

---

# WORCESTER AREA MASTERS

Swim Club



## 2015 Worcester Area Masters Invitational

20<sup>th</sup> June, 2015; WPI Sports & Recreation Center, Worcester, MA

Enter this meet online:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2201&smid=6680](https://www.clubassistant.com/club/meet_information.cfm?c=2201&smid=6680)

Warm-up: 8 am            Start: 9 am

**MEET ENTRY CAP PROCEDURE:** The meet will be declared FULL when we have received complete entries from 400 swimmers. On the day that the meet becomes full, we will accept all paper entries received that day, and any electronic entries received by 11:59pm, and then we will stop accepting entries.

There will be no warning posted before entries are closed. If the meet is not full by June 15, we will accept late entries until the meet becomes full, or at the late entry deadline.

Entries will not be processed unless they are complete, including valid 2015 USMS registration. If your entry is not complete when the meet is declared full, it will be rejected. Please check the meet web site to see if entries are being accepted, or if the meet is full.

**MEET ENTRY FEE:** The cost of registration is \$25 plus \$5 per event.

**EVENT ENTRY CAP:** Each of the 200m events (Fly, Back, Breast, Free, and IM) and the 400m Free will be capped at 40 entries per gender. This is to help ensure a timely conclusion of the meet.

**POOL:** Worcester Polytechnic Institute (WPI) Sports and Recreation Center, host of the Bay State Conference Championships, New England Senior Championships, MIAA Boys North & Central/South Championships, America East Conference Championships, and the NEWMAC Championships.

- Ten-lane SCM competition course with five additional lanes of warm-up/warm-down.
- Electronic timing and LED scoreboard.
- Vast deck space for 500 swimmers. Spectator seating for over 400 persons.

---

11 Brookshire Road, Worcester, MA 01609, USA

WAM-SWIMMING.COM



---

# WORCESTER AREA MASTERS

Swim Club



*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.*

DIRECTIONS: GPS address- 151 Salisbury Street, Worcester, MA 01609.

From the East:- Take Mass. Turnpike (I-90) to Exit 11A (I-495). Proceed north to exit 25B (I-290), then west into Worcester. Take Exit 18 (Lincoln Sq., Rte. 9), turn right at end of ramp, then an immediate right before next traffic light. At next light, proceed straight through, bearing to the right on Salisbury St. Turn left at the first entrance after the hill. Proceed straight towards the parking garage on the right.

From the North:- Take I-495 south to I-290. Follow directions from east.

From the South and West:- Take Mass. Turnpike (I-90) to Exit 10 (Auburn). Proceed east on I-290 into Worcester. Take Exit 17 (Lincoln Sq., Rte. 9), turn left at end of ramp, follow Rte. 9 west through Lincoln Sq., straight onto Highland St., then right at light onto Park Ave. Proceed through first light, then turn right at the first entrance. Take first right, then proceed to the entrance of the parking garage.

<http://www.wpi.edu/about/visitors/directions.html>

Parking garage with rooftop field and Sports and Recreation Center (31 on map)-

<http://www.wpi.edu/Images/CMS/University-About/wpi-2d-map-2013.pdf>

ELIGIBILITY: 2015 registered United States Masters Swimming (USMS) swimmers 18 years or older as of June 20, 2015. Also, 2015 registered masters swimmers from other countries.

RULES: [2015 USMS rules](#) apply. We will use dive-over starting. If you want more time to exit the pool please notify the meet referee in advance.

---

11 Brookshire Road, Worcester, MA 01609, USA  
WAM-SWIMMING.COM



---

# WORCESTER AREA MASTERS

Swim Club



ENTRIES: Maximum of five (5) individual events, plus two (2) relays per swimmer. You must include a seed time for each entered event. Entry times of "NT" will not be accepted. Mail your entry form, copy of your 2015 USMS card (required), and check (payable to Worcester Area Masters Swim Club) to: WAM Invitational, 14 North Parkway, Worcester, MA 01605.

Enter online: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2201&smid=6680](https://www.clubassistant.com/club/meet_information.cfm?c=2201&smid=6680)

Entries with problems will be listed on the meet web site. Please check the meet web site frequently to make sure there were no problems with your entry.

No refunds will be issued for entry fees for any reason. Swimmers may not change workout group affiliation after completing their first relay or individual event.

ENTRY DEADLINE: Regular entry deadline is Monday, June 15. Paper entries must be postmarked by June 15 and received by 6pm on June 18 in order to be considered meeting the regular entry deadline. We will close all entries on the day we reach 400 complete entries, regardless of the date. Enter early to guarantee your spot!

