



5th Annual UVAC Spring in Vermont Masters Meet
Upper Valley Aquatic Center, White River Junction, Vermont
Sunday, May 3, 2015



CONTACTS:

Meet Director/Entry Chair: Mary Gentry UVRaysMasters@gmail.com
802-369-9289

Additional Contact: Barbara Hummel Barbara@goswim.tv

SCHEDULE: Warm-up 9:30 am; meet start 10:30 am. Anticipated end time is before 2:00 pm. Deck entries must be in by 9:45 am. No deck entries will be accepted after this time.

LOCATION: Upper Valley Aquatic Center (UVAC), 100 Arboretum Lane, White River Junction, Vermont 05001 <http://www.uvacswim.org/> Phone: 802-369-9289. This is at the intersection of Interstates I-89 and I-91 along the New Hampshire/Vermont border. (See below for directions.)

COURSE: This will use a 25-yards course.

FACILITY: The UVAC competition pool has eleven 7-foot-wide, 25-yard lanes, with non-turbulent lane lines, Colorado Timing System electronic touch pads, and alphanumeric display scoreboard. Minimum depth of the pool is 7 feet. A wide gutter is flush with the water to make for easier exit from the pool. Two or three of the 11 lanes will be used as warm-up/warm-down lanes throughout the meet. The competition pool has been measured/certified to qualify for national records and top-ten lists. Free WiFi is available at the facility.

FAMILY ENTERTAINMENT: There is a separate indoor Splash Park that will be open to the public (and your families!) throughout the meet. The Splash Park has additional lap lanes, a current channel, two-story spiral slide, and zero-entry play structure. UVAC also has a fitness room with assorted equipment. Swimmers and family members must buy a day pass to enjoy the Splash Park and fitness room. Children under 14 years of age must be accompanied by an adult. That adult must also buy a day pass. Bring your family and stay and play after the meet.

ELIGIBILITY: Open to all USMS and MSC-registered swimmers age 18 and older. Your age is your age on the day of the meet. Include a legible copy of your current 2015 USMS registration card with entry form. (can get a copy of your current card at <http://www.usms.org/reg/getcard.php>) Masters registration will be available at the meet. On-line USMS membership registration is available at <http://www.usms.org/reg/register.php>

CHECK-IN: Positive check-in is required for all swimmers by 10:10 am.

EVENT LIMIT: Swimmers are permitted to enter a MAXIMUM of five (5) events. If you enter the special "Icebreaker Relay," it will not count as one of your 5 events.

ENTRY TIMES: Enter short-course yards times for all events. An online time converter is available at <http://www.swimmingworldmagazine.com/results/conversions.asp>. If you do not enter a seed time, you will be seeded with No Time and placed in the first heat.

SEEDNG: All events will be seeded slow to fast regardless of age or gender.

ENTRY FEE: \$25/person for up to 5 events (for entries received by April 29, 2015). Late entries and/or deck entries are \$35. Please make check or money order payable to: UVAC MASTERS.

ENTRY DEADLINE: Entries must be RECEIVED by Wednesday, April 29, 2015 to qualify for the reduced fee. No phone, fax, or electronic entries will be accepted. Fill in all personal contact information on entry form so we can contact you to resolve an entry problem. Include meet entry fee, completed entry form, and a legible copy of your current 2015 USMS registration card.

RECORD TIMES: Any swimmer who intends to post a USMS National Record during the meet should bring it to the attention of the Meet Official PRIOR TO YOUR EVENT. Times achieved at this competition will be submitted for USMS Top Ten or record consideration.

FOOD: The Poolside Café will be open in the UVAC lobby during and after the meet. They offer coffee, juices, bagels, sandwiches, wraps, fruit, etc. No food is allowed on the pool deck.

ONLINE PSYCH SHEETS AND RESULTS: Psych sheets, heat sheets, and results during the meet will be posted at: http://www.uvac-meets.org/2015/Masters_May3/

AWARDS: No place awards will be given but there may be participation awards that may be eaten (yum!) or planted in your garden (think spring!).

