



## 2015 OKLAHOMA MEMORIAL STATE CHAMPIONSHIP

**Saturday, August 1, 2015 - Jenks Trojan Aquatic Center**

**Warm - up: 9:00 to 9:45 am. Meet starts at 10 am**

Sanctioned by OMS for USMS, Inc. Sanction No. 274-S00

**Meet Director:** Liz Lazar, [lizmary1971@gmail.com](mailto:lizmary1971@gmail.com) [www.okswim.org](http://www.okswim.org)

**DIRECTIONS:** Jenks (High School) Trojan Aquatic Center 495 N. Birch St, Jenks, OK.

**From U.S. Hwy 75:** Take the Main St/ Jenks exit. Turn left on Elm Street, right on 'B' Street, left on Birch. The pool is on the right.

**From the Creek Turnpike:** Elm Street exit. Right on 'B' Street, left on Birch. The pool is on the right.

**From Riverside Drive:** 96th Street west across the Arkansas River bridge. Right at the first light, immediate left at the stop sign, 'B' Street. Turn right onto Birch St. The pool is on the right.

**Facility:** 50 meter, INDOOR, 8 lane competition pool with non-turbulent lane lines. Continuous warm up and cool down lanes will be available during the meet. Pool length will be certified according to 2015 USMS rules.

**Eligibility:** The meet is open to all current USMS registered Masters swimmers age 18 or over as of August 1, 2015. USMS registration is available online at [www.usms.org/reg](http://www.usms.org/reg).

**Conduct of Meet:** The meet will be conducted under 2015 USMS rules. Heats will be seeded slow to fast by time only. Entrants without seed times will be placed in the slowest heat. All events will be timed finals. *We will take 2 scheduled 10 minute breaks after event # 5 and event #13.* Please contact the meet director if your team wishes to swim a relay(s). If you need additional breaks, please see the meet referee.

**Timing:** Electronic timing will be used with watch backup.

**Entry Limit:** Each swimmer may participate in a maximum of 5 events. The swimmer may enter the 800 m free or the 1500 m free, but not both.

**Registration:** Online entries only through 11:00 pm Wednesday July 29, 2015.

Deck entries will be accepted the day of the meet. Online entry fee: \$25 (plus online surcharge) if entered by 11:00 pm Wednesday, July 29, 2015.

**Online registration link:**

*Please note: if paying with a credit card online, your credit card statement will reflect a charge from "ClubAssistant.com Events"..*

**Deck Entries:** \$40. **Deck entries close at 9:30 am the day of the meet.**

Checks payable to Jenks Community Education (JCE).

Swimmers who deck enter **MUST** provide a copy of your **2015 USMS card** with your entry form.

**PRINT** a copy of your 2015 USMS card: [www.usms.org/reg/getcard.php](http://www.usms.org/reg/getcard.php)

**ONLINE PRE-REGISTRATION STRONGLY ENCOURAGED!**

**Results** will be posted online at [www.okswim.org](http://www.okswim.org)

There will be a social after the meet at a nearby restaurant. Details to be provided.



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**Deck Entry Form**

**SANCTIONED BY OMS for USMS, Inc. Sanction No. 27- 00**

**Print a copy of your USMS card [www.usms.org/reg/getcard.php](http://www.usms.org/reg/getcard.php)**

**PLEASE PRINT LEGIBLY!**

**NAME (*exactly* as it appears on your USMS registration card)**

\_\_\_\_\_  
**BIRTHDATE** \_\_\_\_\_ **SEX: M F USMS REG#** \_\_\_\_\_  
**SWIM CLUB** \_\_\_\_\_ **PHONE** \_\_\_\_\_  
**ADDRESS** \_\_\_\_\_  
**CITY/ST** \_\_\_\_\_ **ZIP CODE** \_\_\_\_\_  
**EMERGENCY CONTACT** (name/ phone number) \_\_\_\_\_

**YOU MUST provide a copy of your 2015 USMS card with your deck entry!**

**ORDER OF EVENTS**

**meet starts at 10 am, August 1, 2015**

<b>Event</b>	<b>Entry Time</b>	<b>Event</b>	<b>Entry time</b>
1. 400 m Free	_____	9. 800 m Free*	_____
2. 200 m Breast	_____	10. 1500 m Free*	_____
3. 50 m Fly	_____	11. 50 m Free	_____
4. 100 m Free	_____	12. 200 m IM	_____
5. 200 m Back	_____	13. 100 m Breast	_____
<b>***10 MINUTE BREAK***</b>		<b>***10 MINUTE BREAK***</b>	
6. 50 m Breast	_____	14. 50 m Back	_____
7. 200 m Fly	_____	15. 100 m Fly	_____
8. 100 m Back	_____	16. 200 m Free	_____
		17. 400 m IM	_____

**\*You may enter EITHER the 800 m free OR the 1500 m free.**

**Deck Entry Fee \$40 \_\_\_\_\_ Make checks payable to: Jenks Community Education (JCE)**

**PARTICIPANT WAIVER AND RELEASE OF LIABILITY Form must be signed by all deck entries.  
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. **Revised 07/01/2014**

<b>Last Name</b>	<b>First Name</b>	<b>MI</b>	<b>Sex (circle) M    F</b>	<b>Date of Birth (mm/dd/yy)</b>
<b>Street Address, City, State, Zip</b>				

Signature of Participant	Date Signed
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