

2016 Ozark LMSC SC Yards Championship
Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM)
March 12-13, 2016

Sanctioned by Ozark LMSC for USMS, Inc.

Location: Marquette High School, 2351 Clarkson Rd, Chesterfield, MO 63017-7122.

The pool is 25 yards with 8 lanes equipped with non-turbulent lane lines and electronic timing equipment. Six lanes will be used for competition; one lane will be available for warm-up and cool-down. 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.

Time: Saturday afternoon, March 12th, warm-up **1 pm**, meet starts **2 pm**, and Sunday morning, March 13th, warm-up begins at **8 am**, meet begins at **9 am**. Positive check-in is required for Event 1 (500 free) prior to 1:30 pm Saturday and Event 15 (1000 free) and Event 16 (1650 free) prior to 8:30 am Sunday.

Ozark LMSC Membership Meeting: A brief meeting of the Ozark LMSC general membership will be held during the second break on Saturday. All Ozark LMSC members are urged to be attentive at this time and vote on the important issues, such as 2017 LMSC membership fees, to be decided at this meeting.

The agenda will be posted at www.ozarkLMSC.org.

SLAM Membership Meeting: A brief meeting of the SLAM general membership will be held during the second break on Sunday. All SLAM members are urged to be attentive at this time and vote on the important issues, such as election of officers and the 2017 SLAM membership fees. The agenda will be posted at www.swimSLAM.org.

Eligibility: Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on March 13, 2016. Participants must be 2016 USMS members. You may apply for USMS membership at the meet if you so desire, but we prefer you apply for USMS membership online

<http://www.usms.org/reg/> prior to the meet. We are in the Ozark LMSC. One Event USMS registration (OEVT) of \$20 is also available at the meet, but OEVT membership is good only for this meet and does not qualify you to swim relays or to represent a club. Meet entries fees are in addition to the \$20 OEVT fee. OEVT member times are not recognized for records or Top Ten consideration, nor are they submitted to the USMS times database.

Conduct: The 2016 USMS rules will govern the conduct of the meet. All events will be timed finals. Participants will be limited to ten (10) individual events for the meet, no more than five (5) on any one day, in addition to relays. Events will be seeded slowest to fastest; genders may be seeded together at the discretion of the meet referee.

Relays: Fully completed relay entry cards will be accepted at the timing console table **BEFORE 1:30 pm** on Saturday for events 2 & 3; **BEFORE 2:30 pm** for events 8, 13, 14; **BEFORE 9:30 am** on Sunday for events 17-18; and **BEFORE 10:30 am** for events 23, 27, and 28. All relays will be deck seeded. Blank relay cards will be available at the check-in table and/or can be downloaded from the Ozark LMSC website. Unattached swimmers cannot swim on relays.

Fees: On-line entry will be available and is the preferred method. No email entries will be accepted. **The online meet entry fee is \$30 for one day participants or \$40 for two days. Mailed entries are \$35 for one day or \$50 for two days. Mailed entries must be accompanied by check and signed entry form and mailed to Mary Pohlmann, Meet Director, 405 Deer Lake Dr East, Carbondale, IL 62901.** Please make checks payable to **St Louis Area Masters Swimming, Inc.** Do not send a mailed entry if you have registered online. **Deck entries are \$40 for one day or \$55 for two days.** Swimmers participating only on relays must submit a signed entry form and pay the appropriate entry fee as above. **No cash please.** Bring proof of 2016 USMS membership or be prepared to pay for USMS registration at the meet.

Entry Deadline: Deadline for Online entries is midnight CST March 10th. Mailed entries must be received by March 10th or postmarked by March 8th. Call **Mary Pohlmann at 618-549-5077** if you do not receive email confirmation of your entry by March 11th. Questions: maryp@siu.edu

Deck entries for Saturday close at 1:30 pm, for Sunday at 8:30 am. To expedite deck entry check-in, please have your completed, signed paper entry form and completed check ready. **No deck entries are permitted for the 500 and the 1000 (Events 1 and 15).** These events will be pre-seeded. Deck entries for the 1650 will be accepted only if no new heats are required. You may swim both the 1000 and the 1650, but no extra rest will be provided.

