

Crawfish Aquatics

Swamp Paradise Masters Long Course Invitational  
Southern Masters Long Course Championship

Nicholls State University

Thibodaux, Louisiana

**Date:**         Saturday June 13, 2015

            Sunday June 14, 2015

**Times:**            Saturday June 13, 2015

            Warm-up         8:00 AM

            Meet Starts      9:00 AM

            Sunday June 14, 2015

Warm-up          8:00 AM

            Meet Starts       9:00 AM

**Sanction:**    Sanctioned by Southern Masters Swimming for USMS Inc.,   
Sanction Number

**Facility:**    Nicholls State University, Dr. Jackson Ayo pool.  An outdoor, 8-lane 50 meter course, depth 14 feet at starting end, 4 feet at turning end; one lane will be available for warm-up/warm-down during the meet.

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.”

**Rules** 2015 USMS Rules shall govern.

**Eligibility:**    All participants must be registered with United States Masters Swimming. A copy of your 2015 USMS card is required with the completed entry.

**Entries**:    Swimmers may enter a maximum of five individual events per day, plus relays.

**Deadline** All mailed entries must bemust be received by Monday, June 8th. Deck entries will be accepted at the discretion of the meet director. There will be a $5.00 surcharge for deck entries.

**Fees:**    $35.00 per swimmer for both days

$20.00 per swimmer for one day

**Entries:**    Entries will be accepted by mail at the below address, but must be postmarked by Monday, June 8th.

    Crawfish Aquatics Masters Meet

    P.O. Box 2219

    Thibodaux, LA 70310

**1500 Entries:** The 1500 Free will be swum as a mixed event (men and women awarded separate by age group) and limited to the **first 21 entries in the event**. Postmark date will take precedence for mailed entries vs online entries.

**Seeding:** All events (except the 1500 meter Free) will be seeded slow to fast without regard to age.  The 1500 meter Free will be seeded mixed men and women and fast to slow without regard to age. There will be a short break between relays and distance swims on Saturday and Sunday.

**Age Groups:**    18-24, 25-29, 30-34, 35-39, 40-44, etc.

Relays 18+, 25+, 35+, 45+, etc.

**Scoring:** This meet will not be scored.

**Results:**    Will be available on the Internet at [www.crawfishaquatics.com](http://www.crawfishaquatics.com/).

**Director:**    Steve Panzram

**Phone:** (601) 550-2266

**Email:** swimcraw@crawfishaquaticssouth.com

**Awards:**    Ribbons first through sixth place for all individual and relay events.

**Order of Events**

|  |  |
| --- | --- |
| **Saturday June 13, 2015** | **Sunday June 14, 2015** |
| Warm-up 8:00 a.m. | Warm-up 8:00 a.m. |
| Meet Starts 9:00 a.m. | Meet Starts 9:00 a.m. |
| 400 IM | 400 Free |
| 200 Free | 200 Fly |
| 50 BR | 50 Free |
| 100 Fly | 100 Back |
| 50 Back | 200 IM |
| 200 Breast | 50 Fly |
| 200 Back | 100 Free |
| 200 Free Relay | 100 Breast |
| 200 Mixed Medley Relay | 200 Medley Relay |
| 1500 Free | 200 Mixed Free Relay |
|  |  |
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|  |  |

**\*\*ENTRY FORM\*\***

**CRAWFISH AQUATICS**

**Summer Masters Long Course Invitational**

Sanctioned by Southern Masters Swimming for USMS Inc., Sanction Number

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age on Dec. 31, 2015\_\_\_\_\_\_\_\_    Sex: \_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip Code: \_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USMS #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Abbreviation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Circle desired event numbers and list seed time in meters (NT for no time).  Limit of five individual events per day.  Relays deck entered.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Saturday June 13, 2015** | | | | **Sunday June 14, 2015** | | | | |
| Warm-up 8:00 a.m. Meet 9:00 a.m. | | | | Warm-up 8:00 a.m. Meet 9:00 a.m. | | | | |
| **W** | **M** | **Event** | **Seed Time** | | **W** | **M** | **Event** | **Seed Time** | |
| 3 | 4 | 400 IM |  | | 21 | 22 | 400 Free |  | |
| 5 | 6 | 200 Free |  | | 23 | 24 | 200 Fly |  | |
| 7 | 8 | 50 Breast |  | | 25 | 26 | 50 Free |  | |
| 9 | 10 | 100 Fly |  | | 27 | 28 | 100 Back |  | |
| 11 | 12 | 50 Back |  | | 29 | 30 | 200 IM |  | |
| 13 | 14 | 200 Breast |  | | 31 | 32 | 50 Fly |  | |
| 15 | 16 | 200 Back |  | | 33 | 34 | 100 Free |  | |
| 17 | 18 | 200 Free Relay | xxxxxxxxx | | 35 | 36 | 100 Breast |  | |
| 19 |  | 200 Mixed Medley Relay | xxxxxxxxx | | 37 | 38 | 200 Medley Relay | xxxxxxxxx | |
| 1 |  | Mixed 1500 Free |  | | 39 |  | 200 Mixed Free Relay | xxxxxxxxx | |
|  |  |  |  | |  |  |  |  | |

\*    *There will be a short break between relays and distance swims on Saturday, the 1500 Free will be limited to the first 21 entries*

**LIABILITY RELEASE:**

**The attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT must be signed and turned in before participating in the swim meet.**

**Entries must be received by Fees: Payable to Crawfish Aquatics**

|  |
| --- |
| $35.00 per swimmer for the full meet  $20.00 per swimmer for one day  Send copy of 2015 USMS registration card |

**Monday, June 8, 2015**

Mail entries to:

Crawfish Aquatics Masters Meet

PO Box 2219

Thibodaux, LA 70310

http://www.usms.org/logos/USMS_Logo_Horz_tm_200x38.jpg **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.

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| --- | --- | --- | --- | --- | --- |
| 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***