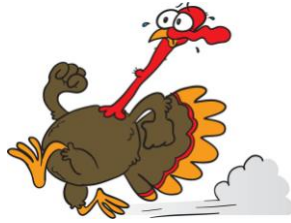


5th Annual NAC Masters Sprinting Turkey Classic
Short Course Meters
November 21-22, 2015



RULES: 2015 USMS Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups, except for designated sprint lanes. All events will be timed finals.

USMS SANCTION NUMBER:

HOST CLUB: Nashville Aquatic Club Masters

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 (615) 321-3510
Directions to the Sportsplex can be found on www.swimnac.com.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming, Inc. Swimmers need to attach a copy of their USMS card to their entry forms or will be asked to show a 2015 USMS registration card upon check-in. If not yet registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events at the meet.

MEET DATE/START TIME:

Saturday, November 21, 2015	OPEN Warm-ups:	6:00pm
	Meet Start:	6:45pm
Sunday, November 22, 2015	OPEN Warm-ups:	8:00am
	Meet Start:	9:00am

SEEDING: All events will be seeded slowest to fastest without regard to age or gender. Swimmers with no seed time may indicate “No Time” or “NT” in the time slot and will be seeded as slowest times. Results will be tabulated by gender and age group, as defined by USMS.

DISABLED SWIMMERS: An information sheet for disabled swimmers is available to prepare the facility and meet officials. Please contact the Meet Director.

ENTRIES & FEES: A swimmer may enter up to five (5) individual events electronically for a \$45 flat fee, which also includes as many 25's as desired. All paper entries will require a \$50 flat fee. Late entries, as well as deck entries, will be accepted with an additional \$15 fee. Age for entries is determined by the swimmer's age on December 31, 2015. Please submit entries on the attached form. Swimmers can scan and e-mail the entry form or mail a hard copy to the address below. Checks should be made payable to **Nashville Aquatic Club**.

Please submit entries to:

ENTRY CHAIR: Doug Wharam
Nashville Aquatic Club
P.O. Box 128318
Nashville, TN 37212
dwharam@swimnac.com
(615) 321-3510

Please direct questions to:

MEET DIRECTOR: Chris McPherson
cmcpherson@swimnac.com
615-554-3354

MEET REFEREE:

DEADLINE: All entries and fees must be received by Tuesday, November 17, 2015. Any entries arriving after that date will be considered late and require an additional \$15 fee.

AWARDS: Awards will be given to the overall male and female Sprinting Turkey Champions (will be given based on each swimmer's aggregate time in the 25's). A swimmer must compete in all four 25's to be eligible for this award. Other event winners will receive a congratulatory handshake.

POOL DESCRIPTION: The competitive pool at the Sportsplex is 50 meters, divided by two bulkheads, with each course 25 meters with 8 nine-foot wide lanes. The meet will employ one 25 meter course with 8 lanes. Pool depth is a minimum of 7 feet. It is equipped with Colorado Timing, Swimming systems and is certified by USMS. Warm-up/warm-down lanes will be available throughout the meet.

COMPETITION COURSE COMPLIANCE: The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

FACILITY RULES: The Centennial Sportsplex respectfully asks that no outside coolers, food, or drinks be brought into the building. Additionally, no food or drinks (with the exception of water bottles) should be brought into the pool area. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time.

SPECIAL NOTES:

All men's, women's, and mixed events will be swum separately, however, the Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.

The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated.

The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events.

The Meet Director reserves the right to cancel Saturday, 11/22 events if registration numbers are not sufficient.

The HYTEK event file, psych sheet, results, and other meet information will be posted on the NAC website

(www.swinnac.com) as they become available.

REFRESHMENTS: Drinks and light snacks will be provided at no charge for participating swimmers throughout the meet on Sunday.

HOTELS:

Holiday Inn Vanderbilt

Meredith Schakel, Sales Manager

Holiday Inn Nashville-Vanderbilt

2613 West End Avenue

Nashville, TN 37203

E: meredith.schakel@ihg.com

615-321-8250 (office)

615-320-4850 (fax)

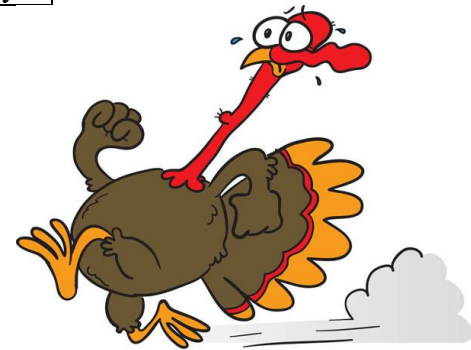
www.holidayinn.com/bna-vanderbilt

5th Annual NAC Masters Sprinting Turkeys Classic

Short Course Meters

Order of Events

<u>Saturday, November 21, 2015</u>	
Event # (W/M/Mixed)	
1/2	400 IM
3/4	800 Free
5/6	1500 Free
<u>Sunday, November 22, 2015</u>	
7/8	400 Free
9/10/11	200 W/M/Mixed Medley Relay
13/14	100 Free
15/16	50 Back
17/18	200 Breast
19/20	200 Fly
21/22	100 IM
5 MINUTE BREAK	
23/24	200 Free
25/26	100 Back
27/28	50 Breast
29/30	100 Fly
5 MINUTE BREAK	
31/32	50 Free
33/34	200 IM
35/36	100 Breast
37/38	50 Fly
39/40	200 Back
<i>The Battle of the Sprinting Turkeys!</i>	
41/42	25 Back
43/44	25 Breast
45/46	25 Fly
47/48	25 Free
5 MINUTE BREAK	
49/50/51	200 W/M/Mixed Free Relay



2015 NAC Masters Sprinting Turkeys Classic Entry Form

Name: _____ Address: _____
 City/State: _____ Zip: _____ Phone: _____
 E-mail Address: _____
 Age on December 31, 2015: _____ Date of Birth: _____ Sex: _____
 USMS Registration #: _____ Team Name: _____ Team Initials: _____

Please Circle Event Numbers, and Enter a Time

<u>Women's Entry Time</u>	<u>Event in SC Meters</u>	<u>Men's Entry Time</u>	<u>Mixed Entry Time</u>
<u>Saturday</u>			
1	400 IM	2	
3	800 Free	4	
5	1500 Free	6	
<u>Sunday</u>			
7	400 Free	8	
9	200 W/M/Mixed Medley Relay	10	11
13	100 Free	14	
15	50 Back	16	
17	200 Breast	18	
19	200 Fly	20	
21	100 IM	22	
23	200 Free	24	
25	100 Back	26	
27	50 Breast	28	
29	100 Fly	30	
31	50 Free	32	
33	200 IM	34	
35	100 Breast	36	
37	50 Fly	38	
39	200 Back	40	
41	25 Back	42	
43	25 Breast	44	
45	25 Fly	46	
47	25 Free	48	
49	200 W/M/Mixed Free Relay	50	51

Please read and sign waiver on the next page, and return with entry.

ENTRY FEE – PAPER ENTRIES (\$50) \$ _____

LATE FEE, if applicable (\$15) \$ _____

TOTAL \$ _____

(Check payable to **NAC**)

Mail to:

Doug Wharam
 Nashville Aquatic Club
 109 Rural Ave
 Nashville, TN 37209

Attach a copy of 2015 USMS registration card here.

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