**Nazareth College SCM Masters Swim Meet**

**Sunday, October 4th, 2015 ---9am Warm-up/ 10am START**

Sanctioned by Niagara District Masters Swimming, Inc. for USMS, Inc. **Sanction # TBA**

Eligibility: Currently registered with USMS/ MSC Swimmers, 18 years and older.

*Unregistered swimmers may join with a “One Event” membership.*

*Full Membership & One Event Forms can be found at:* [*http://www.niagaramasters.org/join*](http://www.niagaramasters.org/join)

**Facility:** Nazareth College Pool-- 25m competition pool with 6 lanes and an Automatic Colorado Timing System.

Address: 4245 East Avenue, Rochester, NY 14618. *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.*

**Directions & Parking**: 490 to exit 25 (Route 31F). Take 31F to Route 96/ East Avenue and turn left. Nazareth College is on right. Enter campus through the North Entrance and follow road through campus. Open Parking lot is on your right just after the new building construction. Pool is located on the lower level of the Otto Shults Community Center.

**Entries & Entry Deadlines:** All entries must be received by **Thursday, October 1st** either through the mail or through the online system. ***Online Entries are preferred. There will be no deck entries for individual events***. Swimmers are limited to 5 individual events and 2 relays. You must be at least 18 years old to compete. *One Day USMS Registration forms will be available on site. Meet sheet will be posted by 9am (start of warm-ups) on-site and distributed to swimmers.*

**Seeding:** Ages & sexes will be combined. All events will be seeded slowest to fastest by entry times except for the 800m, which will be seeded fastest to slowest. Swimmers in the 400m & 800m Freestyles MUST check-in to be seeded.

**Relays:** Relay swimmers who are not registered for individual events must pay a $5.00 fee to swim in relays. All relays will be deck entered.

**Age Groups Include**: 18-24, 25-29, 30-34, Etc. up to 100+

**Relay Age Groups (sum of ages):** 72-99, 100-119, 120—159, 160-199, 200-239, 240-279, 280-319, and 320-359. Competition age is the age you will be as of Dec. 31, 2015.

***Warm-up/Down Lane:*** We will run the meet in 5 lanes in order to leave an open lane for continuous warm-up or warm-down during the meet.

**Awards:** Individual: Ribbons for places 1-3 per age group. Relays: Ribbons for 1st place.

**Ice/ Drinks:** We will have a water cooler, a Powerade cooler, and Ice on the pool deck.

**Entry Fees:** $20 entry fee plus $2 per event. Relays are free if you are swimming individual events. Otherwise, it costs $5.00 per relay.

**Questions:** Meet Director, Martie Staser (585)-389-2198, [mstaser3@naz.edu](mailto:mstaser3@naz.edu)

**Order of Events for SUNDAY, OCTOBER 4th, 2015**

**Warm up at 9:00am**

1. 200m Individual Medley
2. 50m Breaststroke
3. 100m Freestyle

10 min Break/ Warm-up

1. 200m Butterfly
2. 50m Backstroke
3. 200m Medley Relays (deck entered)

10 min Break/ Warm-up

1. 100m Breaststroke
2. 200m Freestyle
3. 100m Individual Medley

10 min Break/ Warm-up

1. 800m Freestyle (check-in required)

**Start at 10:00am**

1. 400m Freestyle (check-in required)
2. 50m Butterfly
3. 100m Backstroke

10 min Break/ Warm-up

1. 200m Breaststroke
2. 400m Individual Medley
3. 50m Freestyle

10 min Break/ Warm-up

1. 100m Butterfly
2. 200m Backstroke
3. 200m Freestyle Relay s (deck entered)

10 min Break/ Warm-up

**Registration Form**

**(Fill in Completely. Return with your check and copy of your USMS/ MSC 2015 card)**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Birthdate\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_Sex\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2015 USMS (or MSC)#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_USMS/MSC Club Code (NIAG, BUMS, etc.)\_\_\_\_\_\_\_\_\_

State:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

EVENT ENTRY TIME EVENT ENTRY TIME

1. 400m FREE \_\_\_:\_\_\_.\_\_\_ 11. 50m Breaststroke \_\_\_:\_\_\_.\_\_\_
2. 50m Butterfly \_\_\_:\_\_\_.\_\_\_ 12. 100m Freestyle \_\_\_:\_\_\_.\_\_\_
3. 100m Backstroke \_\_\_:\_\_\_.\_\_\_ 13. 200m Butterfly \_\_\_:\_\_\_.\_\_\_
4. 200m Breaststroke \_\_\_:\_\_\_.\_\_\_ 14. 50m Backstroke \_\_\_:\_\_\_.\_\_\_
5. 400m IM \_\_\_:\_\_\_.\_\_\_ 15. 200 Medley Relays (DECK ENTERED)
6. 50m Freestyle \_\_\_:\_\_\_.\_\_\_ 16. 100m Breaststroke \_\_\_:\_\_\_.\_\_\_
7. 100m Butterfly \_\_\_:\_\_\_.\_\_\_ 17. 200m Freestyle \_\_\_:\_\_\_.\_\_\_
8. 200m Backstroke \_\_\_:\_\_\_.\_\_\_ 18. 100m IM \_\_\_:\_\_\_.\_\_\_
9. 200m Freestyle Relay (DECK ENTERED) 19. 800m Freestyle \_\_\_:\_\_\_.\_\_\_
10. 200m IM \_\_\_:\_\_\_.\_\_\_

**Entry Fee:** $20 fee plus $2 per event TOTAL = \_\_\_\_\_\_\_\_\_

(Relays are free if entered individually)

**Online Entries (Preferred)**

(insert Club Assistant reg link)

*Your Credit card will be charged by “Club Assistant.comEvents”*

OR

**Mail-in Entries**

**Make checks *payable to: Nazareth College.*** Mail entries, your check, and a copy of your current USMS/ MSC 2015 card to: Nazareth College, Attn: Martie Staser, 4245 East Avenue, Rochester, NY 14618. Also include the signed waiver below.

http://www.usms.org/logos/USMS_Logo_Horz_tm_200x38.jpg **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 | |