

Event #	Event	Gender	Entry (✓)	Time	Session & Day
1	800 Free Relay	MIXED	XXXXXX	XXXXXXX	Session I - Friday
2	400 IM	Women			Session I - Friday
3	400 IM	Men			Session I - Friday
4	1650 Freestyle	Women			Session I - Friday
5	1650 Freestyle	Men			Session I - Friday
6	500 Freestyle	Women			Session II- Saturday
7	500 Freestyle	Men			Session II- Saturday
8	800 Free Relay	Women	XXXXXX	XXXXXX	Session II- Saturday
9	800 Free Relay	Men	XXXXXX	XXXXXX	Session II- Saturday
10	400 Medley Relay	MIXED	XXXXXX	XXXXXX	Session III- Saturday
11	200 Backstroke	Women			Session III- Saturday
12	200 Backstroke	Men			Session III- Saturday
13	100 Breaststroke	Women			Session III- Saturday
14	100 Breaststroke	Men			Session III- Saturday
15	50 Freestyle	Women			Session III- Saturday
16	50 Freestyle	Men			Session III- Saturday
17	100 IM	Women			Session III- Saturday
18	100 IM	Men			Session III- Saturday
19	400 Free Relay	Women	XXXXXX	XXXXXX	Session III- Saturday
20	400 Free Relay	Men	XXXXXX	XXXXXX	Session III- Saturday
21	200 Medley Relay	MIXED	XXXXXX	XXXXXX	Session III- Saturday
22	100 Butterfly	Women			Session III- Saturday
23	100 Butterfly	Men			Session III- Saturday
24	50 Breaststroke	Women			Session III- Saturday
25	50 Breaststroke	Men			Session III- Saturday

26	200 Freestyle	Women			Session III- Saturday
27	200 Freestyle	Men			Session III- Saturday
28	400 Medley Relay	Women	XXXXXX	XXXXXX	Session III- Saturday
29	400 Medley Relay	Men	XXXXXX	XXXXXX	Session III- Saturday
30	1000 Freestyle	Women			Session IV- Sunday
31	1000 Freestyle	Men			Session IV- Sunday
32	400 Free Relay	MIXED	XXXXXX	XXXXXX	Session V- Sunday
33	200 Breaststroke	Women			Session V- Sunday
34	200 Breaststroke	Men			Session V- Sunday
35	50 Butterfly	Women			Session V- Sunday
36	50 Butterfly	Men			Session V- Sunday
37	100 Backstroke	Women			Session V- Sunday
38	100 Backstroke	Men			Session V- Sunday
39	200 Medley Relay	Women	XXXXXX	XXXXXX	Session V- Sunday
40	200 Medley Relay	Men	XXXXXX	XXXXXX	Session V- Sunday
41	100 Freestyle	Women			Session V- Sunday
42	100 Freestyle	Men			Session V- Sunday
43	200 Butterfly	Women			Session V- Sunday
44	200 Butterfly	Men			Session V- Sunday
45	50 Backstroke	Women			Session V- Sunday
46	50 Backstroke	Men			Session V- Sunday
47	200 IM	Women			Session V- Sunday
48	200 IM	Men			Session V- Sunday
49	200 Free Relay	MIXED	XXXXXX	XXXXXX	Session V- Sunday
50	200 Free Relay	Women	XXXXXX	XXXXXX	Session V- Sunday

51	200 Free Relay	Men	XXXXXX	XXXXXX	Session V-Sunday
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2016 USMS South Central Zone Championships

Meet Entry Form

Name: _____

Date of Birth: _____

Age as of 4/8/16: _____ Gender: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: (____) _____

USMS #: _____

Team Name: _____ Abbreviation: _____

Event limit is 5 individual events per day and 2 relays per day. List best recent short course yards times in the space provided, use a 'NT' if you have no time for an event. Relays will be entered on the day that they are scheduled to swim. Please see deadline in the meet announcement for paper and online entries. Deck entries will not be allowed for this meet. Please also check corresponding day and session.

Entry Fees:

\$50.00- All three sessions _____

\$25 for one session _____

T-shirt (\$15) _____ Size: _____ (Adult sizes)

If you submit a paper entry, you must include your completed and signed meet entry form, a copy of your current USMS Membership card, and a check in the appropriate amount made payable to 'Texas

Ford Aquatics'. Mail paper entries to:

Lindsay Kenney, Texas Ford Aquatics, 8353 Legacy, Frisco, Texas 75034.

****Must sign attached USMS waiver****

ARTICIPANT 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