MAIL ENTRY TO:

Mary Gentry
193 Stonecrest Avenue
White River Junction, VT 05001

If entry is mailed using overnight services,
please check that signature is NOT required.

RULES: Current USMS rules for Masters Swimming will apply. No one will swim alone. Swimmers will be seeded in heats according to times; heats will run slowest to fastest, regardless of age or gender. No equipment is allowed at any time. No diving during warm-up except in designated lanes. No splash entry (no jumping or diving) in warm-up/warm-down lanes.

DIRECTIONS: Visit the website <http://uvacswim.org/community/about/hours-and-directions/>
The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (Arboretum Lane may not be on your GPS unit or web applications – it is across Route 5 from 1 Wright Reservoir Rd, White River Junction.)

- At the junction of Interstates I-89 and I-91 in Vermont, go north on I-91 and immediately take Exit 11 for White River Junction.
- Turn left off the exit (before the stop light) on to Route 5 South.
- Follow Route 5 immediately under the Interstate.
- Travel ½ mile, go under the other Interstate, and take the next left on to Arboretum Lane.
- UVAC is the only building on Arboretum Lane.

HOTELS: For a list of nearby hotels, visit:
<http://uvacswim.org/swimming/hotelalliance/>

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Sunday, May 3, 2015

Sanctioned by the New England LMSC for USMS, Inc.

INDIVIDUAL ENTRY FORM

Entries due: April 29, 2015 for the \$25/meet fee. Entries received after that date or deck entered the day of the meet are \$35/meet.

Please print clearly. Include all contact information in case we need to reach you to resolve a discrepancy. Include a legible copy of your current 2015 USMS registration. All events seeded by time slow to fast regardless of age or gender. Enter a maximum of 5 individual events (excluding relay), with short-course yards times.

EVENT	ENTRY TIME	EVENT	ENTRY TIME
#1 50 Yard Backstroke	_____	#12 Icebreaker Relay*	<u>sign up at meet</u>
#2 100 Yard IM	_____	#13 100 Yard Backstroke	_____
#3 500 Yard Freestyle	_____	#14 200 Yard Freestyle	_____
#4 50 Yard Butterfly	_____	#15 50 Yard Breaststroke	_____
#5 25 Yard Breaststroke	_____	#16 25 Yard Butterfly	_____
#6 25 Yard Freestyle	_____	#17 25 Yard Backstroke	_____
#7 200 Yard Backstroke	_____	#18 50 Yard Freestyle	_____
#8 200 Yard IM	_____	#19 200 Yard Breaststroke	_____
#9 100 Yard Freestyle	_____	#20 100 Yard Butterfly	_____
#10 100 Yard Breaststroke	_____	#21 400 Yard IM	_____
#11 200 Yard Butterfly	_____	#22 1000 Yard Freestyle	_____

10-minute break after #11 to organize the Icebreaker Relay, which does not count as an event.

* Individuals sign up for the relay at the meet and will be randomly assigned to a mixed relay to meet and compete with others at the meet (no guarantee that all relay legs will be conventional strokes).

LIABILITY RELEASE: please sign and include the next page – the new full page liability statement from USMS.

PRINT NAME: _____

as your name appears on your USMS card

CITY/STATE/ZIP: _____ **GENDER (circle one):** Male / Female

EMAIL ADDRESS: _____

DATE OF BIRTH: _____ mm/dd/yy **AGE AS OF 5/03/15:** _____

USMS # _____ (please attach legible copy of card)

LMSC (e.g., NE, AD): _____ **WORKOUT GROUP/CLUB (e.g., UV Rays):** _____

FEES: \$25/person for up to 5 events if submitted by 04/29/15. (\$35/person for late entries or deck entries)

Make checks payable to UVAC Masters

SEND ENTRY FORM, ENTRY FEE, and COPY OF USMS/MSC REGISTRATION TO:

Mary Gentry, 193 Stonecrest Avenue, White River Junction, VT 05001

Questions: 802/369-9289 or email: UVRaysMasters@gmail.com



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	