**Central Washington University Masters presents**

**Inland Northwest LMSC Championship**

**Saturday, April 2nd and 3rd, 2016**

**Date/Times**: Saturday and Sunday, April 2nd and 3rd , 2016. Warm-up starts at 9:00am, Meet starts at 10:00 am on both days. (Second warm-up for Saturday starts around 12:00pm)

**Sponsor**: Central Washington University Swim Club. Sanctioned by [Inland Northwest Masters Swimming](http://www.inlandnwmasters.org/) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number is 356-S002.

**Facility:** Central Washington University’s Aquatic Facility. 25 yard competition pool with 10 lanes and automatic timing system. Dedicated 2 lanes of the pool for warm up/down. Locker rooms adjacent to pool deck. Spectator balcony.

**Eligibility**: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: [www.usms.org/reg](http://www.usms.org/reg%22%20%5Ct%20%22_blank).

**Rules**: 2016 USMS rules will apply. Available at [www.usms.org/rules/](http://www.usms.org/rules/) and at the meet. Certified stroke and turn judges will be present. Events will be seeded slow to fast.

**Fees**: $40 for entries.

**Entries:** Paper entries: Make payment by check/money order payable to **CWU Swim Club**. **Cash will not be accepted.** Mail to:

**711 E 18th Ave. Unit I-5 Ellensburg, WA 98526**

Online entries (preferred): $40 will be charged to a credit card. The charge on your card will be from "ClubAssistant.com Events" for this meet. Visit [**www.inlandnwmasters.org**](http://www.inlandnwmasters.org)for entry link.

**Deadlines**: All paper entries must be postmarked by Saturday, March 26th. Online meet entry closes Tuesday, March 29th at 11:59pm PST.

**Conduct of the meet**: Each participant may swim six individual and three relay events. No more than five individual events per day.

**Relays**: Submit relay cards to the Clerk of Course by event #4 200 butterfly and event #10 200 breast stroke for Saturday, and event #20 50 butterfly and event #28 200 backstroke on Sunday. Individuals must be signed up with the club they represent to have their relay points count for that club.

**Awards**: First-Third place ribbons will be available.

**Food:** There will be concessions sold.

**Saturday Social**: The Inland NW Local Masters Swimming Committee will hold its annual membership dinner meeting on the evening of Saturday, April 2nd in Ellensburg. All members and guests are invited to attend regardless of participation in the meet. More details to be published at [www.inlandnwmasters.org](http://www.inlandnwmasters.org)

**Directions**: **1a.** From I-90 heading either east or west take exit 106. **2.** Continue straight on University Way. **3.** Take a left on D St, continue to the second stop sign on E Dean Nicholson Blvd and take a right. **4.** Take a left onto N Walnut St and parking will be to the left right out side of the Aquatic Facilities (boxy brick building next to the football field and Dorothy-Purser Hall)

**Accommodations:** Nearby hotels are the Hampton Inn, Holiday Inn, Comfort Inn, Quality Inn, Best Western, Days Inn, and Motel 6.

**QUESTIONS:** Contact Meet Director Jaegger Olden at (360) 591-5521 before 9pm PST or email oldenj@cwu.edu. Assistant Meet Director is Sarah Olden at (360) 589-9548 and can also answer any questions or requests.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City, State, Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club/Team \_\_\_\_\_\_\_\_\_

Enter events using yard times ● Maximum of 6 individual and 3 relay events ● 5 Individual races max for each day

**Saturday April 2nd warm up at 9:00am**

1) 400 Ind. Medley \_\_\_\_\_\_\_\_\_

2) 1650 Freestyle \_\_\_\_\_\_\_\_\_

**Second Warm-up at Approx. 12:00 pm**

3) 50 Backstroke \_\_\_\_\_\_\_\_\_

4) 200 Butterfly \_\_\_\_\_\_\_\_\_

5) 100 Freestyle \_\_\_\_\_\_\_\_\_

6) *200 Mixed Medley Relay*

7) *400 Mixed Medley Relay*

8) 100 Backstroke \_\_\_\_\_\_\_\_\_ 9) 50 Freestyle \_\_\_\_\_\_\_\_\_

 10) 200 Breaststroke \_\_\_\_\_\_\_\_\_

 11) 200 Ind. Medley \_\_\_\_\_\_\_\_\_

 12) *200 Freestyle Relay Women*

 13) *200 Freestyle Relay Men*

 14) *400 Freestyle Relay Women*

 15) *400 Freestyle Relay Men*

 16) *800 Freestyle Relay Women*

 17) *800 Freestyle Relay Men*

**Sunday April 3rd warm up at 9:00am**

 18) 500 Freestyle \_\_\_\_\_\_\_\_\_

19) 100 Breaststroke \_\_\_\_\_\_\_\_\_ 20) 50 Butterfly \_\_\_\_\_\_\_\_\_ 21) 200 Freestyle \_\_\_\_\_\_\_\_\_

22) *200 Medley Relay Women* 23) *200 Medley Relay Men* 24) *400 Medley Relay Women*

25) *400 Medley Relay Men*

26) 100 Ind. Medley \_\_\_\_\_\_\_\_\_

27) 50 Breaststroke \_\_\_\_\_\_\_\_\_

28) 200 Backstroke \_\_\_\_\_\_\_\_\_

29) 100 Butterfly \_\_\_\_\_\_\_\_\_

30) *200 Mixed Freestyle Relay*

31) *400 Mixed Freestyle Relay*

32) *800 Mixed Freestyle Relay*

33) 1000 Freestyle \_\_\_\_\_\_\_\_\_

You must read/sign the Participant Waiver (pg. 2) to enter the meet

 **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.

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| --- | --- | --- | --- | --- |
| 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***