Driving Directions:

From Interstate 64, going east or west, take Exit 19 B south onto Clarkson Rd (MO-340).

Drive about 2.5 miles south on Clarkson Rd. Marquette High School will be on the right. The pool is located in the north wing.

Closest accommodations:

Drury Plaza Hotel Chesterfield - St. Louis
355 Chesterfield Center, Chesterfield, MO
(636) 532-3300 · druryhotels.com

Hampton Inn-Chesterfield
16201 Swingley Ridge Road, Chesterfield, MO
(636) 537-2500 · hampton-inn.com

SpringHill Suites St. Louis Chesterfield
1065 Chesterfield Parkway East, Chesterfield, MO
(636) 519-7500 · marriott.com

Residence Inn St. Louis Chesterfield
15431 Conway Road, Chesterfield, MO
(636) 537-1444 · marriott.com

Homewood Suites St. Louis Chesterfield
840 North Chesterfield Pkwy West, Chesterfield, MO
(636) 530-0305 · homewoodsuites.com

DoubleTree by Hilton Hotel & Conference Center St. Louis
16625 Swingley Ridge Road, Chesterfield, MO
(636) 532-5000 · doubletree.com

Hilton Garden Inn St. Louis/Chesterfield
16631 Chesterfield Grove Road, Chesterfield, MO
(636) 532-9400 · hiltongardeninn.com

**2016 OZARK LMSC SC Yard Championship
ENTRY FORM**

Sanctioned by Ozark LMSC for USMS, Inc.

Name (as listed on 2016 USMS card):	Birth Date:	Age:	Gender:
Address:	Home Phone		
City:	State:	Zip:	Club Affiliation
2016 USMS Number (attach copy of card)	Email Address:		
Emergency Contact Name:	Emergency Contact Phone:		

EV	Seed Time	Saturday, March 12
1		500 Freestyle
		15 Minute Break*
2		200 Mixed Medley Relay
3		800 M/W Free Relay
4		100 Individual Medley
5		200 Backstroke
6		50 Freestyle
7		100 Butterfly
		15 Minute Break*
8		400 M/W Free Relay
9		100 Freestyle
10		50 Backstroke
11		100 Breaststroke
12		400 Individual Medley
13		200 Mixed Free Relay
14		400 M/W Medley Relay

EV	Seed Time	Sunday, March 13
15		1000 Freestyle
16		1650 Freestyle
		15 Minute Break*
17		200 M/W Medley Relay
18		800 Mixed Free Relay
19		50 Breaststroke
20		100 Backstroke
21		200 Butterfly
22		200 Individual Medley
		15 Minute Break*
23		400 Mixed Free Relay
24		200 Breaststroke
25		50 Butterfly
26		200 Freestyle
27		200 M/W Free Relay
28		400 Mixed Medley Relay

* 15 minute breaks are contingent on meet progress

Online entries, one day fee: \$30 or two days: \$40, deadline midnight March 10th CST.

Mailed entries, one day fee: \$35 or two days: \$50, must be received by March 10th or postmarked by March 8th

Deck entries, one day fee: \$40 or two days: \$55, deadline 1:30 pm Saturday, 8:30 am Sunday.

No deck entries are accepted for Ev. 1 (500 Free) and Ev. 15 (1000 Free). Deck entry for the 1650 will be permitted only if no new heats are required.

Total Enclosed \$ _____ Checks payable to **St. Louis Area Masters Swimming, Inc.**

Mail to Mary Pohlmann, 405 Deer Lake Dr East, Carbondale, IL 62901. Call 618-549-5077 if your entry is not confirmed by March 11th



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