



# Minnesota Masters “Long Course” LCM State Meet



**University of Minnesota**  
1910 University Ave SE, Minneapolis, MN 55455  
**Saturday, June 20, 2015**

**Schedule:** 800m/1,500m Free Check-In and Registration – 11:00AM-11:15AM  
Warm-ups – 11:00AM-11:25AM  
800m/1,500m Free – 11:30AM-12:30PM (approx.)  
Registration – 12:00PM-12:30PM  
Warm-ups – 12:30PM-1:00PM (immediately following 800/1,500m Free)  
Meet (events 3-32) – 1:00PM-4:00PM (approx.)

**Meet Sanction:** 305-S007

**Meet Director:** Minnesota Masters Board (meets@minnesotamasters.com)

**Entry Information:** Must be a USMS registered member or a non-member fee is required.

Entry Type	Early Bird	Pre-Register	Deck Entry
<b>Deadline</b>	May 31, 11:59PM	June 17, 11:59PM	June 20, 11:30AM
USMS Member	\$20	\$25	\$30
Non-USMS Member	\$45	\$50	\$78 (\$30 entry + \$48 annual membership)
Non-USMS Member but USAT Member	\$40	\$45	\$73 (\$25 entry + \$48 annual membership)
Non-USMS Member but under 30 years old	\$40	\$45	\$73 (\$25 entry + \$48 annual membership)

\*\*\*Entry fees are non-refundable. Online entries are paid by credit card to ClubAssistant.com Events.

\*\*\*To deck enter you must be a USMS member.

**Course:** 8 lane, 50 meter pool, using 7 lanes for competition. 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.

**Positive Check-in:** Positive check-in is required for the 800 free, and 1,500 free by 11:15am. You may be scratched if you do not check-in at the registration table.

**Relays:** Relay entries will be accepted up until the start of the session before each relay. All relays must complete a relay entry card complete with first and last name, and age of each swimmer. Each card must have the club/workout group name (all 4 members must be registered with that club/workout group) circle the distance and type of relay. Participants may only compete once in each relay distance/type/gender. Women’s, Men’s, and Mixed relay events may be combined depending on entries.

**Results:** Will be posted at the meet and online at [www.minnesotamasters.com](http://www.minnesotamasters.com) within one week.

**Paper Entry (2 pages)**

Event Number	Event	Entry Time		Event Number	Event	Entry Time				
<b>Session 1</b>			<b>11:30am Start</b>							
1	800m Free	__ : __ . __		20	21	22	<b>200m F.R. W/M/X</b>	__ : __ . __		
2	1500m Free	__ : __ . __		23			100m Back	__ : __ . __		
<b>Session 2</b>			<b>Will not start before 1:00pm</b>							
3	4	5	<b>400m F.R. W/M/X</b>	__ : __ . __		24	400m Free	__ : __ . __		
6			200m Fly	__ : __ . __		25	200m Breast	__ : __ . __		
7			50m Back	__ : __ . __		26	50m Fly	__ : __ . __		
<b>Session 3</b>			<b>Will not start before 1:20pm</b>							
8	9	10	<b>200m M.R. W/M/X</b>	__ : __ . __		27	28	29	<b>800m F.R. W/M/X</b>	__ : __ . __
11			200m Free	__ : __ . __		30			200m I.M.	__ : __ . __
12			100m Breast	__ : __ . __		31			100m Fly	__ : __ . __
13			400m I.M.	__ : __ . __		32			50m Free	__ : __ . __
<b>Session 4</b>			<b>Will not start before 1:50pm</b>							
14	15	16	<b>400m M.R. W/M/X</b>	__ : __ . __						
17			100m Free	__ : __ . __						
18			200m Back	__ : __ . __						
19			50m Breast	__ : __ . __						

\*\*\*Each session will not start before the listed time. There will be a minimum of a 5 minute break between sessions.

\*\*\*Events 3, 4 and 5; 8, 9 and 10; 14, 15, and 16; 20, 21, and 22; 27, 28, and 29 may be combined.

**Paper Entry (USMS members Only), please mail**

- (a) This form (2 pages)
- (b) A check for the correct amount made payable to Minnesota Masters
- (c) A copy of your USMS card

To:  
David Bergquist c/o Recruit Masters  
Suite 300, 8200 Humboldt Ave. So.  
Bloomington, MN 55431

**PLEASE PRINT**

Print Name: \_\_\_\_\_  Male  Female  
 Birthdate: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_ Phone: \_\_\_-\_\_\_-\_\_\_  
 USMS #: \_\_\_\_\_ - \_\_\_\_\_ Club: \_\_\_\_\_  
 Email Address: \_\_\_\_\_

\*\*\*\***Signature Required on following Page** (please mail both pages with your registration)

**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.

Please Sign: \_\_\_\_\_

Date: \_\_\_\_\_