**Newburgh Sea Creatures Fall Fling Invitational**

**October 9-11, 2015**

**SANCTION:** This meet is dual sanctioned by USA Swimming and Indiana Swimming

Sanction #IN16020 and Indiana Masters for USMS, Inc. Sanction #xxxxxx.

**HOST:** Newburgh Sea Creatures, Inc.

P.O. Box 42,

Newburgh, Indiana 47629

**LOCATION:** Castle High School, 3344 Indiana State Road 261, Newburgh, IN 47630

(1/4 mile north of Indiana State Road 66). We are on Central Time.

**FACILITIES:** Competition Pool: 50 meter by 25 yard pool. Competition non-turbulent lane markers.

State of the art Daktronics timing system with electronic take-off platforms. 14

twenty-five yard lanes, each 8 feet wide. Competition will be conducted in 8 lanes with

additional lanes for warm up and warm down throughout meet. Additional lanes will be

added if needed. Seating area for over 500. In the event of circumstances necessitating

changes during the meet, information will be updated on the NSC website at www.swimnsc.com.

The competition course has been certified in accordance with 104.2.2C(4). The copy of

such certification is on file with USA Swimming.   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.

Pool depth at 1 meter from starting blocks measures 2 meters deep in accordance with

103.2.3.

Free parking will be available in lots adjacent to Castle High School.

**DIRECTIONS:** I-64 to I-I64 South. Exit Hwy. 66 (Lloyd Expressway). Take Hwy. 66 East. Turn left

on Hwy. 261 (North). School is about ¼- ½ mile on right. Natatorium is at North

East corner of school.

**SPECTATOR INFO:** All parents must remain in viewing area. No parents allowed on deck.

Admission:

$3.00 per session

$10.00 all session pass

Children 10&Under admitted free

Heat Sheets: $1 per session.

**LODGING:** NSC has partnered with area hotels to provide a reduced rate. Please be sure to reference

NSC/Newburgh Sea Creatures Swim Meet when making your reservation.

LaQuinta Inn and Suites (8005 E Division St, Evansville, 47715) and

Baymont Inn and Suites (8015 E. Division St, Evansville, IN 47715)

E-mail Rita Bauer at lq6348gm@laquinta.com for either location or

Call Baymont directly at 812-477-2677

Call LaQuinta directly at 812-471-3414

**TYPE OF MEET:** This is an open invitational, timed finals meet.

**COMPUTER:** Meet Manager by Hytek will be used. If copies of the database are needed, we would prefer to e-mail after the meet. If immediate copies are needed, please bring formatted disk to meet.

**ELIGIBILITY:** Swimmer(s) must be registered with USA Swimming prior to the competition (202.5.5).

Age as of October 9, 2015 shall determine the swimmer’s age for the entire meet.

\*\*\*Indiana Swimming does not process on-site athlete registration

**ENTRIES:** All times must be entered in “Yard Times”. "No Time" will be accepted but will be seeded last.

**RULES:** Current USA Swimming and Indiana Swimming rules will govern this meet.

202.5.2 - At a sanctioned competitive event, USA Swimming athlete members must be

under the supervision of a USA Swimming member coach during warm-up, competition,

and warm-down. The Meet Director or Meet Referee shall assist the athlete in making

arrangements for such supervision.

202.4.9 D - Any swimmer entered in the meet, unaccompanied by a USA Swimming

member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the

responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with

this requirement.

ISI rule - Coaches MUST constantly display their current USA Swimming coach credential to gain deck access. The meet referee reserves the right to ask for coach credential display and/or deny deck access if coach does not comply or card is no longer valid/current.

ISI rule to include USA-S 102.8.1 B - In swimming competitions, the competitor must wear only one swimsuit in one or two pieces except as provided in USA Swimming rule

205.10.1. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

202.4.9 H - Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

202.4.9 I- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

**FLY-OVER** The Head Referee reserves the right to use fly-over starts, if it is deemed

**STARTS:** necessary.

**CLERK OF** There will be a clerk of course for sessions 4 and 7 (10 and under sessions). Swimmers

**COURSE:** for all other events are responsible for being behind the blocks at the appropriate time.

Psych sheets will be posted prior to the meet at www.swimnsc.com. Heat sheets will be

posted on deck and available for purchase prior to each session.

**Positive Check-In Required for all distance events including Friday night session, 1650 Freestyle and 400IM.**

**All other events will be pre-seeded.**

**STARTING *All times are Central Standard Time.***

**TIMES:**

Session 1 - Friday, October 9, 2015

Warm-ups 4:45 P.M.

Meet Starts 5:45 P.M.

Session 2 - Saturday, October 10, 2015

Warm-ups 7:00 A.M.

Meet Starts 8:00 A.M.

Session 3 - Saturday, October 10, 2015 \*

Warm-ups 12:15 P.M.