LATE ENTRIES: After June 15, if the meet is not FULL, you may submit a late entry online, which must be received by 6pm on Thursday, June 18, 2015. Late entries will only be accepted online.

There is an additional \$20 late entry penalty. Late entries received after June 18 and incomplete late entries will not be accepted. Please submit all late entries online. Please check the website to see if late entries are being accepted.

HEAT SEEDING: All events are timed finals. Heats seeded by sex from slowest to fastest. The Meet Director or Meet Referee shall have the right to change seed times that are obviously incorrect based on previous performances. Entries without seed times will not be accepted.

AWARDS: Certificate for mounting an adhesive label record of your performance in each individual event.

Team awards will be given to the top three Large (31+ swimmers), Medium (10-30), and Small (4-9) NEMSC workout groups. Workout group size is based on swimmers entered in the meet.

ALL EVENTS REQUIRE POSITIVE CHECK-IN: All events will be deck seeded from entry form times. All events will close for check-in and will be seeded at 8:15 am. When you arrive at the pool, be sure to visit the check-in table immediately to check-in for your events.

---

11 Brookshire Road, Worcester, MA 01609, USA

WAM-SWIMMING.COM



---

# WORCESTER AREA MASTERS

Swim Club



ORDER OF EVENTS: 200m Free, 50m Back, 50m Breast, 100m Fly, 100m IM, 200m Medley Relay, 50m Free, 200m IM, 100m Free, 100m Back, 100m Breast, 50m Fly, 200m Free Relay, 400m Free, 200m Back, 200m Breast, 200m Fly.

WARM-UP/WARM-DOWN: The entire pool will be available for warm-up at 8:00-8:50 am, while the meet will begin at 9 am. Lanes 2,3,8, and 9 will be open for one-way sprints at 8:30 am. There will be a 15 minute warm-up in the competition pool immediately following the conclusion of the 200m Medley and 200m Freestyle Relay events. The 5-lane warm-up/warm-down area will be available during the entire session. All lanes will be available for warm-down 30 minutes after the last heat of the session.

RELAYS: Relay swimmers must be entered in at least one individual event. Relays will be deck entered at the meet and must be submitted by the deadline announced at the meet—approximately one hour before the event. Swimmers will be allowed one relay for each relay event; swimmers may not be on a single-sex and mixed-sex relay of the same event. Due to USMS rules, all swimmers on a relay must be affiliated with the same USMS team.

SCORING: The first sixteen places in each individual age group event will score in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

The top sixteen relays in each age group event will score double points.

HOTELS: Please see the meet website for information about hotels in the area.

MEET WEB SITE: The official meet web site is at: <http://www.wam-swimming.com/waminvitational>. The website will provide current meet information, psych sheets, timelines and a list of entry problems with deadlines for resolution. During the meet, the web site will feature instant results, updated events timeline, and live scoreboard. Please check the website frequently to be sure there are no problems with your entry.

MEET PICTURES: Complimentary photography will be provided by James Perez-Rogers Photography. Photos will be posted on the meet's Facebook page (<https://www.facebook.com/events/456495517838149/>) and on the meet website.

MORE INFORMATION: Email queries to [WAMinvitational@gmail.com](mailto:WAMinvitational@gmail.com). Please visit the meet website for additional information and frequently asked questions about the meet. Sign-up for the WAM Invitational E-Newsletters at the meet website to stay updated with email announcements about the meet.

---

11 Brookshire Road, Worcester, MA 01609, USA  
WAM-SWIMMING.COM



---

# WORCESTER AREA MASTERS

Swim Club



LIABILITY WAIVERS: In order for us to use the WPI facility, the waiver at the link below needs to be completed. Printed copies will be available at the sign-in table.

[http://wp.wpi.edu/reccenter/files/2012/07/July-26-Updates-SportsandRec\\_Agreement726.pdf](http://wp.wpi.edu/reccenter/files/2012/07/July-26-Updates-SportsandRec_Agreement726.pdf)

Your entry in this meet is indicative of your agreement with the following:

I, hereby give the meet committee permission to have my picture taken at the meet and used without charge for promotional purposes.

You will, also be required to complete the USMS Participant Waiver Agreement on the next page. Printed copies will be available at the sign-in table.

---

11 Brookshire Road, Worcester, MA 01609, USA  
WAM-SWIMMING.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	