

RAMS Spring Masters Swim Meet at RIT

Hosted by Rochester Area Masters and RIT Swim Team

Sanction # 045-S003

SUNDAY, March 8, 2015

CHECK-IN & WARM-UP 8:00 am* - 500 Free STARTS 9:00 am* Meet will not restart before 10:15 am*

***Note: Eastern Daylight Time**

500 Free Check-in Deadline: 8:45 am

1000 Free Check-in Deadline: by the end of Event 11

Meet sheet will be posted on our website sometime 3/7: <http://www.ramsh2o.com/>

Events will be mixed (men and women) and timed finals seeded slowest to fastest by time except for the 1000 Free which will be swum mixed, fastest to slowest. Events 1 & 20 may be deck-seeded. Open to all USMS and MSC registered swimmers 18 and older as of March 8, 2015. **ONE DAY** USMS registrations **ONLY** will be available at the meet; online registrations at <http://www.usms.org/reg/>. *Relays **ONLY** may be deck-entered, at no charge*. Awards: 1st, 2nd and 3rd place finishers. Swimmers are limited to **5 individual events**, excluding relays.

INCLUDE PHOTOCOPY OF USMS/MSC REGISTRATION, CHECK MADE OUT TO RAMS AND SIGNED WAIVER. Paper entries must be received by Tuesday March 3, 2015. Online entry deadline is Wednesday March 4, 2015, midnight.

SUBMIT YOUR ENTRY ONLINE: http://www.clubassistant.com/club/meet_information.cfm?c=2258&smid=6137

Your credit card will be charged by 'Club Assistant.com Events'

OR

SEND ENTRIES TO: Lorie Rick
The Harley School
1981 Clover St.
Rochester NY 14618
lrick@harleyschool.org

FACILITY: Judson Pool in the Gordon Field House on the RIT campus (Rochester NY). This is a new 8-lane, 25-yd pool with non-turbulent lane lines, electronic timing and separate diving pool for continuous warm-up/down. Take exit 46 off the NYS Thruway; proceed N to Exit 13 (Hylan Dr). Take a left onto Hylan and continue N to Jefferson Rd (Rt 252). Proceed west (left) 1 mi to first entrance to RIT main campus. Turn right and park in D-lot. For Mapquest directions, go to <http://inside.rit.edu/maps/>.

(The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.)

(KEEP THIS PAGE FOR YOUR INFORMATION)

RAMS Spring Masters Swim Meet at RIT

Sanction

Name _____ USMS/MSC # _____

Sex _____ Age _____ Date of Birth _____ Email _____

Telephone # () _____ Address _____

Event # Event Name Seed Time

1 500 yd Free _____

Warm-up ~9:30 am

2 100 yd IM _____

3 200 yd Free _____

4 100 yd Back _____

5 50 yd Breast _____

6 200 yd Fly _____

10 min Break

7 25 yd Free (nonconforming event) _____

8 100 yd Breast _____

9 50 yd Back _____

10* 200 yd Free Relay _____

*relays deck-entered at no charge

Event# Event Name Seed Time

11 400 yd IM _____

12 100 yd Free _____

13 50 yd Fly _____

10 min Break

14 200 yd IM _____

15 200 yd Back _____

16 50 yd Free _____

17 100 yd Fly _____

18 200 yd Breast _____

19* 200 yd Medley Relay _____

20 1000 yd Free** _____

**swum fast to slow

INCLUDE: PHOTOCOPY OF USMS/MSC REGISTRATION, CHECK MADE OUT TO RAMS AND SIGNED WAIVER page. Paper entries must be received by Tuesday March 3, 2015. Online entry deadline is midnight Wednesday March 4, 2015. Deck entries will NOT be accepted.

Entry Fee: \$18 surcharge + \$2 per event

TOTAL = \$ _____

Online entries are preferred:

http://www.clubassistant.com/club/meet_information.cfm?c=2258&smid=6137

Your credit card will be charged by ' Club Assistant.com Events'

OR: Mail this page with signed waiver on the following page to....

Lorie Rick
The Harley School
1981 Clover St.
Rochester NY 14618

Also include:

-photocopy of USMS/MSC registration and check payable to RAMS



**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