Meet Starts 12:30 P.M.

Session 4 – Saturday, October 10, 2015 \*\*

Warm-ups 2:30 P.M.

Meet Starts 3:00 P.M.

\*Session 3 warm-ups will start after the last event of the morning, but not before 12:15 p.m. All 1650 swimmers are required to provide a timer and counter.

\*\* Session 4 warm-ups will start after the last event of the afternoon but not before 2:30 p.m.

Session 5 – Sunday, October 11, 2015

Warm-ups 7:00 A.M.

Meet Starts 8:00 A.M.

Session 6 – Sunday October 11, 2015 \*

Warm-ups (everyone) 12:15 P.M.

Meet Starts 12:30 P.M.

Session 7 – Sunday October 11, 2015 \*\*

Warm-ups 1:45 P.M.

Meet Starts 2:15 P.M.

\*Session 6 warm ups will start immediately after the last event of the morning, but not before 12:15 p.m.

\*\* Session 7 warm-ups will start immediately after session 6, but not before 1:45 p.m.

Each warm-up session will be governed by the following assignment:

All Lanes – General Warm-up **Racing Starts at Coaches' Discretion.**

10 minute warm ups for all swimmers in session 3 (1650 Free) and session 6 (400 IM).

Immediately after the warm-ups on each day there will be a coach's meeting.

**AWARDS:** Individual High Point awards (trophies) will be given to the highest point girl and boy

swimmer in each age/gender division, including 15 & over.

Ribbons will be awarded for places 1 to 16 in individual events for 6 and under, 7-8,

9-10, 11-12 and 13-14. In addition, all 14 and under relay events will receive ribbons for places 1-8. **15 and over swimmers will receive points but will not receive ribbons.**

Heat awards will be given to all Heat winners. AWARDS WILL NOT BE MAILED.

**SCORING:** Sixteen places (16) will be scored for the individual and the relay events. Multiple team

relays from the same team ARE eligible for points.

All 8-Under events will be scored as 7-8 and 6-Under. 10&Under events will be scored

9-10, 7-8 and 6-Under. The exception is the 10&Under 500 Free on Friday night which will be open to all 10&U swimmers, but only 9-10 will be awarded points. All 13 and Over events will be scored as 13-14 and 15-Over only.

Points will be awarded as follows:

Individual Events: (Places 1-16) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: (Places 1-16) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

**ENTRY FEE:** All swimmers will pay $2.00 IN Swimming surcharge.

The following fees are per event:

All Individual Events **$4.00**

Relays **$6.00**

On Deck Individual Entries **$6.00**

On Deck Relay Entries **$8.00**

**REFUNDS:** In any meet sanctioned by Indiana Swimming other than Championship Meets, the host team shall limit the number of swimmers in any one or more events to maintain a reasonable length of the meet. In the event that entries are limited, the host team must return the entry fees to the club(s) whose swimmers are not allowed to compete in the specific event(s).

**ENTRY LIMIT:** Swimmers may enter no more than five (5) individual events and two (2) relay events per

day. Total entries will be limited to 1600 individual entries per day for this meet. In the

event that the maximum number of individual entries is exceeded, no team entry will be

broken.

1650 may be limited to top 32 in each event. Swimmers must provide their own timer and

counter. The 1650 will be swum fastest to slowest alternating heats of girls/boys.

400 IM may be limited to top 32 in each event.

On deck entries will be taken **only** if total limit per day has not been met; on a first come

basis until the heats are filled. New heats will not be created.

Each session involving 12 & Under age groups will be held strictly to a four (4) hour time limit. If necessary, any remaining events that are not complete in these age groups will be cancelled once the four (4) hour limit occurs. Entry fees of any canceled event will be refunded.

**ENTRY PROCEDURE:**

1. Entries will be accepted beginning August 26, 2015.

2. Prior to 5:00 PM on Tuesday, October 3, 2015, submit your entries by e-mail in a Hytek Commlink file (.CL2 file extension).

3. After receipt of the entry file, NSC will e-mail an Entry Report back to the designated

individual for your team. Carefully review the entry report for correctness and inform

NSC of any errors or variances by e-mail as soon as possible.

4. Keep the original Entry Report, e-mailed to you by NSC, along with any and all

subsequent Entry Reports notifying you of changed or updated entries. These will be

considered as the official record of your team’s entry. No other information will be

considered if there is an entry error or discrepancy. No refunds or changes will be made

to your team’s entry due to failure to review the Entry Reports e-mailed to you be NSC.

5. After the original entry submittal has been made, changes and updates will be accepted

until 12:00 Noon on Monday, October 5, 2015.

6. Please mail the check for all entry fees, meet entry summary form, release form, and coaches form so that they will be received by NSC by October 7, 2015. Please note that there will be no need to mail a disk and hard copy of the entries for this meet.

