1st Annual PPSC “Kitchen Sink” Invitational

Saturday, July 18th, 2015

Hosted by Portage Porpoise Swim Club

Recognized by GRIN for USMS, Inc

**Location:** Portage HS East Pool, Door “O”

 6450 US Highway 6

 Portage, IN 46368

**Facility:** 6 Lane, 25 M x 25 yd competition pool. Competition runs 25 M with a warm-up, cool down area in the “L” part of the pool.

**\*\*The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet. (USMS articles 105.1.7 and 107.2.1).**

**Time:** Warm ups will run from 7-7:45am. Meet will begin at 8am and additional, short

 warm up sessions will run following the 800 Free and prior to the 1500 Free.

**Meet Conduct:** Current USMS rules will govern the conduct of the meet.

**Eligibility:** The meet is open to anyone 18 and older. Swimmers do not have to be a member of USMS to swim this event.

**Age Groups:** 18-24; 25-29; 30-34; 35-39; 40-44; 45-49; ……

**Entry Fee:** $20.00 early bird special, register before June 13th and save $5.00

$25.00 fee for all mail and online entries received by July 15th, 2015

$30.00 fee for all deck entries

 **Entry Fee covers ALL entries (NO MORE THAN 6 INDIVIDUAL EVENTS, PLUS THE 4 25’S) and two relays**

Mail Entry Forms and $20.00 or $25.00 check

 To: “Portage Porpoise Swim Club”

 P O Box 2031

 Portage, IN 46368

**Event Seeding:** All events shall be seeded according to the pre-entered seed time of each swimmer, regardless of age or gender. In the event of multiple heats, slower heats shall be swum first. All no-time (NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the competition.

**Hospitality:** There will be a pot-luck at the meet. All participants are welcome to bring their favorite dish, snack or dessert to the meet.

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Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gender:\_\_\_\_ Age:\_\_\_\_\_ DOB:\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USMS#\_\_\_\_\_\_\_\_\_\_\_\_\_ Team:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please write in the time you wish to be seeded under or “NT” for no seed time in the events you would like to swim. If you plan on doing the 25’s, just (X) the event, as a time will not be needed. All relays will be deck entered. We will have relay cards at the meet for teams to fill out. You may enter **6** individual events plus the **4 25’s.**

1\_\_\_\_\_\_\_\_\_\_\_ 800 Freestyle 12\_\_\_\_\_\_\_\_\_\_\_ 100 IM

2\_\_\_\_\_\_\_\_\_\_\_ 400 Medley Relay (4 x 100 IM) 13\_\_\_\_\_\_\_\_\_\_\_ 200 Freestyle

3\_\_\_\_\_\_\_\_\_\_\_ 50 Butterfly 14\_\_\_\_\_\_\_\_\_\_\_ 25 Butterfly

4\_\_\_\_\_\_\_\_\_\_\_ 100 Breaststroke 15\_\_\_\_\_\_\_\_\_\_\_ 50 Freestyle

5\_\_\_\_\_\_\_\_\_\_\_ 25 Freestyle 16\_\_\_\_\_\_\_\_\_\_\_ 100 Backstroke

6\_\_\_\_\_\_\_\_\_\_\_ 200 IM 17\_\_\_\_\_\_\_\_\_\_\_ 400 IM

7\_\_\_\_\_\_\_\_\_\_\_ 50 Backstroke 18\_\_\_\_\_\_\_\_\_\_\_ 25 Breaststroke

8\_\_\_\_\_\_\_\_\_\_\_ 100 Butterfly 19\_\_\_\_\_\_\_\_\_\_\_ 100 Freestyle

 9\_\_\_\_\_\_\_\_\_\_\_ 400 Freestyle 20\_\_\_\_\_\_\_\_\_\_\_ 800 Free Relay (4x200)

10\_\_\_\_\_\_\_\_\_\_ 25 Backstroke 21\_\_\_\_\_\_\_\_\_\_\_ \*\*Mystery Event\*\*

11\_\_\_\_\_\_\_\_\_\_ 50 Breaststroke 22\_\_\_\_\_\_\_\_\_\_\_ 1500 Freestyle

\*\*Please note, the “Mystery” event may involve use of pull buoys or kick boards. Equipment will be available for use but you may bring personal equipment if preferred.

Mail entry form and $20 check by June 13, 2015 or $25 check between June 14 and July 15, 2015. Checks must be received before the day of the meet. $30 entry fee for deck entries the day of the meet.

Checks made payable to “Portage Porpoise Swim Club”

 PO Box 2031

 Portage IN 46368

For additional information, please contact Chris Johnston - meetdirector@ppscswim.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.

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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***