

Fall 2015 High School Event Challenge for Masters

Hosted By: Saluki Swim Club, Saturday, October 24, 2015

This meet is sanctioned by USA swimming # _____

It is dual sanctioned by the Ozark LMSC for USMS Inc., Sanction #225- _____

LOCATION: Southern Illinois Univ., Student Recreation Center, Dr. Ed Shea Natatorium, 300 E. Grand Ave., Carbondale, IL

TIME: Warm-up 9:15 am; **All competitors must check-in before 9:30am.** No deck entries after 9:30 am; Meet starts at 10 am. Estimated finish 1 pm.

PARKING: Parking in numbered spaces in lot 94 north of the Student Recreation Center now requires payment (\$0.50/hr) at the Pay Station near the north entrance of the building. Free parking on Saturday is available in the unnumbered spots in lot 94 (east of Marion Street). Free parking is also available in lot 100, located at the corner of Washington St and Mill St. The entrance to lot 100 is at the north end of the lot off of Mill St.

FACILITY: The Dr. Edward J Shea Natatorium, located in the Student Recreation Center of the Southern Illinois University Carbondale Campus, features eight 25-yard competition lanes with non-turbulent lane markers and a fully automatic timing system, as well as multiple continuous warm-up & cool-down lanes. **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.**

ELIGIBILITY: Current USMS membership is required for Masters competitors. **A photocopy of your USMS card must be provided for all deck entries. All Masters competitors must date and sign the USMS insurance liability waiver prior to entering the pool.** Age as of October 24, 2015 determines your age group for the meet. USMS designated age groups 18+ apply (18-24, 25-29, 30-34, 35-39, etc). Masters relay age groups are determined by the age of the youngest swimmer (18+, 25+, 35+, 45+, 55+, 65+, etc.). Mixed relays must have two men and two women. Men's relays must have four men; women's relays must have four women.

MEET CONDUCT: 2015 USMS Rules govern the conduct of the Masters events in this meet. All events will be timed finals. Masters heats, with the exception of the 500 free, will be swum slowest to fastest with genders and age groups combined at the discretion of the Meet Referee. Each Masters event will be swum following the corresponding Boys event. Masters swimmers will be seeded in separate heats from other competitors, but maybe combined at the discretion of the meet referee. **Participants are limited to 2 events and 2 relays.** Competitors attempting national records must notify the starter to assure that 3 timers are available, in addition to the electronic timing equipment. Split requests must be filed with referee prior to the swim in the case of backstroke, or before the end of the meet for other strokes. Please see the Meet Invitation Letter for full schedule of events and additional rules relevant to dual sanctioned events.

DISTANCE EVENT: **The 500 yard freestyle will be swum alternating heats of girls, boys, Masters Women, and Masters Men. The 500 free will be swum fastest to slowest and requires a positive check-in before 9:30 am. Entrants in the 500 free must provide persons to count laps.**

ENTRY FEE: There is an entry fee of \$4.00 per event and \$8.00 surcharge per athlete. All entries are due by Wednesday, October 15. Deck (and late) entries will be accepted with a \$6.00 per event fee, in addition to the \$8.00 surcharge per athlete. There is no additional charge for Masters relay events.

TIMERS: When you are not swimming or warming up/down, please help with timing.

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Entry Form – USMS/Ozark LMSC Sanction# _____

Name:	Birth Date:	Age (as of Oct 24, 2015):	Gender:
	____/____/____	_____	M / F
Address:	Home Phone:		
City:	State:	Zip:	USMS Registered Club Affiliation or UC number
2015 USMS Number: Attach copy of card.		Email Address:	
Emergency Contact Name:		Emergency Contact Phone:	

SEED TIME REQUIRED – Actual or Estimated short course yards time; Print Times Legibly

Maximum Entry – 2 individual events and 2 relays. See Meet Letter for full schedule of events.

Please indicate which relays you would be willing to swim

<u>Event Number</u>	<u>Event</u>	<u>Seed Time – no more than 2 individual events</u> <u>For relays, mark those you are willing to swim</u>
Event 3/4/5	200 Medley Relay	<u>Mark availability, but no time</u>
Event 8/9	200 Freestyle	
Event 12/13	200 Ind. Medley	
Event 16/17	50 Freestyle	
Event 20/21	100 Butterfly	
Event 24/25	100 Freestyle	
Event 28/29	500 Freestyle	
Event 32/33/34	200 Free Relay	<u>Mark availability, but no time</u>
Event 37/38	100 Backstroke	
Event 41/42	100 Breaststroke	
Event 45/46/47	400 Free Relay	<u>Mark availability, but no time</u>

Entry Fees if received by Oct 15, 2015: \$4 per individual event, plus \$8 surcharge per swimmer.

Late entries or deck entries: \$6 per individual event, plus \$8 surcharge per swimmer.