Your Entry Report from NSC will serve as your entry verification.

**ENTRY DEADLINE: September 25, 2015**

**We will extend the deadline if the meet is not full**

**MAIL ENTRIES & CHECKS TO: Tracey Heidecker**

**8945 Calvin Circle**

**Newburgh, IN 47630**

**meetentry@heideckers.us**

***PLEASE MAKE CHECKS PAYABLE TO "NEWBURGH SEA CREATURES"***

**ENTRY FORMS:** All entries must be on the enclosed form. Please mail the following forms with the check for all entry fees.

Entry Summary Form

Release Form

Coaches & Officials Attending Form

**FINAL RESULTS:** One copy will be furnished free of charge to each team. Final results may be ordered at the Clerk of Course for $5.00. Please indicate on the summary of entries page how your team would like its final results.

**CONCESSIONS:** A variety of concessions will be provided.

**LOST AND FOUND:** Lost and found will be established by the concession area.

**INFORMATION:** For more information, contact:

**Meet Director Meet Entry Chairman**

Amy Kolleck Tracey Heidecker

PO Box 42 8945 Calvin Circle

Newburgh, IN 47629 Newburgh, IN 47630

(812) 431-0749 (812) 455-6236 after 5:00pm only

meetdirector@swimnsc.com meetentry@heideckers.us

**NOTICE TO ALL COACHES AND PARENTS**

The Newburgh Sea Creatures are very grateful to the Warrick County School for the use of the Pool and the facilities for this swim meet. We all have a responsibility to protect and maintain these facilities. Therefore, **we must reserve the right to expel, for the remainder of the meet with no refund of entry fees, any swimmer in unauthorized areas for being rowdy or destructive, or in any way endangering his own safety or that of others.** Coaches and parents are expected to keep their swimmers under control at all times. It is recommended that swimmers leave all valuables with an adult. No responsibility for lost articles will be assumed by the Newburgh Sea Creatures or Castle High School.

**PLEASE NOTE THAT SMOKING IS NOT ALLOWED ANYWHERE ON THE GROUNDS OF CASTLE HIGH SCHOOL!!!!!**

**RELEASE**

**I HEREBY RELINQUISH ANY CLAIM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MIGHT HAVE IN**

 **(Official Name of Swim Team)**

**THE CASE OF INJURY OR LOSS OF VALUABLES AT THIS NEWBURGH SEA CREATURES**

**INVITATIONAL MEET ON OCT 9, 10 and 11, 2015. I ALSO AGREE NOT TO CHARGE**

**THE WARRICK COUNTY SCHOOLS, THE NEWBURGH SEA CREATURES SWIM CLUB, USA**

**SWIMMING, INC OR THE SOUTHERN INDIANA SWIM CONFERENCE FOR ANY INJURY, LOSS OR**

**DAMAGE WHICH OCCUR WHILE ATTENDING THIS EVENT.**

**I AFFIRM THAT THE ATHLETES ENTERED ARE USA SWIMMING REGISTERED.**

**SIGNED \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Team Coach, Entry Chairperson or Parent Representative)**

**Coaches attending the Swim Meet:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**THIS FORM MUST BE RETURNED WITH YOUR COMPLETED ENTRY**

**Newburgh Sea Creatures Invitational**

**October 9-11, 2015**

**Summary of Entries**

**Please supply the information requested below. Mail with all other required forms so they will be received by**

**October 7, 2015.**

Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of Swimmers entered: Boys \_\_\_\_\_\_\_ + Girls \_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_

Number of Swimmers x $2.00 IN Swimming Sur-Charge = Total \_\_\_\_\_\_\_\_\_\_\_

Number of Boys’ Individual Entries \_\_\_\_\_\_\_\_\_ X $4.00 each = Total \_\_\_\_\_\_\_\_\_\_\_

Number of Girls’ Individual Entries \_\_\_\_\_\_\_\_\_ X $4.00 each = Total \_\_\_\_\_\_\_\_\_\_\_

Number of Relays \_\_\_\_\_\_\_\_\_\_\_ X $6.00 each = Total \_\_\_\_\_\_\_\_\_\_\_

Total Amount Enclosed $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Club Official Submitting Entry: Coaches’ Names:**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

State/Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

RESULTS: Each club should complete this form and return to indicate how they would like their results:

\_\_\_\_\_\_ Hard Copy (snail mailed OR .htm file emailed)

\_\_\_\_\_\_ Meet Manager Backup (emailed)

\_\_\_\_\_\_ Team Manager .c12 file (emailed)

\_\_\_\_\_\_ ALL of the above

Email address to send above to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You may have one designated spokesperson for your team to talk to the referee or Clerk of Course. The Coach would be the logical person. Please list that person below.

