



Tulsa Masters 2015 APRIL POOLS SWIM MEET

Saturday, April 11, 2015 - Jenks Trojan Aquatic Center
Warm - up: 9:00 to 9:45 am. Meet starts at 10 am

Sanctioned by OMS for USMS, Inc. Sanction No. 274-S002

Meet Director: Denise Smart, denises@webzone.net, www.okswim.org

DIRECTIONS: Jenks (High School) Trojan Aquatic Center 495 N. Birch St, Jenks, OK.

From U.S. Hwy 75: Take the Main St/ Jenks exit. Turn left on Elm Street, right on ' B' Street, left on Birch. The pool is on the right.

From the Creek Turnpike: Elm Street exit. Right on ' B' Street, left on Birch. The pool is on the right.

From Riverside Drive: 96th Street west across the Arkansas River bridge. Right at the first light, immediate left at the stop sign, ' B' Street. Turn right onto Birch St. The pool is on the right.

Facility: 25-yard, indoor, 8 lane competition pool with non-turbulent lane lines. Continuous warm up and cool down lanes will be available during the meet. Pool length will be certified according to 2015 USMS rules.

Eligibility: The meet is open to all current USMS registered Masters swimmers age 18 or over as of April 11, 2015. USMS registration is available online at www.usms.org/reg.

Conduct of Meet: The meet will be conducted under 2015 USMS rules. Heats will be seeded slow to fast by time only. Entrants without seed times will be placed in the slowest heat. All events will be timed finals. We will take 2 scheduled 10 minute breaks in lieu of the relay events. Please contact the meet director if your team wishes to swim a relay(s).

Timing: Electronic timing will be used with watch backup.

Entry Limit: Each swimmer may participate in a maximum of 5 events. The swimmer may enter the 1000 yd free or the 1650 yd free, but not both.

Registration: Online entries only through 11:00 pm Wednesday April 8, 2015.

Deck entries will be accepted the day of the meet. Online entry fee: \$25 (plus online surcharge) if entered by 11:00 pm Wednesday, April 8, 2015.

Online registration link:

Please note: if paying with a credit card online, your credit card statement will reflect a charge from "ClubAssistant.com Events".

Deck Entries: \$40. **Deck entries close at 9:30 am the day of the meet.**

Checks payable to Jenks Community Education (JCE).

Swimmers who deck enter **MUST** provide a copy of your **2015 USMS card** with your entry form.

PRINT a copy of your 2015 USMS card: www.usms.org/reg/getcard.php

ONLINE PRE-REGISTRATION STRONGLY ENCOURAGED!

Results will be posted online at www.okswim.org

There will be a social after the meet at a nearby restaurant. Details to be provided.

**TULSA MASTERS 2015 APRIL POOLS SWIM MEET ENTRY FORM
SANCTIONED BY OMS for USMS, Inc. Sanction No. 27-**

Print a copy of your USMS card www.usms.org/reg/getcard.php

PLEASE PRINT LEGIBLY!

NAME (exactly as it appears on your USMS registration card)

BIRTHDATE _____ **SEX: M F USMS REG#** _____

SWIM CLUB _____ **PHONE** _____

ADDRESS _____

CITY/ST _____ **ZIP CODE** _____

EMERGENCY CONTACT (name/ phone number) _____

YOU MUST provide a copy of your 2015 USMS card with your deck entry!

ORDER OF EVENTS

meet starts at 10 am, April 11th, 2015

Event No	Event	Entry Time	Event No	Event	Entry Time
1	500 yd Free		10	1000 yd Free*	
2	200 yd Breast		11	1650 yd Free*	
3	50 yd Fly		12	50 yd Free	
4	100 yd Free		13	200 yd IM	
5	200 yd Back		14	100 yd Breast	
		10 Minute	Break		
6	50 yd Breast		15	50 yd Back	
7	100 yd IM		16	100 yd Fly	
8	200 yd Fly		17	200 yd Free	
9	100 Yd Back		18	400 IM	

*You may enter EITHER the 1000 yd free OR the 1650 yd free.

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 07/01/2014