



CRAWFISH AQUATICS
Short Course Yards Championship



Date: Saturday March 12, 2016
Sunday March 13, 2016

Times: Saturday March 12, 2016
Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.
Sunday March 13, 2016
Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.

Sanction: Sanctioned by Southern Masters Swimming for USMS Inc.

Facility: Ketcham Fitness Center Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge. Indoor, 8-lane 25 yard course, depth 13 feet at starting end, 4 feet at turning end; 30 yard pool available for warm-up during the meet. 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.

Rules 2016 USMS Rules shall govern.

Eligibility: All participants must be registered with United States Masters Swimming. A copy of your 2016 USMS card is required with the completed entry.

Entries: Swimmers may enter a maximum of five individual events per day, plus relays.

Online Entries: Online entry is available for this meet, and can be found at the following link. Online entries will open on December 15th, 2015 and close on March 7, 2016 Online are accessible via the following link:
https://www.clubassistant.com/club/meet_information.cfm?c=1821&smid=7151

Deadline All mail-in entries must be received by March 4, 2016.

Fees: \$35.00 per swimmer for the full meet
\$20.00 per swimmer for one day

Entries: Prior to March 4, 2016, please mail completed entry form, copy of USMS card, and check (payable to Crawfish Aquatics) to:

Jeff Maynor
Crawfish Aquatics SCY Championships
16079 Confederate Ave
Baton Rouge, LA 70817

Seeding: All events (except the 1650 yard Free) will be seeded slow to fast without regard to age. The 1650 yard Free will be seeded fast to slow without regard to age. Women and Men may swim in a combined heat of the 1650 depending on number of entries. There will be a short break between relays and distance swims on Saturday.

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc.
Relays 18+, 25+, 35+, 45+, etc.

Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays are double points.

Results: Will be available on the Internet at www.crawfishaquatics.com

Director: Nan Fontenot (225) 769-4323 Email – nan@crawfishaquatics.com

Awards: Ribbons 1st – 8th will be provided for all events.

Hotel: Check this link on Crawfish Aquatics website for three hotels with special rates:
<http://www.crawfishaquatics.com/content/hotel-information>

Order of Events

Saturday March 12, 2016	Sunday March 13, 2016
Warm-up 9:00 a.m.	Warm-up 9:00 a.m.
Meet Starts 10:00 a.m.	Meet Starts 10:00 a.m.
400 IM	500 Free
100 Free	100 Back
200 Breast	200 IM
50 Back	50 Free
100 Fly	200 Fly
100 IM	100 Breast
200 Back	50 Fly
50 BR	200 Free
200 Free Relay	200 Medley Relay
200 Mixed Medley Relay	200 Mixed Free Relay
1650 Free	

****ENTRY FORM****
CRAWFISH AQUATICS
SHORT COURSE YARD CHAMPIONSHIP

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name: _____ Age (as of 03/12/2016): _____ Sex: _____
 Address: _____ City/State: _____
 E-Mail Address: _____ Zip Code: _____ Phone: _____
 USMS #: _____ Team Name: _____ Team Abbreviation: _____

Circle desired event numbers and list seedtime in yards (NT for no time). Limit of five individual events per day.
 Relays deck entered.

Saturday, March 12, 2016				Sunday, March 13, 2016			
Warm-up 9:00 a.m. Meet 10:00 a.m.				Warm-up 9:00 a.m. Meet 10:00 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
1	2	400 IM		23	24	500 Free	
3	4	100 Free		25	26	100 Back	
5	6	200 Breast		27	28	200 IM	
7	8	50 Back		29	30	50 Free	
9	10	100 Fly		31	32	200 Fly	
11	12	100 IM		33	34	100 Breast	
13	14	200 Back		35	36	50 Fly	
15	16	50 BR		37	38	200 Free	
17	18	200 Free Relay	xxxxxxxx	39	40	200 Medley Relay	xxxxxxxx
19	20	200 Mixed Medley Relay	xxxxxxxx	41	42	200 Mixed Free Relay	xxxxxxxx
21	22	1650 Free					

* *There will be a short break between relays and distance swims on Saturday.*

LIABILITY RELEASE:

The attached **PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT** must be signed and turned in before participating in the swim meet.

Entries must be received by

Friday, March 4, 2016

Mail entries to:

Jeff Maynor

Crawfish Aquatics SCY Championships

16079 Confederate Ave

Baton Rouge, LA 70817

Fees: Payable to Crawfish Aquatics

\$35.00 per swimmer for the full meet \$20.00 per swimmer for one day Send copy of 2016 USMS registration card
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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