Make checks out to Saluki Swim Club. No cash accepted.

Please mail this completed form, signed insurance waiver form and payment to

Mary Pohlmann, 405 Deer Lake Dr E, Carbondale, IL 62901

U.S. Postal Service mailed entries will be accepted only if they are received by October 15, 2015.

Entry questions? Mary Pohlmann: 618-549-5077 or maryp@siu.edu

The USMS insurance waiver (next page) must be signed and turned in before entering the pool.



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

Fall 2015 High School Challenge



October 24th, 2015

**Shea Natatorium - Southern Illinois University
Carbondale, IL 62901**

Location: Shea Natatorium in the Student Recreation Center on the Campus of Southern Illinois University - 600 East Grand, Carbondale, Illinois 62901

Sanction: This competition is held under dual USA Swimming / Ozark LSC sanction #XXXX and US Masters Swimming Sanction #YYYY. Per USAS and USMS sanctioning protocols, this meet will be conducted by alternating USAS events and USMS events (interleaved). At the request of all involved coaches and with the permission of the Meet Referee, events and heats may be combined with appropriate governing rules being applied to individual lanes.

Facility: The Dr. Edward J Shea Natatorium, located in the Student Recreation Center of the Southern Illinois University Carbondale Campus features eight 25 yard competition lanes with non-turbulent lane markers and a fully automatic timing system as well as multiple continuous warm-up & cool-down lanes.

Overhead seating for 500 spectators is available as well as generous on-deck space for swimmers and teams. Smoking is not permitted anywhere on campus. Food is not permitted in the pool balcony nor on deck. This meet is operated as a "closed deck". Only participating, credentialed coaches, officials, athletes and designated meet workers will be allowed on deck. There are no exceptions. Spectators are welcome to view the competition from the overhead bleachers or the air conditioned viewing lounges.

Attached are rules specific to the facility. Please insure that all athletes, coaches, and family members are familiar with these rules so that everyone involved can have a safe and friendly swim meet.

The competition course has been certified in accordance with USA Swimming rule 104.2.2C(4). The pool depth at the start end is 5' and the depth of the pool at the turn end is 5'.

Changing Policy: Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited by Ozark Swimming. Shea Natatorium provides male and female locker rooms with private changing booths as well as a private family changing room. Changing into or out of swimsuits is prohibited in any area except these locations.

Camera Policy: Per USA Swimming guidelines, no person shall use a camera or any other device capable of recording still or video images (including cell phones) in the area behind the starting blocks, in the locker rooms, changing areas, showers, or restrooms. Violators will be reported to law enforcement or other government authorities and/or may be barred from the facility during this sanctioned event. This policy applies to athletes as well as meet staff and spectators.

Eligibility: All swimmers must be Athlete members of USA Swimming or US Masters Swimming. "Applied for..." will not be accepted. On deck registration is not available. Swimmers who do not hold current USA Swimming or USMS membership will be dropped from the meet. There is a \$100 fine for entering non-registered athletes in an Ozark meet. Coaches must be registered with USA Swimming or USMS as 'Coach' members.

USAS athletes attending the meet unaccompanied by a USA Swimming coach must report to the meet referee or meet director prior to warming up for each session. The athlete will be assigned to a coach on deck for each session of the meet that s/he is entered. Any swimmers entered in the meet 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. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this request.

Format: Current USA Swimming rules apply to all USAS events while USMS rules will be applied to USMS events. All events are competed as timed finals.

Age Groups: This meet emulates the experience of a high school dual meet. All USAS events will be competed as a single, 11 & Over age group with separate events for boys and girls. USMS events will be competed as Open with USMS standard age groups for scoring.

Awards: No awards will be distributed at this meet

Entry Fees: There is an entry fee of \$4.00 per event and \$8.00 surcharge per athlete. All entries are due by Wednesday, October 15. Entries will be accepted in the order they are received.

Limits: Athletes are limited to 2 individual events and 2 relays. The total number of entries will be limited to assure a reasonable time line and compliance with USA Swimming guidelines for session length. No team entries will be split.

Entry Process: This meet will be administered using Hytek Meet Manager. Entries will be accepted as SDIF entry files. You will receive confirmation of receipt of your entry file followed by confirmation of successful entry into the meet or declination of your entries. Fees and signed waivers must be turned in no later than 1/2 hour prior to the start of the session or your entry will be scratched. Deck entries will be accepted with a \$6.00 per event fee. All entries will close 1/2 hour prior to the start of the meet.

Send entries to:

aosalukiswimming@gmail.com

Deadline: All entries must be received by October 15th at midnight. Late entries will be treated as deck entries and charged 6.00 per event.

Distance Events: The 500 yard freestyle event will be a positive check in event. Athletes must check in 30 minutes prior to the start of the first session. Those athletes that do not check in by that time will be scratched from the event with no further penalty and with no refund of fees. Failure to compete once positively checked in will result in disqualification from all remaining events.

