



Inaugural Club Tribe Masters Classic
College of William & Mary Rec Center Pool
400 Brooks Street (at Compton Drive)
Williamsburg, VA 23186
(757) 221-3310

March 19, 2016

Welcome to the Inaugural Club Tribe Masters Classic! Prep for Colonies Zones and bid farewell to Winter at the College of William & Mary's sneaky-fast 8-lane pool. Test your team's sprinting prowess in the most thrilling relay of them all: the 100 (4 x 25) Medley Relay. Be a part of a new tradition of Masters Swimming on the Peninsula, graciously hosted by this historic institution's stellar varsity swimming teams and staff.

Sponsored By: Club Tribe Alumni (1693)

Sanctioned By: LMSC for Va. for USMS, Inc.

Meet Director : Kyle Ahlgren (clubtribealumni@gmail.com)

Meet Referee: TBD

Location: College of William & Mary Student Recreation Center Pool. Address: 400 Brooks Street (at Compton Drive), Williamsburg, VA 23186. Telephone number: (757) 221-3310. This is an 8-lane, 25-yard indoor pool with a fully electronic timing system. 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.

Parking: Ample parking is available in the William & Mary Hall parking lot, located at the corner of Brooks Street and Compton Drive. Please adhere to all posted parking regulations on campus.

Eligibility: The standard Masters age groups will be used. All swimmers must be registered with US Masters Swimming and must include a copy of their LMSC card if using paper entry.

Awards: All four swimmers on the fastest overall relay teams in each of the Women's, Men's and Mixed 100 Medley Relay will receive pewter Jefferson cups commemorating victory.

Entry Fees: \$8.00 per individual event plus a \$15.00 facility fee. Relays will be deck-entered and deck-seeded at no cost. Deck entries for individual events will be accepted at the discretion of the Meet Director at a cost of \$10.00 per deck entry.

On-Line Entries: ***On-line entries are strongly encouraged:*** www.clubassistant.com – meets are listed on the left side of the Club Assistant home page by date. The deadline for on-line entries is **Tuesday, March 15, 2016**. PLEASE NOTE: Your credit card will be charged by "ClubAssistant.com Events" for this swim meet.

Paper Entries: In order to be seeded, paper entries must be received by **Wednesday, March 9, 2016**. Entries received after the deadline will be accepted at the discretion of the Meet Director.

Relay Entry Deadlines and Seed Times: Relays will be deck-entered and deck-seeded. Relay cards for the 200 Free Relay are due at 2:50 PM. Relay cards for the 200 Medley Relay are due before the conclusion of the 100 Breaststroke. Relay cards for the 100 Medley Relay are due before the conclusion of the 400 IM. In the interest of fostering good competition, please seed your relays using your very best estimates of likely meet-day performances.

1,000 Freestyle Entry Limit, Check-In and Wait List: The 1,000 Free will be limited to the first twelve (12) entries received, whether on-line or by paper entry. **Positive in-person check-in for the 1,000 Free is required by 2:45 PM** on the day of the meet. Swimmers who are unable to enter the 1,000 Free because the entry limit has been reached may place themselves on a first-come, first-served wait list upon arriving at the meet. Swimmers granted entry in the 1,000 Free from the wait list must pay the \$8.00 individual entry fee. We will post the final 1,000 Free heat sheets at approximately 3:00 PM. If you need someone to count for you, please inform personnel at the timing table and we will endeavor to arrange for a counter.

Rules: Current USMS rules for Masters swimming will apply. No one will swim alone in a heat. For individual events, Women and Men will swim separately if warranted by meet size, but will otherwise be combined. For relays, Women, Men and Mixed relays will swim separately. Age groups will be combined. "NT" entries are discouraged, and will be seeded at the discretion of the Meet Director with reference to the swimmer's previous times in the event, if available. Swimmers without recorded times in an event should make a reasonable guess.

