

1st Annual Last Chance at Warren

Saturday, December 19, 2015

Hosted by: Warren Central High School

Sanctioned by GRIN for USMS Sanction # 165-S011

Location: Warren Central High School
9500 E. 16th St.
Indianapolis, IN 46229; Use door # 14
Meet Directors: Dean Hawks & Mel Goldstein: goldsteinmel@sbcglobal.net

Facility: 8 Lane, 25 meters (6 lanes will be used)
Separate diving well for W-Up-up & W-down; Competition pool depth: 4'6" to 6'
Deck seating for competitors: 500

Pool: 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.

Meet Conduct: Current USMS rules will govern the conduct of the meet

Eligibility: The meet is open to anyone 18 and older and must be a member of USMS or a member of a FINA recognized National governing body.

Age Groups: 18-24; 25-29, 30-34, 35-39, 40-44, (Age is as of 12/31/15.)

Entry Fee: \$35/athlete fee for all online entries –deadline: 12/16/15 by 11:00 P.M. EDT.
\$45 fee for all deck entries (cash or check only)
Each swimmer can swim a max of 5 individual events and two relays

Online link:

Event Seeding: All events shall be seeded according to the pre-entered seed time of each swimmer, regardless of age or gender. In the event of multiple heats, slower heats shall be swum first. All no time (NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the competition.

THERE WILL BE NO AWARDS

Warm-ups at 8:00 -9:00 A.M.; Deck entry will be allowed from 8:00 - 8:45 A.M.; Sprint lanes available at 8:45 A.M.; Heat Sheets posted 9:00 A.M.

Meet starts at 9:15 A.M. All times are E.S.T.

Entry into the pool must be feet first in a cautious manner. Diving shall be permitted only in the designated sprint lanes during the meet warm-up. Instructions given by the meet official must be obeyed at all times

Order of Events:

1,2 - 400 Freestyle	21, 22 - 100 Individual Medley
3,4 - 200 Individual Medley	23, 24 - 200 Freestyle
5,6 - 50 Freestyle	25, 26 - 50 Butterfly
7,8 - 100 Butterfly	27, 28 - 100 Backstroke
9,10 - 200 Breaststroke	29, 30 - 100 Breaststroke
11,12 - 50 Backstroke	31, 32 - 100 Freestyle
13,14- 200 Butterfly	33, 34 - 200 Backstroke
15,16 - 50 Breaststroke	35,36,37- 200 Medley Relay (W,M,MX)
17,18,19 - 200 Free Relay (W,M, MX)	39, 40 - 400 Individual Medley

Women in odd heats; men even heats

Deck enter relays

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Name: _____ Gender: _____ Age: _____ DOB: _____

Address: _____

Phone: _____ e-mail: _____

USMS # _____ Team: _____

Circle the events you wish to swim and provide a seed time (write "NT" for no seed time)
You may compete in as many events as you wish. All relays shall be deck entered/seeded.

Order of Events:

- | | |
|-------------------------------------|-------------------------------------|
| 1,2 - 400 Freestyle | 21, 22 - 100 Individual Medley |
| 3,4 - 200 Individual Medley | 23, 24 - 200 Freestyle |
| 5,6 - 50 Freestyle | 25, 26 - 50 Butterfly |
| 7,8 - 100 Butterfly | 27, 28 - 100 Backstroke |
| 9,10 - 200 Breaststroke | 29, 30 - 100 Breaststroke |
| 11,12 - 50 Backstroke | 31, 32 - 100 Freestyle |
| 13,14- 200 Butterfly | 33, 34 - 200 Backstroke |
| 15,16 - 50 Breaststroke | 35,36,37- 200 Medley Relay (W,M,MX) |
| 17,18,19 - 200 Free Relay (W,M, MX) | 39, 40 - 400 Individual Medley |

Women in odd heats; men even heats

Deck entry fees: \$45.00

Make all checks payable to: Warren Central High School



**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