*** Southern Masters Swimming Championship***

***Short Course Meters – December 5 & 6, 2015***

***Sanctioned By:*** ***Southern Masters Swimming for United States Masters Swimming, Inc.***

***Sanction # 245-Sxxx***

***Hosted By: Southern Masters Swimming***

***Meet Referee: Pending Meet Director: Janice Roth***

***Entry Chairman: John E. Roth, Jr. - 104 Yellowstone Street, Kenner, La. 70065***

***Phone: H 504- 469-3119 C 504-390-9331***

***E-mail: jerothjr@cox.net***

***Location: University of New Orleans Lakefront Arena Swim Center***

***6801 Franklin Avenue***

***New Orleans, La.70148***

***Date & Times: Saturday, December 5, 2015 Warm-ups = 10:00 AM; Events = 11:00 AM.***

***Sunday, December 6, 2015 Warm-ups = 9:00 AM; Events =10:00 AM.***

***Facilities: Indoor 8 lane 50-meter pool with non-turbulent racing lane ropes. All races conducted on a***

***25 meter course. Warm-up lanes will be available during the meet each day. Showers and***

***lockers will be available.***

***Timing: Colorado automatic timing system with touch pads will be the primary system. Secondary***

***system will be manual‑electronic with 1 button and 1 digital watch per lane, with a second***

***watch on first place in each heat.***

***Rules: Current United States Masters Swimming technical rules and code of regulations will govern***

***this meet.***

***Conduct of Meet: - All events will be timed finals. Except for the 1500 and 400 freestyle, all events will be seeded***

***slowest***  ***to fastest by submitted entry times.***

***- The 1500 and 400 freestyle events will be deck seeded. Check-in will close 20 minutes***

***prior to the start of these events. Depending on the number of entries, these events***

***may be seeded before the meet.***

***- The 400 free will swim fastest to slowest, alternating women and men's heats.***

***- The 1500 free will swim fastest to slowest, with women and men seeded together by***

***entry time in each heat. The 1500 free will start 15 minutes after the conclusion of***

***Saturday’s relays.***

***- All events will be scored and list men and women separately by USMS rules.***

***- Entries are due on Tuesday, December 1st, so as to seed the meet and print heat sheets.***

***- All entries (by mail or email) received after 12-1-15 will be taken at the discretion***

***ofthe Entry Chairman and seeded in open lanes only. Late entries must pay an***

***additional late fee of $5.00.***

***- There will be no changing of events after entry deadline.***

***- All participating swimmers will receive a copy of the meet heat sheet.***

***Pool Measurement: - “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***.”

***Results: Swimmers will also receive a copy of meet results via E-mail. Results will be mailed upon request.***

***All requests for hard copies can be made either by checking the block on the meet entry form or turning in a request to receive a “hard” copy of the meet results with your name, mailing address, and zip code.***

***Eligibility: All participants must be registered with United States Masters Swimming. Minimum age is 18***

***years based on age as of December 31, 2015. Include a copy of your current USMS***

***registration card. If your entry is close to the deadline, and you have not registered with USMS,***

***your can do a On-line USMS registration at the following web site:*** [***http://www.usms.org/reg/***](http://www.usms.org/reg/)

