

**12th Annual Mile High Masters  
Long Course Masters Invitational  
Saturday, June 6<sup>th</sup>, 2015  
Meet Information  
Sanctioned by USMS - #**

**FACILITY** Lowry Swimming Pool – 6 Lane, 50 Meter Pool. 5 Lanes may be used for competition and 1 lane for continuous warm-up/warm-down.

**LOWRY POOL:** 775 Akron Way  
Building # 695  
Denver, CO 80230

**TIMES/WARM UP** Saturday, June 6<sup>th</sup>, 2015 7:30AM Warm-Up - 8:30AM Start

**AGE GROUPS** 18-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.

**ELIGIBILITY** Only current USMS registered members with a USMS 2015 Registration Card.

**ENTRIES** Entry forms accompanied by entry fees and a copy of your USMS card are DUE in the hands of the Entry Coordinator by Saturday, May 30<sup>th</sup>, 2015 at 5:00PM. *Late & deck entries are not encouraged but will be accepted via email.*

Send entries to:  
**Matt Beck**  
10 Jack Rabbit Pl  
Highlands Ranch CO 80126

Contact Information:  
Phone – (720) 244-7653 E-mail (**Preferred**) – [texbeck25@aol.com](mailto:texbeck25@aol.com)  
Entry Fees:  
Flat Fee of \$30.00 for up to **5 events**  
**Make Checks payable to The Bottom Line**

**RULES** Rules to be enforced per the 2015 USMS Rule Book

**Events and Event Numbers**

<u>Women</u>	<u>Men</u>	<u>Event</u>	
1	2	400 Free	(10-15 Min. break after last heat of event 2)
3	4	50 Butterfly	
5	6	100 Backstroke	
7	8	200 Breaststroke	
9	10	50 Freestyle	
11	12	100 Butterfly	
13	14	200 Backstroke	
15	16	200 Ind. Medley	
17	18	50 Breaststroke	
19	20	100 Freestyle	
21	22	200 Butterfly	
23	24	50 Backstroke	
25	26	100 Breaststroke	
27	28	200 Freestyle	
<b>20 MINUTE WARM UP</b>			
29	30	1500 Freestyle	(Estimated start time will be posted on COMSA website by Wednesday, June 3rd)

**Note:** In the interest of time, men and women may be combined and swim in the same heat in any event.

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 MALE or FEMALE (Circle one) USMS Number \_\_\_\_\_  
 Birthday \_\_\_\_\_ Age \_\_\_\_\_  
 Team \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Event #	Distance	Stroke	Time
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	1500	Free	_____

Example...

2 50 100 200 400 Free Back Breast Fly IM 5:00.00

Amt. Due (Check made to The Bottom Line) = \$30.00 **TOTAL for all entries up to 5 events**

**Send form to: Matt Beck 10 Jack Rabbit PI, Highlands Ranch, CO 80126**

**DUE IN ENTRY COORDINATOR'S HANDS BY Saturday, May 30th, 5:00PM**

*Late & deck entries are not encouraged but will be accepted via email.*

(email Matt Beck at <mailto:texbeck25@aol.com> if there are entry issues)

**PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!**



**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	