

Saluki InterSquad Dual-Sanctioned Meet
Hosted By: Saluki Swim Club, Saturday, March 5, 2016

This meet is sanctioned by USA swimming It is dual sanctioned by the Ozark LMSC for USMS Inc.

LOCATION: Southern Illinois University, Student Recreation Center, Dr. Ed Shea Natatorium,
300 E. Grand Ave., Carbondale, IL

TIME: Warm-up 8 am; **All competitors must check-in before 8:30am.** No deck entries after 8:30 am;
Meet starts at 9 am. Estimated finish 12 pm.

PARKING: Parking in numbered spaces in lot 94 north of the Student Recreation Center now requires payment (\$0.50/hr) at the Pay Station near the north entrance of the building. Free parking on Saturday is available in the unnumbered spots in lot 94 (east of Marion Street). Free parking is also available in lot 100, located at the corner of Washington St and Mill St. The entrance to lot 100 is at the north end of the lot off of Mill St.

FACILITY: The Dr. Edward J Shea Natatorium, located in the Student Recreation Center of the Southern Illinois University Carbondale Campus, features eight 25-yard competition lanes with non-turbulent lane markers and a fully automatic timing system, as well as multiple continuous warm-up & cool-down lanes. **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.**

ELIGIBILITY: Current USMS membership is required for Masters competitors. **A photocopy of your USMS card must be provided for all deck entries. All Masters competitors must date and sign the USMS insurance liability waiver prior to entering the pool.** Age as of March 5, 2016 determines your age group for the meet. USMS designated age groups 18+ apply (18-24, 25-29, 30-34, 35-39, etc).

MEET CONDUCT: 2016 USMS Rules govern the conduct of the Masters events in this meet. All events will be timed finals. Masters heats will be swum slowest to fastest with separate heats for men and women. Each Masters event will be swum following the corresponding Age Group event. Masters swimmers will be seeded in separate heats from other competitors, but maybe combined at the discretion of the meet referee. **Participants are limited to 3 events.** Competitors attempting national records must notify the starter to assure that 3 timers are available, in addition to the electronic timing equipment. Split requests must be filed with referee prior to the swim in the case of backstroke, or before the end of the meet for other strokes.

ENTRY FEE: There is an entry fee of \$4.00 per event. All entries are due by Wednesday, March 2, 2016. Deck (and late) entries will be accepted with a \$6.00 per event fee.

TIMERS: When you are not swimming or warming up/down, please help with timing.

Saluki Intersquad Dual-sanctioned Meet

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Masters Entry Form – Dual sanctioned by the Ozark LMSC for USMS Inc.

Name:	Birth Date: Age (as of March 5, 2016): Gender: M / F
Address:	Home Phone:
City: State: Zip:	USMS Registered Club Affiliation or UC number
2016 USMS Number: Attach copy of card.	Email Address:
Emergency Contact Name:	Emergency Contact Phone:

SEED TIME REQUIRED – Actual or Estimated short course yards time; Print Times Legibly

Maximum Entry – 3 individual events.

<u>Event Number</u>	<u>Event</u>	<u>Seed Time – no more than 3 individual events</u>
Women-odd Men - even		
Event 1/2	200 Freestyle	
Event 3/4	50 Butterfly	
Event 5/6	50 Backstroke	
Event 7/8	50 Breaststroke	
Event 9/10	50 Freestyle	
Event 11/12	100 Butterfly	
Event 13/14	100 Backstroke	
Event 15/16	100 Breaststroke	
Event 17/18	100 Freestyle	
Event 19/20	200 Individual Medley	

Entry Fees if received by March 2, 2016: \$4 per individual event.

Late entries or deck entries: \$6 per individual event.

Make checks out to Saluki Swim Club. No cash accepted.

Please mail this completed form, signed insurance waiver form and payment to

Mary Pohlmann, 405 Deer Lake Dr E, Carbondale, IL 62901

U.S. Postal Service mailed entries will be accepted only if they are received by March 2, 2016.

Entry questions? Mary Pohlmann: 618-549-5077 or maryp@siu.edu

The USMS insurance waiver (next page) must be signed and turned in before entering the pool.



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 07/01/20