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**2016 Medina Masters Sprint Spectacular  
Medina Natatorium - Medina, Ohio  
Short Course Meters  
Sunday, April 17, 2016**

USMS Sanction # 176-S003

- DATE:** **Sunday, April 17, 2016.** Warm-ups start at 9:00 a.m. Event #1 will start at 10:00 a.m. Deck entries should be in no later than 9:30 a.m.
- LOCATION:** The natatorium is located at the **Medina Recreation Center at 855 Weymouth Rd. (Route 3) Medina, Ohio 44256.** Follow the signs to parking lots "E" and "F". Enter the pool through entrance "F5".
- Directions from I-71 southbound: Take Exit 222 (Route 3). Take a right at the bottom of the ramp. Continue south for 4 miles until you reach the Medina Recreation Center. Turn right into parking lot and follow signs to parking and entrance.
- Directions from I-71 northbound: Take Exit 218 (Route 18). Take a left at the end of the ramp. Continue west for 3 miles until you reach Foote Road. Turn right on Foote Road. Continue north for 2 miles to Weymouth Road. Turn left on Weymouth Road (Route 3). Continue on Weymouth Road for 1 mile to Medina Recreation Center. Turn right into parking lot and follow signs to parking and entrance.
- POOL:** The pool has eight lanes (25 meters) with anti-turbulent lane lines and automatic timing. An adjacent separate pool will be available for warm-up and cool down during the meet.
- 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:** 2016 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, all swimmers must be registered U.S. Masters Swimmers. Applications for 2016 registration will be available at the meet (\$40.00). Please send a copy of your USMS card with your entry form. Only swimmers entered in the meet can participate in relays. Limit 5 individual events.
- AGE GROUPS:** **Age of competitors on December 31, 2016 will determine age group.** Age groups are: 18-24, 25-29, 30-34, ..., 80-84, 85-90, etc.
- AWARDS:** Individual and Relay events: First, second, and third-place ribbons.
- DEADLINE:** **Pre-registration Entries must be received by April 14, 2016.** Deck entries for individual events will be accepted until 9:30 a.m. on Sunday.
- FEES:**
- |                            |             |
|----------------------------|-------------|
| <b>Pre-Registration</b>    | <b>\$25</b> |
| <b>Preregistration 60+</b> | <b>\$20</b> |
| <b>Deck Entries</b>        | <b>\$35</b> |
- Fees must accompany entry forms. Maximum 5 events not counting the relays. There is no charge for relay entries. Relays can only be deck entered. This includes the timing surcharge. Make checks payable to **MRST** and mail to: **MRST c/o Amro Hassan, 1006 Lakeshore Walk, Medina, OH 44256 (or Register on line).**
- MEET DIRECTOR:** Amro Hassan - email [amro.hassan@contmidgroup.com](mailto:amro.hassan@contmidgroup.com)

**ENTRY FORM**  
**2016 Medina Masters Sprint Spectacular (SCM)**  
**Medina Natatorium – Medina, Ohio**  
**Sunday, April 17, 2016**

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ USMS# \_\_\_\_\_

Event #1 starts at 10:00am (Warm up starts at 9:00am)

- 1. 200 m Freestyle \_\_\_\_\_
- 2. 50 m Backstroke \_\_\_\_\_
- 3. 100 m Breaststroke \_\_\_\_\_

10 minute break

- 4. 50 m Butterfly \_\_\_\_\_
- 5. 200 m Freestyle Relay XXXXXXXXXXXX
- 6. 50 m Freestyle \_\_\_\_\_

10 minute break

- 7. 100 m Backstroke \_\_\_\_\_
- 8. 50 m Breaststroke \_\_\_\_\_
- 9. 100 m Individual Medley \_\_\_\_\_

10 minute break

- 10. 100 m Freestyle \_\_\_\_\_
- 11. 200 m Medley Relay XXXXXXXXXXXX
- 12. 100 m Butterfly \_\_\_\_\_

<b>ENTRY FEES:</b>	<b>Pre-registration</b>	<b>\$25</b>
	<b>Pre-reg, Age 60+</b>	<b>\$20</b>
	<b>Deck Entry</b>	<b>\$30</b>

All proceeds from the swim meet will go to the Medina Makos Rec Swim Team.

**DEADLINE: Thursday, April 14, 2016.** Make checks payable to MRST.  
Mailing address: MRST c/o Amro Hassan, 1006 Lakeshore Walk, Medina, OH 44256  
Please include a copy of your **USMS card** and **Waiver** with your entry form. (3 documents total)

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*Release by Participant from Liability:*  
US Masters Swimming has a new Waiver policy as of July 2014. For this, the attached waiver (next page) must be completed and signed for EVERY entrant.

Signature: \_\_\_\_\_ Date \_\_\_\_\_  
Sanctioned by Lake Erie LMSC for USMS, Inc. Sanction # 176-S003



## 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	