***Email a copy to the entry chair, once you have done this.***

***Liability Release: Each entered swimmer must sign the liability release form at the end of this invitation.***

***Send this along with your filled out entry form.***

***Limit of Events: Each entered swimmer may swim 5 events plus relays per day.***

***Hospitality: Water and snacks will be provided. Lunch will be provided at the pool after the events on***

***Saturday.***

***Entry Fees: Cost for full participation is $35.00. To swim only the 1500, there will be a $10 fee.***

***To swim only one day, there will be a $20 fee.***

***A $5.00 late fee will be charged for all entries received after December 1, 2015.***

***All entry fee checks must be made payable to:"Southern Masters Swimming"***

***Entries are due by Tuesday, December 1, 2015. Entries must be mailed or delivered to:***

***Meet Entry – Southern Masters Short Course Meter Championships***

***104 Yellowstone Street***

***Kenner, Louisiana 70065***

***E-mail to " jerothjr@cox.net "***

***Use the enclosed entry form only! Seed times must be best recent short course meter times only!***

***You can send your entry in by E-mail to " jerothjr@cox.net ", but you must send the signed***

***paper work along with your entry check.***

***Scoring: Points will be awarded as follows: Individuals 9‑7‑6‑5‑4‑3‑2‑1; Relays 18-14-12-10-8-6-4-2.***

***Age Groups: Individual: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc.***

***Relays: 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399, etc.***

***Awards: Ribbons will be awarded for first through eighth places in each age group in individual event.***

***Parking: Parking is available at the UNO arena and is free.***

***Arena and Hotels: A separate listing with directions to the Arena and hotel/motels can be received by E-mailing***

***to:*** [***jerothjr@cox.net***](mailto:jerothjr@cox.net)***. Contact the hotels for rates and specials.***

***For New Orleans tourism information, visit*** [***www.neworleansonline.com/***](http://www.neworleansonline.com/)

***Facility Rules: This meet is conducted on the grounds of a state university. The University of New Orleans asks***

***that all swimmers, spectators, and coaches comply with the following facility regulations:***

***1. No food allowed inside the facility.***

***2. No horseplay in the locker rooms or on the deck.***

***3. No smoking allowed anywhere inside the facility.***

***4. No glass containers or ice chests allowed in the facility.***

***5. Comply with directions given by the lifeguards or T‑shirt security.***

***6. No banners, posters, balloons, etc. may be affixed to any part of the building.***

***7. Do not leave items unattended in the locker rooms.***

***8. Please police your area before leaving each day.***

***9. Do not park in areas of the lot that have traffic cones blocking entrance.***

Order of events

|  |  |
| --- | --- |
| ***Saturday, December 5th –11 a.m.*** | ***Sunday, December 6th – 10 a.m.*** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***W*** | ***M*** | ***Event*** | ***Seed Time*** |  | ***W*** | ***M*** | ***Event*** | ***Seed Time*** |
| ***1*** | ***2*** | ***400 IM*** |  |  | ***23*** | ***24*** | ***400 Free– Fastest to Slowest*** |  |
| ***3*** | ***4*** | ***50 Fly*** |  |  | ***25*** | ***26*** | ***100 IM*** |  |
| ***5*** | ***6*** | ***100 Breast*** |  |  | ***27*** | ***28*** | ***50 Back*** |  |
| ***7*** | ***8*** | ***200 Free*** |  |  | ***29*** | ***30*** | ***100 Free*** |  |
| ***9*** | ***10*** | ***50 Breast*** |  |  | ***31*** | ***32*** | ***200 Breast*** |  |
| ***11*** | ***12*** | ***100 Back*** |  |  | ***33*** | ***34*** | ***200 Back*** |  |
| ***13*** | ***14*** | ***50 Free*** |  |  | ***35*** | ***36*** | ***100 Fly*** |  |
| ***15*** | ***16*** | ***200 Fly*** |  |  | ***37*** | ***38*** | ***200 IM*** |  |
| ***17*** | ***18*** | ***200 Free Relay*** | ***xxxxxxxxxxxx*** |  | ***39*** | ***40*** | ***200 Med Relay*** | ***xxxxxxxxxxx*** |
| ***19*** |  | ***200 Mixed Med Relay*** | ***xxxxxxxxxxxx*** |  | ***41*** |  | ***200 Mixed Free Relay*** | ***xxxxxxxxxxx*** |
| ***21*** |  | ***1500 Mixed Freestyle\**** |  |  |  |  |  |  |

***\* 1500 Mixed Freestyle - (seeded together, fastest to slowest)***

***Meet Entry Form***

***University of New Orleans Arena Sanction # 245-Sxxx***

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age (As of 12-31-2015) \_\_\_\_\_\_\_ Sex \_\_\_\_\_\_**

**Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/State/Zip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_ - \_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_ USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Abbreviation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Please circle desired event numbers for all individual entries. Limit is 5 individual events per day. List best recent short course meter times in the space provided, use a "NT" if you have no time for an event. Relays are automatic for teams with a sufficient number of swimmers entered. Relays will be entered on the day that they are scheduled to be swum. Entries are due on the Monday before the meet, so as to seed meet and print heat sheets. All late entries (after Monday) will be taken at the discretion of the *Entry Chairman* and seeded in open lanes only.**

|  |  |
| --- | --- |
| ***Saturday, December 5th –11 a.m.*** | ***Sunday, December 6th – 10 a.m.*** |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***W*** | ***M*** | ***Event*** | ***Seed Time*** |  | ***W*** | ***M*** | ***Event*** | ***Seed Time*** |
| ***1*** | ***2*** | ***400 IM*** |  |  | ***23*** | ***24*** | ***400 Free– Fastest to Slowest*** |  |
| ***3*** | ***4*** | ***50 Fly*** |  |  | ***25*** | ***26*** | ***100 IM*** |  |
| ***5*** | ***6*** | ***100 Breast*** |  |  | ***27*** | ***28*** | ***50 Back*** |  |
| ***7*** | ***8*** | ***200 Free*** |  |  | ***29*** | ***30*** | ***100 Free*** |  |
| ***9*** | ***10*** | ***50 Breast*** |  |  | ***31*** | ***32*** | ***200 Breast*** |  |
| ***11*** | ***12*** | ***100 Back*** |  |  | ***33*** | ***34*** | ***200 Back*** |  |
| ***13*** | ***14*** | ***50 Free*** |  |  | ***35*** | ***36*** | ***100 Fly*** |  |
| ***15*** | ***16*** | ***200 Fly*** |  |  | ***37*** | ***38*** | ***200 IM*** |  |
| ***17*** | ***18*** | ***200 Free Relay*** | ***xxxxxxxxxxxx*** |  | ***39*** | ***40*** | ***200 Med Relay*** | ***xxxxxxxxxxx*** |
| ***19*** |  | ***200 Mixed Med Relay*** | ***xxxxxxxxxxxx*** |  | ***41*** |  | ***200 Mixed Free Relay*** | ***xxxxxxxxxxx*** |
| ***21*** |  | ***1500 Mixed Freestyle\**** |  |  |  |  |  |  |

***\* 1500 Mixed Freestyle - (seeded together, fastest to slowest)***

**Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Fees: Full Meet $35.00 \_\_\_\_\_\_\_\_ One day $20.00\_\_\_\_\_\_\_\_\_\_\_ 1500 free only $10.00 \_\_\_\_\_\_\_\_ Late fee (after Monday 12-1-14) $5.00\_\_\_\_\_\_**

**Mail hard copy of results to above address \_\_\_\_\_\_ E-mail results only \_\_\_\_\_\_\_ Check number \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***Proof of USMS membership, a copy of your current registration card, copy of your application form, or filled out application form with check must accompany this entry form. Entry deadline is Monday December 1, 2014. You must sign the liability release and enclose check payable to " Southern Masters Swimming." with your entry. For entry confirmation, enclose a stamped self-addressed post card. All entrants who list a correct E-mail address will receive confirmation when their entries are received. Mail or E-mail entries to:***

***Meet Entry Chairman- Southern Masters Short Course Meter Championships***

***104 Yellowstone Street***

***Kenner, Louisiana 70065 E-mail:*** [***jerothjr@cox.net***](mailto:jerothjr@cox.net)

**MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM**

****** **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*** | | |