** Hazard Pool, Mission Valley YMCA, 5505 Friars Road, San Diego, CA, 92110
- Date/Time:** Sunday, February 1, 2015, 8:00 am warm-up, 9:00 am start
- Entry Fee/** **Online Registration ONLY:** \$10 flat fee; registration closes at 4 pm Sat., Jan. 31, 2015.
- Due Dates:** NO paper registrations; please reach out and assist family and friends with online entry. NO day-of-race or deck entry/registration.
- Relays Only** No individual events; 2 side-by-side, “time-matched” relays per heat.
- To Enter:** Online - https://www.ClubAssistant.com/club/meet_information.cfm?c=1322&smid=6139
- Questions:** Meet Director: Kenton Jones, kerujo@aol.com
- Eligibility:** All persons holding a 2015 United States Masters Swimming (USMS) membership card or foreign equivalent and affiliated with a club may participate. Unattached members (UC) are ineligible to swim relays. All 4 members of a relay team must belong to the same club. Mixed relays must include 2 women and 2 men. USMS online membership is available at <http://www.usms.org/reg/register.php?LMSCID=44>. A membership form can be downloaded from <http://www.SIMasterSwim.org/member.html>.
- Rules:** USMS rules govern the meet. Officials are certified. Results will be submitted to USMS.
- Pool:** Mission Valley YMCA Bruce Hazard Pool: outdoor, 25 yd course with 8’ wide & 7’ deep lanes; 2 racing lanes, 2 buffer lanes plus a continuous warm-up/warm-down lane. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 107.2.1.
- Location:** Mission Valley YMCA, 5505 Friars Rd, San Diego, CA 92110, Free parking is adjacent to the complex on the east and west sides. Enter through the YMCA main doors on the south side; ask reception for direction to the relay swim meet at the Hazard Pool.
- Directions:** From I-5 Southbound: Take exit 21 for Sea World Drive toward Tecolote Rd; turn right at Sea World Dr; turn left at Friars Rd; go past Napa St to 5505 Friars Rd on right.
From I-5 N: Take I-8 east exit toward El Centro; follow signs for Morena Blvd & merge onto Morena Blvd; bear right at Linda Vista Rd; turn right at Napa St & left at Friars Rd.
From I-8 W: Exit onto Morena Blvd; slight right at Linda Vista Rd; turn right at Napa St; turn left at Friars Rd, proceed to 5505 Friars Rd on right.

#01 - 200 Freestyle Relay (Mens)	Mens and Womens Relays will be swum together in Events 1-2, 3-4, 5-6, 7-8, & 9-10. Relays are pre-seeded strictly by entry times, slow to fast. Relays are to be prepared by a single Team Coach or Representative. Relays are due on Saturday, January 31, 2015 at 6:00 PM. Provide accurate relay times; do not omit a time; do not provide “no time.” Relay age groups are 18+, 25+, 35+, ... in five year increments. Relay age groups are determined by age of youngest swimmer Swimmer competition age is age as of 02/01/2015. Swimmers may participate in all 10 possible relays. Unattached swimmers are ineligible to swim relays. All 4 relay members must belong to same club; mixed = 2 women+2 men
#02 - 200 Freestyle Relay (Womens)	
#03 - 200 Medley Relay (Mens)	
#04 - 200 Medley Relay (Womens)	
#05 - 400 Freestyle Relay (Mens)	
#06 - 400 Freestyle Relay (Womens)	
#07 - 400 Medley Relay (Mens)	
#08 - 400 Medley Relay (Womens)	
#09 - 800 Freestyle Relay (Mens)	
#10 - 800 Freestyle Relay (Womens)	
#11 - 200 Freestyle Relay (Mixed)	
#12 - 200 Medley Relay (Mixed)	
#13 - 400 Freestyle Relay (Mixed)	
#14 - 400 Medley Relay (Mixed)	
#15 - 800 Freestyle Relay (Mixed)	

Release from Liability

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.

Signature _____ Date: _____