Athletes competing in the 500 yard freestyle must provide a lap counter.

The 500 yard freestyle will be swum alternating heats of girls, boys, Masters Women, and Masters Men. The event will be seeded fastest to slowest.

Contacts:

Meet Director

Thomas Huggins

(618) 559-5992

salukiswimclub@gmail.com

Safety Marshall

Wayne Halstead

Meet Referee

Dale Andersen

(618) 628-1242

daleandersen@sbcglobal.net

Administrative Official

Bill Woelbeling

(315) 925-SALU

aosalukiswimming@gmail.com

Officials Coordinator

Bill Woelbeling

(315) 925-SALU

woelbelingw@gmail.com

Meet Program

Warmups Begin at 9:15 a.m.

Competition Begins at 10:00 a.m.

Girls	Event	Boys
1	200 Yard Medley Relay	2
3	Masters 200 Yard Medley Relay	4
5	Masters Mixed 200 Yard Medley Relay	5
6	200 Yard Freestyle	7
8	Masters 200 Yard Freestyle	9
10	200 Yard Individual Medley	11
12	Masters 200 Yard Individual Medley	13
14	50 Yard Freestyle	15
16	Masters 50 Yard Freestyle	17
	15 Minute Break	
18	100 Yard Butterfly	19
20	Masters 100 Yard Butterfly	21

Girls	Event	Boys
22	100 Yard Freestyle	23
24	Masters 100 Yard Freestyle	25
26	500 Yard Freestyle	27
28	Masters 500 Yard Freestyle	29
30	200 Yard Freestyle Relay	31
32	Masters 200 Yard Freestyle Relay	33
34	Masters Mixed 200 Yard Freestyle Relay	34
	15 Minute Break	
35	100 Yard Backstroke	36
37	Masters 100 Yard Backstroke	38
39	100 Yard Breaststroke	40
41	Masters 100 Yard Breaststroke	42
43	400 Yard Freestyle Relay	44
45	Masters 400 Yard Freestyle Relay	46
47	Masters Mixed 400 Yard Freestyle Relay	47

2015 Fall High School Challenge Entry Summary and Release Form

Team: _____ Code: _____ LSC: _____

Address: _____

City: _____ State: _____ Zipcode: _____

Head Coach: _____

Phone#: _____ Email: _____

Entry Contact: _____

Phone#: _____ Email: _____

Entry Summary:

Number of Athletes Entered: _____ x \$8.00 = _____

Number of Individual Events Entered: _____ x \$4.00 = _____

Total amount enclosed: _____

Please make your check payable to:

Saluki Swim Club

PO Box 3293

Carbondale, IL 62902

Release

Saluki Swim Club Inc., Southern Illinois University, USA swimming, and Ozark Swimming shall be held harmless for any and all liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the meet. I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming, and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____ Title: _____

Date: _____

SIU Student Recreation Center Rules and Policies

The following are the rules and policies for the use of the SIU Student Recreation Center during swimming competitions. These policies are in place for the safety of all swimmers, guests, students, and Rec Center members. We appreciate your help in abiding by these rules.

Parent & Spectators

Parking is open in the Rec Center lot on Saturday's and Sunday's. Please do not park in the Student Health Center parking spots.

Parent spectators are not allowed in the lower portion of the SIU Rec Center. Once entering the building, parent spectators will be directed upstairs to spectator area. Parents will not be allowed into the lower level of the Rec Center. Your swimmers will be allowed to go upstairs to the spectator to see you or get drinks, etc.

You are welcome to bring your own chairs to use in the 2nd floor hallway observation areas, but you must take your chairs with you when you leave the building. Please DO NOT leave your chairs overnight or between sessions. The SIU Student Rec Center is not responsible for any items left in the building. Any chairs or items left overnight or between sessions will be removed.

Parent volunteers should check in at the front. All parent volunteers listed on the worker sign-up sheet will be given volunteer credentials and will be allowed access to the lower level. Parent volunteers should immediately report to the pool deck, entering through the locker rooms.

Swimmers, Coaches, and Officials

Swimmers, Coaches, and Officials will be admitted to the lower level of the Rec Center. Swimmers should identify themselves as swimmers and Coaches and Officials should show their USA Swimming Coaches Registration card at the gate.

If young swimmers need an escort to the locker room area, there will be staff there to escort swimmers to the locker room. Parents will not be allowed to escort swimmers to the locker room or pool deck.

Swimmers, Coaches, and Officials should enter and exit the pool area through the locker room. Please use only the locker rooms to enter and exit the pool area.

When downstairs, swimmers should only be in the pool area or the locker room. Swimmers are welcome to go upstairs to the spectator area, but they must be dry and wearing shirt, shoes, and clothes and exit through the locker room area.