

ENTRY FORM
2016 WOLLER ABSC / GEORGIA MASTERS LONG-COURSE MEET
2016 GEORGIA LONG COURSE METERS STATE CHAMPIONSHIP
GABRIELSEN NATATORIUM AT THE UNIVERSITY OF GEORGIA

June 4, 2016

USMS SANCTION: **456-L001**

Date and Time: June 4, 2016: Warm-ups in the competition pool will be available from 9:00-9:50am. The diving well will be available for warm-up from 9:00am until 30 minutes after the end of the meet. The meet begins at 10:00am.

Location: Gabrielsen Natatorium, University of Georgia, 330 River Road, Athens, GA 30602, 706-542-5060

Meet Director: Craig Page craigwpage@gmail.com 706-461-8288

Facility: The Gabrielsen Natatorium is a state-of-the-art indoor facility with three pools, which was dedicated in 1996. The natatorium has three separate pools: a 50-meter competition pool with two movable bulkheads, ranging in depth from 8 ft to 9ft; a diving pool; and an instructional and recreational pool. All lanes feature non-turbulent lane lines and starting blocks. One 50 meter 8-lane course will be used for this competition. At least 4 lanes for continuous warm-down will be available in the diving well. 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. Total seating is 2,000.

Eligibility: Participants must be registered Masters Swimmers and at least 18 years of age as of June 4, 2016. Swimmers turning 18 after the meet entry deadline and by June 4, 2016 must enter the meet by the meet entry deadline and register for USMS either before or June 4. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local Masters Swimming Committee. If there are questions about affiliation, the swimmer will be entered with the affiliation "UC45."

Age Groups: Age for the meet is determined as of December 31, 2016, except for 18-year-olds, who must be 18 by June 4, 2016. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five-year increments as high as necessary). Relay events: 18+, 25+, 35+, 45+, etc. (10-year increments as high as necessary, determined by the age of the youngest relay member).

Seeding: One course will be used for all the events. All swimmers will be seeded in mixed heats for each event, slowest to fastest by entry time, regardless of age or gender.

Meet Roster: A meet roster, including name, age, gender, and club, will be available at the meet and emailed to all participants who provided an email address prior to the meet.

Warm-up Procedure: Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes will 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, kickboards, fins, hand paddles, and snorkels are not allowed in the competition or warm-up pools.

Scratches: Any swimmer failing to report to the proper lane in the correct heat of an event will be scratched from that event and will not be permitted to swim that event at another time.

Entry Forms: Read all instructions and fill out the form completely. Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except for 18-year-olds who turn 18 after the meet entry deadline, but before the first day of the meet, who must enter the meet by the meet entry deadline, but may register for USMS either before or on June 4). A swimmer whose club affiliation differs from what is listed on his or her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

Fees: Fees are \$40 per individual for a maximum number of five (5) individual events per swimmer. Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. Do not mail cash. The entry is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. No refunds will be given for events not swum. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be made payable to "Craig Page".

Entry Deadline / Mail Entry / Deck Entries: Completed entries (Entry form, signed waiver, copy of USMS card, and fee) must be received by May 27, 2016 to be seeded appropriately at the meet. Entries received after May 27, 2016 and before June 4, 2016 will be processed as a deck entry. Deck entries will be accepted the day of the meet until 9:30am. Deck entries will only be permitted in open lanes. New heats will not be created to accommodate late entries.

No telephone entries will be accepted. Mail paper entries early. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification.

Mail paper entries to: Craig Page, 801 Baxter St Apt B3, Athens, GA 30605

Number of Events: Competitors may enter up to five individual events and three relays.

Relay Information: Relays will be entered on the day of the meet by the deadline time announced. Relay-only swimmers (i.e., not entered in an individual event) must have entered the meet and paid the fee by the meet entry deadline or as a deck entry. Each competitor is allowed to swim a maximum of three relays. Relay entries will be submitted to the meet director. Each of the four members of any relay team must be registered with the same Masters club.

