



ILLINOIS MASTERS SWIM ASSOCIATION (ILMSA)
2016 SHORT COURSE STATE CHAMPIONSHIP
Friday April 15 – Sunday, April 17, 2016
Sanction by Indiana LMSC for USMS Inc. Sanction #166-S002

Location: Munster H.S. Aquatic Center, 8808 Columbia Ave., Munster, IN 46321

[Meet Host Website](#) / [Event Page \(Meet Info\)](#) / [Entry website](#)

Facility: 10 Lane, 25 yd. by 25 yd. competition pool. Minimum (4) lanes for warm-up/cool down. Deck seating for competitors; elevated spectator seating for up to 800. Colorado Timing system (6) / Meet Manager 6.0. Men's and Women's locker rooms are adjacent to the pool deck. Vending done by Swim-Ville USA. Parking is around Munster HS in (3) different lots including Middle School parking and Community Park lots.

Rule 202.1.1A(4) 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.

Eligibility: Proof of 2016 USMS registration which is offered at the time of online entry. Age as of the last day of the meet shall determine age for the entire meet. Swimmers entering the 400 IM, 500 Free and 1000 Free must have an ILMSA provable time achieved within the previous 2 years. Please use page 4 to submit a certified practice within the required time that must be signed by a coach. Entered times must be accurate.

Entry Limit: Swimmers may enter and swim no more than 4 individual and 3 relay events a day. No swimmer may compete in more than 9 individual events (nor more than 5 relays) for the entire meet.

Entry Procedures: Online entry is preferred. Illinois Masters will have an exclusive period from 2/22/16 (6pm) to 3/3/16 (6pm) for entering the meet. All other swimmers may enter the ILMSA State meet starting at 6pm on 3/3/16. The online deadline is April 5, 2016, 10:00 PM CDT. All paper entries must use the ILMSA consolidated multi-day entry form and be postmarked between February 22, 2016 and March 31, 2016. Distance events will fill up online so paper entries will not suffice. Please mail paper entries to: **Matt Lee, 242 Briar Lane, Munster, IN 46321**

Checks should be made out to “**Munster Swim Club**”. No late entries will be accepted.

Entry fees: \$25 swimmer surcharge, plus \$4 per individual event, for relay only swimmers 35.00 meet charge. T-shirts will be for sale for \$10 each. Relay fees will be \$10 each submitted relay payable on deck at time of entry.

Events: All events are timed-final events. Events are offered in age categories as per rule: 102.3.1 and swum slowest to fastest. The 400IM and 500 Freestyle will be limited to the first (128) entries and 1000 Freestyle will not have an entry limit.



Hospitality information: There will be Coach and Official Hospitality ALL weekend. Multiple vendors will be available outside pool area for all swimmers/attendees.
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Relay Events: Relay forms will be available at the scorer's table all weekend. See rule 102.9.8 regarding relay limits. A completed form with a \$10 payment must be turned into the scorers' table along with entry form in order to be entered into a relay. You SHOULD indicate your relay availability via the online entry. Each day's relay cards/entries are due the day prior to the start of each relay. (Modifications can be made the day of each relay)

Seeding: All events except the 400 IM, 500 and 1000 Free will be pre-seeded. Swimmers entered in these events must check in to declare their intent to swim. Swimmers who do not check in for those events by the published deadlines will be scratched from those events. These check-in sheets will be in the HALLWAY OUTSIDE THE LOCKER ROOMS EACH DAY. Pools are separated by gender for all individual events and men/women relays will be swum in the north competition pool ONLY.

Check-In: Swimmers may check in for distance events online or at the meet.
Positive check-in for the 1000 closes by 4:00 p.m., Friday April 15, 2016
Positive check-in for the 400 IM closes at 8:00 a.m. Saturday, April 16, 2016
Positive check-in for the 500 Free closes at 8:00 a.m. Sunday, April 17, 2016

Competition Pool Warm-up Hours: (all times are CDT)

Friday, April 15, 2016 3:20 pm– 4:10 pm Meet begins at 4:15 pm

Saturday, April 16, 2016 7:00 am– 8:20 am Meet begins at 8:30 am

Sunday, April 17, 2016 7:00 am– 8:20 am Meet begins at 8:30 am

(4) Lanes are available for warm-up/cool down continuously through the meet.

Warm-up Procedures: Swimmers must enter the pool feet first in a cautious and controlled matter. No diving or backstroke starts will be allowed, except in designated sprint lanes starting at specific times each morning. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool ONLY. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3.) Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.

Scoring: Individual Events: 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 / Relays: 22, 18, 16, 14, 12, 10, 8, 6, 4, 2

Awards: Individual: Medals Places 1-3, Ribbons 4-10 Relays: Ribbons 1-3

High Point Award: One male and female (each age group)

Team Trophy: Trophies 1-10 - For ILSMA member only clubs and teams.



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Order of Events:

(Pools will be separated Men/Women with the exception of RELAYS only, which will be swum in the NORTH competition pool)

FRIDAY-APRIL 15, 2016 **3:20 warm-up 4:15 Start**

1M/2W 1000 Freestyle

SATURDAY-APRIL 16, 2016 **7:00 warm-up, 8:30 Start**

Women-Deep Pool Men-Main Pool

3W/4M	400 I.M.	
5	200 Mixed Medley Relay	<input type="checkbox"/> (Check if available for this event)
6W/7M	400 Free Relay	<input type="checkbox"/> (Check if available for this event)
8W/9M	100 IM	
10W/11M	200 Free	
12W/13M	50 Breast	
14	400 Mixed Medley Relay	<input type="checkbox"/> (Check if available for this event)
15W/16M	100 Fly	
17W/18M	200 Breast	
19W/20M	50 Free	
21W/22M	100 Back	
23	200 Mixed Free Relay	<input type="checkbox"/> (Check if available for this event)

Sunday-April 17, 2016 **7:00 warm-up, 8:30 Start**

Women-Main Pool Men-Deep Pool

24W/25M	500 Free	
26W/27M	200 Medley Relay	<input type="checkbox"/> (Check if available for this event)
28	400 Mixed Free Relay	<input type="checkbox"/> (Check if available for this event)
29W/30M	50 Back	
31W/32M	200 Fly	
33W/34M	100 Free	
35W/36M	200 IM	
37W/38M	400 Medley Relay	<input type="checkbox"/> (Check if available for this event)
39W/40M	50 Fly	
41W/42M	200 Back	
43W/44M	100 Breast	
45W/46M	200 Free Relay	<input type="checkbox"/> (Check if available for this event)



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Please use this form as proof of **performance if submitting a seed time that is achieved in an organized practice.** Swimmer must either split a lane or swim by themselves so as to achieve no draft. Please note this is not required if entering a USMS valid swim time in the past 2 years.

Split Sheet – Organized Practice

Swimmer Name _____ USMS# _____

Club _____ Workout Group _____

Coach's Name _____

Event (please circle): 1000 FR, 500 FR, 400 IM Course (please circle): 25 y, 25 m, 50 m

Please record the 50 splits for this event.

Distance	Splits: _____
50	
100	
150	
200	
250	
300	
350	
400	
450	
500	
550	
600	
650	
700	
750	
800	
850	
900	
950	
1000	



U.S. MASTERS SWIMMING

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	