

# 18th Annual Fall Ithaca Masters Meet at Ithaca College

Sponsored by the Ithaca College Swim Team and Sanctioned by Niagara District Masters Swimming for USMS, Inc.  
**Sanction # 045-S009**

- Date:** Sunday, December 13, 2015. Warm-up start at 9:30am, meet starts at 10:30am  
**Location:** The A&E Center Pool at Ithaca College, Ithaca, NY.  
**Eligibility:** Open to all registered USMS/MSC swimmers 18 years of age and older as of 12/13/15  
**Fees:** \$30 per swimmer. Includes 5 individual events and relays.  
**Entries:** All Entries must be received by the Meet Director by Wed. December 9<sup>th</sup>, 2015.  
**Deck entries will not be accepted**

## ENTRY FORM (mail this page in with waiver page)

NAME \_\_\_\_\_ USMS/MSC# \_\_\_\_\_

ADDRESS \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

SEX \_\_\_\_ AGE \_\_\_\_ Date of Birth \_\_\_\_\_ Club \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

E-MAIL (PLEASE PRINT CLEARLY) \_\_\_\_\_

Event#	Event Name	Seed Time	Event#	Event Name	Seed Time
1.	200 Medley Relay	_____	11.	100 Butterfly	_____
2.	200 Freestyle	_____	12.	50 Backstroke	_____
3.	100 Ind. Medley	_____	13.	100 Freestyle	_____
4.	100 Backstroke	_____	14.	200 Ind. Medley	_____
5.	50 Freestyle	_____	15.	50 Breaststroke	_____
6.	200 Butterfly	_____	16.	200 Backstroke	_____
7.	100 Breaststroke	_____	17.	50 Butterfly	_____
8.	400 Ind. Medley	_____	18.	200 Breaststroke	_____
9.	500 Freestyle	_____	19.	1000 Freestyle	_____
10.	200 Free Relay	_____			

Please note: We will take a 10 min break after event 9 and event 14.

### Entry Procedures

**ONLINE entries are preferred:** deadline is Midnight December 9, 2015

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2258&smid=7044](https://www.clubassistant.com/club/meet_information.cfm?c=2258&smid=7044)

*Your credit card will be charged by 'Club Assistant.com Events'*

OR: Paper Entries must be received by December 9, 2015 and include the following:

- A photocopy of your USMS/MSC Registration
- A check or Money Order, payable to Ithaca College \$30
- A signed Waiver Form (attached)
- **Meet director info:**
- **Kevin Markwardt, A&E Center, 953 Danby Rd, Ithaca NY 14850-7000.**
- Contact Kevin Markwardt for questions 607-351-7540 or e-mail kmarkwardt@ithaca.edu



### 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**

# Keep This Page for Your Information

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Sunday December 13, 2015

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**Directions:** Enter the main entrance of campus off 96B. This is Alumni Circle. Go around Alumni Circle to Grant Egbert Boulevard. Take Grant Egbert Boulevard to the 1<sup>st</sup> stop sign. Continue straight to the second stop sign at Grant Egbert Boulevard East. Make a left on to Grant Egbert Boulevard East. Follow Grant Egbert Boulevard East to the stop sign. Continue straight. You will then be on Lyceum Drive. As you come up the hill, the A&E Center will be on your right. Go to the south entrance of the building.

**Facility:** Ithaca College's Indoor Pool consists of a 9 lane 50 meters by 21 lane 25 yards. All lanes are 8 feet deep. Colorado Timing System with full color video scoreboard. Warm-up lanes will be available during the meet. *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.*

**Results:** will be posted on the Niagara and USMS websites

**Meet Info:** The meet will be run short course yards. Competition pool will be open for warm up from 9:30 - 10:25 am, Meet will begin at 10:30 am. The meet usually runs about 3 hours. Please check in and confirm your events when you arrive. There will a positive check-in for the 1000 due by event 10. We will then seed the event and post the lane assignments. The 1000 heats will be run fastest to slowest. Depending on the # of entries, we will be running a 6 or 8 lane competitive course, hard wall to hard wall, 8 feet deep. *We will have lanes available for warm-up during the meet.* **Please have the entries to me before Wed Dec 9<sup>th</sup>. I will try and send a psych sheet out by Fri. Dec 11<sup>th</sup>. This gives you a chance to check entries and let me know of any mistakes. I will be running the heat sheets Saturday so they will be ready when you arrive Sun.**