Scoring/Awards: Individual Events: 9-7-6-5-4-3-2-1. Relays: 18-14-12-10-8-6-4-2.

Team scoring will be tabulated by workout group for Georgia teams and by club for all out of state teams.

Ribbons will be available for pickup for first through third places in each age group with result labels. Unclaimed awards will not be mailed.

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NAME _____ SEX _____
 AGE on 12/31/2016 _____ BIRTH DATE _____
 ADDRESS _____ CITY _____
 STATE _____ ZIP _____ PHONE _____
 USMS# _____ (Include a copy of your card) E-Mail _____
 TEAM NAME _____ TEAM ABBREVIATION _____

(UC## = unattached; GAJA use local chapter or club name)

Enter your events and seed times on this form

SATURDAY June 4, 2016 **Warm-ups: 9:00 A.M.** **Meet 10:00 A.M.**

	EVENT	SEED TIME		EVENT	SEED TIME
1.	400 m. Freestyle	_____	10.	200 m. Indiv. Medley	_____
2.	200 m. Butterfly	_____	11.	100 m. Breaststroke	_____
3.	400 m. Free Relay	Deck Entries	12.	50 m. Backstroke	_____
4.	100 m. Backstroke	_____	13.	100 m. Butterfly	_____
5.	50 m. Freestyle	_____	14.	200 m. Free Relay	Deck Entries
6.	200 m. Breaststroke	_____	15.	200 m. Freestyle	_____
7.	200 m. Medley Relay	Deck Entries	16.	50 m. Breaststroke	_____
8.	50 m. Butterfly	_____	17.	200 m. Backstroke	_____
9.	100 m. Freestyle	_____	18.	400 m. Medley Relay	Deck Entries

Swimming Fees: \$40 for up to 5 individual events
 (Relays will be deck entered at the meet)
 Mail a copy of your USMS card with this entry form

Entry Deadline: May 27, 2016
 Meet Director: Craig Page (craigwpag@gmail.com)
 Make checks payable to: **Craig Page**
 Mail to: Craig Page
 810 Baxter Street
 Apt B3
 Athens, GA 30605

You must sign the waiver on the back!



**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	

Directions to Gabrielsen Natatorium/Ramsey Center/UGA Campus

Access to Ramsey Center via I-20 (from Birmingham)

Take I-20 east until you reach Exit 82 (State Route 138 at Conyers). Turn left onto SR 138 at the light. Continue for approximately 20 miles where SR 138 will merge into US Highway 78 east. Continue on US 78 east for 18 miles and turn right onto SR 316. Go approximately 4 miles until you reach the Athens Bypass (State Route 10 Loop) southbound. Take College Station Road Exit and turn left. Then turn right onto River Road. The parking lot and parking deck will both be on the left.

Access to Sanford Stadium via I-20 (from Augusta)

Take I-20 west and exit at US Highway 78 north (west) to Athens. Continue on US 78 to Athens. Turn left onto the Athens Bypass (State Route 10 Loop). Exit onto College Station Road and turn right at the bottom of the ramp. Then turn right onto River Road. The parking lot and parking deck will both be on the left.

Access to Sanford Stadium via I-85 (from Atlanta)

Take I-85 North to State Route 316 (signs to Athens). Continue on SR 316 approximately 40 miles. Turn right on the Athens Bypass (State Route 10 Loop) southbound (signs to UGA). Take College Station Road exit and turn left. Then turn right onto River Road. The parking lot and parking deck will both be on the left.

Access to Sanford Stadium via I-85 (from Greenville)

Take I-85 south to Highway 106 (Exit 166). Follow the road to Athens (no turns) where it becomes Danielsville Road and then North Avenue. Continue into downtown Athens on North Avenue which will become Thomas Street and then East Campus Road. Turn left onto College Station Road and then left onto River Road. The parking lot and parking deck will both be on the left.

