

OAHU VMAC Circuit Swim Meet #2 2015

Sunday, December 6, 2015 Right After Age Group Meet
 Veteran's Memorial Aquatic Center – start approx. 2:30 or 3pm

EVENTS Meet Start after Age Group Meet			
Event		Entry Time (or NT)	
1-2. 200 Free		11-12. 200 IM	
3-4. 100 Breast		13-14. 50 Free	
5-6. 50 Back		15-16. 100 Fly	
7-8. 50 Fly		17-18. 100 Back	
9-10. 100 Free		19-20. 50 Breast	
21. Mixed 500*		22. 200 Free Relay	
MAX 4 Events		Will Stop Meet after 75 min's	
Enter Time Est. or NT		Enter Time Est. or NT ↑	
↑ *500 has Q time <8m		*500 max 2 heats ... first 16	
check twitter @mauiswim Sunday for actual w.u & start time.			

Name ^{Last}		First		M.I.
Address ^{Street}				
City			State	Zip
Telephone				
USMS Number				
Birthdate			Age on 12/6/2015	
Sex	M <input type="checkbox"/>	F <input type="checkbox"/>	Club	
1 st USMS Meet?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	

LOCATION:	Veteran's Memorial Aquatic Center; Patsy Mink Central Oahu Regional Park. Waipahu, HI	FACILITY:	50m x 25m pool with bulkhead set at 25 yards.
WARM-UP	Meet start right after Age Group Meet. Warm-up 30 min before. Firm estimate posted to twitter @mauiswim Friday. No diving in warm-up except in designated "start" lanes. Outside lanes during competition will be kept open for warm-up in the racing course.	SEEDING:	All events will be seeded slowest to fastest, by entered time, ages combined, sexes separate.
ENTRIES	Meet entries can be deck entered day of meet. Suggest you do NOT select events back to back ... you may not get the rest you need. Event Fees covered by Hawaii Masters Swim Association.	ELIGIBILITY:	All participants must be members in good standing with United States Masters Swimming, Inc. or USA Swimming, Inc. Swimmers 19 & over that are not registered can sign-up for one-day registration with USMS on race day. One year USMS membership (valid thru 12/31/16) is \$49. One event membership is \$15.
AWARDS:	Men & Women: 19-24, 25-29, 30-34 to the top age group.	MEET FLOW:	Men's & Women's events may be combined but swum with separation lane depending on numbers.
CONTACTS:	Meet Directors: Malcolm Cooper (808)280-4257 malcolmwhy@yahoo.com and Joe Lileikis or Dustin Fukuda	Circuit Meets	"Circuit meets" last happened 20 years ago on Oahu. Hawaii Masters is trying to bring back an annual series of pool meets. This is the 3 rd for Oahu and we're flexible in running this meet. Be part of history bringing regular pool meets back to Oahu.
TIMING:	Electronic with Colorado Timing System courtesy VMAC and Hawaiian Swimming; officiated by Hawaiian Swimming officials.	SANCTION	Hawaii Masters Swim Assoc. for USMS, Inc #S395-P005
		ENTRIES: FEES & DUE DATES	Email entries preferred: malcolmwhy@yahoo.com Deck entries accepted.
		RULES & JUDGING:	2015 USMS and HMSA rules will govern. All events are timed finals. A swimmer who misses their heat will not be re-seeded into a later heat and will be disqualified for that event.
Swimmers will be asked to help with timing and clean-up after the meet.			

Athlete Signature _____ Date _____



**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 M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	