

EASTERN EXPRESS SWIM TEAM
hosts
5th Masters Meet
at
THE COLLEGE OF NEW JERSEY

<u>Meet Dates</u>	Saturday & Sunday, June 4-5, 2016.
<u>Meet Sanction</u>	Sanctioned by New Jersey Masters for USMS Inc. #: 076-S001
<u>Meet Director</u>	Michael Randazzo. Michael.Randazzo87@gmail.com (908) 448-8476
<u>Meet Referee</u>	Sunday Carl Nielsen, Saturday TBD (possibly Carl, possibly Perry Novak)
<u>Location</u>	The College of New Jersey, Packer Hall Aquatic Center. 2000 Pennington Road, Ewing, NJ, 08268.
<u>Parking</u>	Ample parking will be available in on-campus garages and lots on both days of the competition. All parking areas are located on TCNJ's closed-campus within a 5-minute walk of the natatorium.
<u>About the Venue</u>	TCNJ is proud to unveil its brand new LED Video Scoreboard, accompanied by the latest in Omega Timing Systems. This meet will mark the first 'official' use of the new board, and the TCNJ Lions' Community looks forward to many years of seeing fast times displayed in style! The TCNJ Aquatic Center boasts a beautiful eight-lane, 25-yard competition course, complete with starting blocks, new non-turbulent competition lane-lines, and overflow gutters. The pool depth is 6.5ft (starting end) and 4.5ft (turn end) In addition, there will be four 22-yard warm-down lanes available in the diving well throughout the meet for athlete warm-up and cool-down.
<u>USMS Disclaimer</u>	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. We take this matter seriously, and make sure to measure before and after each session. There have been National Records set at previous EEX Masters Meets, so we are accustomed to the protocol and follow it exactly.
<u>Eligibility</u>	This meet is open to all 2016 USMS-Registered Athletes. A swimmer's age for this meet will be determined by his/her age as of June 4, 2016. A copy of your current USMS registration card must accompany swimmers' entry forms to corroborate membership. This will be done automatically for those entering online.
<u>USMS</u>	The 2016 USMS Swimming Rules and USMS Handbook will apply to and govern this competition If you have lost or misplaced your USMS card, simply log on to www.usms.org/reg for an e-mailed copy of your card Need to register with USMS to participate? Go to: http://www.usms.org/reg/ to signup!
<u>Entry Limits</u>	Swimmers may enter a maximum of five (5) individual events per day and two (2) relay events per day. Note that events 400 Yards and longer will be contested in separate sessions with their own additional warm-up periods.
<u>Entry Times</u>	All entry times should be submitted in Short Course Yards . 'NT' or 'No Time' entries will NOT be permitted. Swimmers should provide actual OR estimated entry times for all events; no official "proof of time" will be required. Unsure of your Short Course Yard Times? Use this handy time conversion utility at: www.swimmingworldmagazine.com/results/conversions.asp
<u>Individual Event Entry Deadline</u>	All Online Entries due by 11:59PM EST on Tuesday, 05/31/2016.(PREFERRED) All mailed-in entries must be post-marked by 05/24/2016 No faxed or deck entries will be accepted for individual events.