Designated Spokesperson: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Check List: Did you include?**

\_\_\_ Coaches \_\_\_ Release Form \_\_\_ This Sheet \_\_\_ Check

**ALL TIMES ARE CENTRAL TIME**

**Session 1 – Warm Ups 4:45 pm Meet Starts 5:45 pm**

|  |  |  |  |
| --- | --- | --- | --- |
| Girls |  |  | Boys |
| 1 | 11-12 | 200 IM | 2 |
| 3 | 13&O | 200 IM | 4 |
| 5 | 10&U | 500 Free | 6 |
| 7 | 11-12  | 500 Free | 8 |
| 9 | 13&O | 500 Free | 10 |

**Session 2 – Warm Ups 7:00 am**

 **Meet Starts 8:00 am**

|  |  |  |  |
| --- | --- | --- | --- |
| Girls |  |  | Boys |
| 11 | 13&O | 50 Free | 12 |
| 13 | 11-12  | 50 Free | 14 |
| 15 | 13&O | 200 Back | 16 |
| 17 | 11-12 | 50 Back | 18 |
| 19 | 13&O | 100 Breast | 20 |
| 21 | 11-12 | 100 Breast | 22 |
| 23 | 13&O | 200 Fly | 24 |
| 25 | 11-12 | 50 Fly | 26 |
| 27 | 13&O | 100 Free | 28 |
| 29 | 11-12 | 100 Free | 30 |
| 31 | 13&O | 200 Free Relay | 32 |
| 33 | 11-12 | 200 Free Relay | 34 |

**Session 3 – Warm Ups 12:15 pm**

 **Meet Starts 12:30 pm**

|  |  |  |  |
| --- | --- | --- | --- |
| Girls |  |  | Boys |
| 35 | 13&O | 1650 Free | 36 |

**Session 4 – Warm Ups 2:30 pm**

 **Meet Starts 3:00 pm**

|  |  |  |  |
| --- | --- | --- | --- |
| Girls |  |  | Boys |
| 37 | 8&U | 100 IM | 38 |
| 39 | 9-10 | 200 IM | 40 |
| 41 | 8&U | 25 Breast | 42 |
| 43 | 9-10 | 50 Breast | 44 |
| 45 | 8&U | 50 Fly | 46 |
| 47 | 9-10 | 100 Fly | 48 |
| 49 | 8&U  | 25 Free | 50 |
| 51 | 9-10 | 50 Free | 52 |
| 53 | 8&U | 50 Back | 54 |
| 55 | 9-10 | 100 Back | 56 |
| 57 | 8&U | 100 Free Relay | 58 |
| 59 | 9-10 | 200 Free Relay | 60 |

**Session 5 – Warm Ups 7:00 am**

 **Meet Starts 8:00 am**

|  |  |  |  |
| --- | --- | --- | --- |
| Girls |  |  | Boys |
| 61 | 13&O | 200 Breast | 62 |
| 63 | 11-12  | 50 Breast | 64 |
| 65 | 13&O | 100 Back | 66 |
| 67 | 11-12 | 100 Back | 68 |
| 69 | 13&O | 100 Fly | 70 |
| 71 | 11-12 | 100 Fly | 72 |
| 73 | 13&O | 200 Free | 74 |
| 75 | 11-12 | 200 Free | 76 |
| 77 | 13&O | 200 Medley Relay | 78 |
| 79 | 11-12 | 200 Medley Relay | 80 |

**Session 6 – Warm Ups 12:15 pm**

 **Meet Starts 12:30 pm**

|  |  |  |  |
| --- | --- | --- | --- |
| Girls |  |  | Boys |
| 81 | 13&O | 400 IM | 82 |

**Session 7 – Warm Ups 1:45 pm**

 **Meet Starts 2:15 pm**

|  |  |  |  |
| --- | --- | --- | --- |
| Girls |  |  | Boys |
| 83 | 8&U | 100 Free | 84 |
| 85 | 9-10 | 200 Free | 86 |
| 87 | 8&U | 25 Fly | 88 |
| 89 | 9-10 | 50 Fly | 90 |
| 91 | 8&U | 50 Breast | 92 |
| 93 | 9-10 | 100 Breast | 94 |
| 95 | 8&U | 25 Back | 96 |
| 97 | 9-10 | 50 Back | 98 |
| 99 | 8&U | 50 Free | 100 |
| 101 | 9-10 | 100 Free | 102 |
| 103 | 8&U | 200 Medley Relay | 104 |
| 105 | 9-10 | 200 Medley Relay | 106 |

6&U scored and awarded separately from 8&U10&U will be scored and awarded as 6&U, 7-8 and

9-10, the exception is the 500 Free which

will only award points to 9-10.

**Positive Check-In Required for all distance events**

**including Friday night session, 1650 Freestyle and 400IM.**

**All other events will be pre-seeded.**

 **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 07/01/2014***