



UMAC-Terrapin Masters Terrapin Cup
 Friday 10 July – Sunday 12 July 2015
 Sanctioned by Potomac Valley LMSC for USMS Inc. Sanction #105-S005

Last Name _____ First Name _____ MI _____
 Street Address _____
 City _____ State _____ Zip _____ Country _____
 Email _____ Day Phone _____ Eve Phone _____
 Age* _____ DOB _____ Gender _____
 Emergency Contact _____ Phone _____

*Age groups will be determined by age on 31 December 2015 except for swimmers who turn 18 in 2015.
 Please enclose a copy of USMS/USAS/Int'l registration card

Event #	Entry Time Women	Event	Event #	Entry Time Men
Friday 10 July Warm up 4:00p – 5:45p Start at 6p				
1		Mixed 1500 Freestyle	2	
Saturday 11 July 2015 Warm up 6:30a – 8:15a Start at 8:30a				
10		400 Medley Relay	11	
12		200 Freestyle	13	
14		100 Backstroke	15	
16		100 Breaststroke	17	
18		200 Butterfly	19	
		15 Minute Break		
20		50 Freestyle	21	
22		400 Individual Medley	23	
24		50 Breaststroke	25	
26		400 Freestyle Relay	27	
Sunday 12 July 2015 Warm up 6:30a – 8:15a Start at 8:30a				
30		800 Freestyle Relay	31	
32		Mixed 800 Freestyle Relay		
34		50 Butterfly	35	
36		200 Backstroke	37	
38		100 Freestyle	39	
40		200 Breaststroke	41	
42		Mixed 400 Medley Relay		
44		Mixed 400 Freestyle Relay		
46		50 Backstroke	47	
48		400 Freestyle	49	
50		100 Butterfly	51	
52		200 Individual Medley	53	

All events Long Course Meters. Please indicate seed time in Long Course Meters.
 1500 Free will be swim men and women combined, seeded by time.
 800 Free relay – heats of Men's and Women's and/or Mixed will be combined if entries permit

Paper Entry Deadline:

June 19 2015

Mail/ Email Entries & Payment to:

Carrie Tupper
 1115 Eppley Recreation Center
 College Park, MD 20742
ctupper@umd.edu

Online Entries are also available via Club Assistant. Online Entry deadline – **July 1 2015**

Meet Surcharge: \$30 Entry fees: \$4 per event

Cash Check
 Made Payable to University of Maryland Credit Card
 Visa Master Card
 American Express Discover
 Card # _____

Exp Date _____

Security Code _____

Name on Card _____

Billing Address _____

*Online entries only accept credit cards.

Signature _____ Date _____

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.



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