

**U.S.Masters Swimming/Utah
Utah SCM Championship
Saturday, September 19, 2015: Meet Starts 11:00 AM**

SANCTION # TBD

Meet Director: Lynne Lund (760) 844-6288 email: dragonflynnne@gmail.com

Referee: TBA

Facility: Sand Hollow Aquatic Center (SHAC): an 8 lane, 25 meter pool

Location: 1144 N Lava Flow Drive, St George, UT 84770 (435) 634-5938

Directions: From I-15 use the South Dixie Drive Exit (south of Bluff Street). Exit to the west (Santa Clara) on S. Dixie Dr. Travel approx. 4.6 miles to Sunset Blvd & N. Dixie Dr. Turn left (west) on Sunset Blvd and travel 0.7 miles to Lava Flow Dr. (You will see the SHAC on the right with the white canvas dome cover). Turn Right on Lava Flow Dr. next right is SHAC. From the center of St. George City, St. George Boulevard, travel west to Bluff Street, turn right (north) and travel to Sunset Blvd. Turn left (west). Travel 2 miles to Lava Flow Dr. (See above)

Meet Conduct: 2015 U.S. Masters Swimming rules will govern conduct of this meet.

Warmup & Cooldown: Warmups will be in the competition pool for 1 hr. prior to the meet. There will be an additional 10 minute warmup after the 1500 Freestyle. 5 min. breaks for warmup/downs will be offered throughout the meet and during some 6 lane events.

Eligibility: All swimmers must show proof of 2015 registration with U.S. MASTERS SWIMMING. See USMS.org Swimmers are limited to 5 events. (102.3.1)

Eligibility rules (2015 rule book, 102.3.1) For short course meters, the eligibility of a participant for a particular age group shall be determined by age as of December 31, 2015.

Age Groups: Individual Events - 18-24, 25-29, 30-34, 35 ... (five year age groups as high as necessary)

Seeding: All events will be timed finals with heats seeded by time, slowest to fastest, mixed gender.

Records: Swimmers attempting to set records during the meet should notify the Starter to assure that three official timers will be present.

Pool Length: The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Heats: Heat Sheet will be posted around the deck. Swimmers who miss their heat may not swim in another heat unless successfully protested to the Meet Director and Referee.

Fees: Meet entry fee: \$25.00 via club assistant entry [HERE](#). (Late Fee after 9/18 is \$32.00 in cash/check only! Deck entry form will need to be filled out below.)

Entries: Entries are accepted only by the Club Assistant through 9/18, after which entries will be accepted on deck on 9/19 before 10:30 AM. No entries will be accepted after 10:30 AM on 9/19.

Facility Opens: 8:00 am (see warmups above)

Awards: High Point Awards by gender/age group (ties are honored)

Swimmers may be asked to assist with timing. If you aren't swimming and have a decent break, please help.

Saturday, September 19, 2015
Warm-up at 10:00 AM
Meet Starts at 11:00 AM with the 1500m Freestyle
15 minute warm-up after the 1500m Freestyle

EVENTS

1. 1500m Freestyle (Check-in required by 10:30 AM)

If an entry time is long enough to hold up a second heat, that person will be put in heat 1, and heat 2 will begin while that person finishes.

Event 2 will not start before noon.

- 2. 400m Freestyle**
- 3. 100m Butterfly**
- 4. 200m Freestyle**
- 5. 100m Breaststroke**
- 6. 50m Freestyle**
- 7. 200m Ind. Medley**
- 8. 100m Backstroke**
- 9. 50m Butterfly**
- 10. 400m Ind. Medley**
- 11. 200m Breaststroke**
- 12. 100m Freestyle**
- 13. 50m Backstroke**
- 14. 200m Butterfly**
- 15. 50m Breaststroke**
- 16. 200m Backstroke**

ENTRY FORM (Deck entry only)

U.S. Masters Swimming/ Utah SCM Championship

Saturday, September 19, 2015, Starts 11:00 AM

Short Course Meters (Circle each event you wish to enter, limit of 5)

Seed Time: (no NTS)

- | | | |
|----------------------------|----------|----------|
| 1. 1500m Freestyle | Min ____ | Sec ____ |
| 2. 400m Freestyle | Min ____ | Sec ____ |
| 3. 100m Butterfly | Min ____ | Sec ____ |
| 4. 200m Freestyle | Min ____ | Sec ____ |
| 5. 100m Breaststroke | Min ____ | Sec ____ |
| 6. 50m Freestyle | Min ____ | Sec ____ |
| 7. 200m Individual Medley | Min ____ | Sec ____ |
| 8. 100m Backstroke | Min ____ | Sec ____ |
| 9. 50m Butterfly | Min ____ | Sec ____ |
| 10. 400m Individual Medley | Min ____ | Sec ____ |
| 11. 200m Breaststroke | Min ____ | Sec ____ |
| 12. 100m Freestyle | Min ____ | Sec ____ |
| 13. 50m Backstroke | Min ____ | Sec ____ |
| 14. 200m Butterfly | Min ____ | Sec ____ |
| 15. 50m Breaststroke | Min ____ | Sec ____ |
| 16. 200m Backstroke | Min ____ | Sec ____ |

Deck Entry (9/19 before 10:30 AM) \$32.00

Paid: _____

Name: Last _____ First _____ 2015 USMS # _____

Address: _____ City: _____ State: _____ Phone: _____

Birthdate ____ / ____ / ____ Age on December 31, 2015: _____

Email: _____ @ _____ Club Affiliation: _____

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Date: ____ / ____ / ____ Signature: _____

Check #1 _____



**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

Revised 8/12/2014