Warm-up/Warm-down Procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. There will be continuous warm-up/warm-down lanes available during the entirety of the meet; **ABSOLUTELY NO DIVING WILL BE PERMITTED IN THESE LANES ONCE THE MEET HAS BEGUN.** Instructions given by the designated Safety Marshall shall be obeyed at all times.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets and Meet Results will be posted at www.vaswim.org and will be sent by e-mail to meet registrants. Heat sheets will be e-mailed to meet registrants no later than Thursday, March 17, and will be posted at multiple locations on the pool deck.

Williamsburg Info and Lodging: Spring often visits Williamsburg early, and the Merchants Square Farmer's Market will be in full swing. There are myriad hotel, motel and B&B options in all price ranges a short distance from the pool. Good resources for local lodging include: www.colonialwilliamsburg.com/stay and www.bandbwilliamsburg.com/.

Saturday Evening Swimmers' Social: Swimmers, supporters and friends are encouraged to gather informally immediately following the conclusion of the meet for repast and revelry at the Green Leafé Café, 765 Scotland Street, Williamsburg, VA 23185.

Questions: If you have questions, please feel free to contact Meet Director Kyle Ahlgren at (202) 957-3936 or clubtribealumni@gmail.com.

100 Medley Relay: The 100 Medley Relay is NOT USMS-sanctioned and is therefore an unofficial race. Results for that race will, however, be included in the meet results e-mailed to meet registrants. Unattached swimmers and swimmers on smaller teams are free to coordinate and assemble 100 Medley Relays.

On-line entries strongly encouraged!

Online entries close *March 15!*

Enter online at: www.ClubAssistant.com

(search for the meet by date on the left of the Club Assistant home page)

Paper entries are due by **March 9th** for seeding.

Note that your paper entry must contain three (3) pages: this page, the Payment Information Page and the waiver page. Your paper entry must also enclose a copy of your USMS registration card, which can be retrieved at www.usms.org/reg/getcard.php.

Please provide the following information:

Name:	Sex:	USMS Reg. No.:
Address:		
City:	State:	Zip Code:
E-Mail Address:		
Age as of 3/19/2016:	M or F (circle)	Birthdate (Mo/Day/Yr):
LMSC:	Club:	Phone:

ENTRY FORM

Warm-Up: 2:00PM – 2:55 PM / Meet Begins at 3:00 PM

#	<u>Event</u>	<u>Seed Time</u>
1-3	200 Free Relay (Women, Men and Mixed)	DECK ENTERED
4-5	200 IM (Women, Men)	
6-7	50 Back (Women, Men)	
8-9	100 Butterfly (Women, Men)	
10-11	100 Breaststroke (Women, Men)	
12-13	1,000 Free (Women, Men)	
14-16	200 Medley Relay (Women, Men and Mixed)	DECK ENTERED
17-18	100 Free (Women, Men)	
19-20	100 IM (Women, Men)	
<i>10-Minute Break</i>		
21-22	200 Free (Women, Men)	
23-24	50 Butterfly (Women, Men)	
25-26	50 Breaststroke (Women, Men)	
27-28	100 Back (Women, Men)	
29-30	400 IM (Women, Men)	
31-32	50 Free (Women, Men)	
<i>10-Minute Break</i>		
33-35	100 Medley Relay (Women, Men and Mixed)	DECK ENTERED

PAYMENT INFORMATION

ENTRY FEES	
Total Events ____ x \$8.00:	
Facility Fee:	\$15.00
TOTAL AMOUNT ENCLOSED:	

**Make checks payable to:
Club Tribe Masters Swimming LLC**

Questions? Contact Kyle Ahlgren – (202) 957-3936;
clubtribealumni@gmail.com.

**Mail Paper Entry To:
Kyle Ahlgren
1526 17th Street NW APT 402
Washington, DC 20036**

***A COPY OF YOUR USMS REGISTRATION CARD MUST BE
ENCLOSED FOR YOUR PAPER ENTRY TO BE ACCEPTED***



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