<u>Relay Entry</u>	<p>Relays may be deck-entered at the meet. Entry forms will be available before and during warm-up, and will be due 30 minutes prior to the start of the session.</p> <p>Relays wishing to enter in advance may do so by having one “spokesperson” e-mail the Meet Director and provide Team Name, Event(s), and Entry Time. It is NOT necessary to declare the age of your relay or names of its members in advance – just having the basics in the system will go a long way toward saving time and confusion on race day!</p>
<u>Entry Fees</u>	<p>\$40 per day flat rate Entry Fee (covers up to five (5) individual events per day)</p> <p>\$10 per Relay Team per Event</p> <p>Online Entries: Credit Card Payment ; Make Checks Payable to: <u>Express Sports Inc.</u></p>
<u>Online Entry</u> (PREFERRED)	<p>EEX strongly encourages and prefers that you utilize our Online Event Registration to ensure that your entries and USMS Membership are quickly and accurately processed.</p> <p>Online Entries open at 9:00AM EST on Tuesday, May 17th, 2016, and close 11:59PM EST Tuesday, May 31st, 2016. https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=8021</p> <p>USMS Registration Info will be verified automatically, no need to send copy of USMS Card.</p> <p>You will need a credit card on hand to satisfy the meet fees upon completion of your entry form.</p>
<u>Mail-In Entries</u>	<p>*Download Entry Form (Microsoft Word Doc)</p> <p>*Fill out Entry Form (type contact & event info into the MS Word Doc)</p> <p>*Please then print Entry Form, and enclose it, along with a copy of your USMS Registration Card and a check for \$40 per day of competition (plus any known Relay dues), in an envelope labeled EEX 5th Masters Meet: c/o Michael Randazzo. 48Bayberry Road, Ewing, NJ, 08618.</p> <p><i>*Please make all checks payable to: Express Sports INC.</i></p>
<u>Warm-up</u>	<p>Warm-up will be conducted in accordance with the current USMS Policies and Procedures. Feet-first entry only during general warm-up. Designated sprint lanes will be available beginning 30 minutes prior to clearing the pool.</p>
<u>Check-In</u>	<p>No check-in will be required for swimmers competing in events 200-Yards and shorter.</p> <p>Positive check-in will be required for swimmers competing in events 400-Yards and longer.</p> <p>Check-in will close 30 minutes prior to the start of the event, and swimmers who fail to confirm their participation in these events will be scratched automatically.</p> <p>Check-in sheets will be available on-deck before and during warm-up each day.</p>
<u>Seeding</u>	<p>Swimmers will be seeded in heats according to entry time, not by age. All Events 200 Yards and shorter will be pre-seeded before the meet, and will be contested slowest to fastest. All events 400 Yards and longer will be seeded following positive check-in, and will swim fastest to slowest.</p>
<u>Distance Events</u>	<p>The 400 IM, 500 Freestyle, and 1650 Freestyle will be Mixed events (combined heats of Women & Men) based on entry times. Eastern Express will provide all swimmers participating in the 500 and 1650 Yard Freestyle with their own lap-counter and backup timer.</p>
<u>Results</u>	<p>While all events will be seeded and contested as “Open Events,” results will be recorded and published in accordance with USMS Age Group designations. All times achieved at this Meet will be imported into the USMS SWIMS Database and will be eligible to set NJ LMSC and/or USMS Age Group Records. Results will be posted on the NJ LMSC and Host Club’s (EEX’s) website within 48 hours of the competition’s conclusion.</p>
<u>Hospitality</u>	<p>Eastern Express will be providing complimentary snacks (granola / power bars, fruit, veggies, etc) and drinks (water / Gatorade), for all participating athletes. There will be a table setup right on-deck, so please don’t hesitate to stop by and fuel up before or after a race!</p>
<u>Awards</u>	<p>There will be no team scores or individual awards at this meet.</p>
<u>Food Drive</u>	<p>Eastern Express will be sponsoring a Food Drive, collecting non perishable food items to be donated to Mercer Street Friends Food Bank. Please consider making a contribution to help those in need this Summer.</p>
<u>T-Shirts</u>	<p>We will have a commemorative 5th EEX Masters Meet T-Shirt for \$15. Athletes who have attended ALL FIVE EEX Meets will receive a FREE T-Shirt, please send me your size in advance</p>

EEX 5th MASTERS MEET ENTRY FORM

Sanctioned by New Jersey Masters for USMS Inc. Meet Sanction #:076-S001

Day I: Saturday Afternoon, June 4th 2016

(ENTER UP TO 5 INDIVIDUAL EVENTS)

Entry Time	Women #	Order of Events (SC Yards)	Men #	Entry Time
		SESSION I		
		<i>Warm-up: 12:30pm ; Start: 1:15pm</i>		
	1	Mixed 1650 Freestyle	1	
		SESSION II		
		<i>Warm-up: 3:00pm ; Start: 4:00pm</i>		
	2A	Mixed 200 Freestyle Relay	2B	
	3	200 Individual Medley	4	
	5	50 Breaststroke	6	
	7	100 Backstroke	8	
	9	200 Butterfly	10	
	11	100 Freestyle	12	
	13	200 Breaststroke	14	
	15	50 Butterfly	16	
	17A	Mixed 400 Medley Relay	17B	

Day 2: Sunday Afternoon, June 5, 2016

(ENTER UP TO 5 INDIVIDUAL EVENTS)

Entry Time	Women #	Order of Events (SC Yards)	Men #	Entry Time
		SESSION III		
		<i>Warm-up: 12:00pm ; Start 12:45pm</i>		
	18	Mixed 500 Freestyle	18	
	19	Mixed 400 Individual Medley	19	
		SESSION IV		
		<i>Warm-up: 2:00pm ; Start 3:00pm</i>		
	20A	Mixed 200 Medley Relay	20B	
	21	100 Individual Medley	22	
	23	200 Backstroke	24	
	25	100 Breaststroke	26	
	27	50 Freestyle	28	
	29	100 Butterfly	30	
	31	200 Freestyle	32	
	33	50 Backstroke	34	
	35A	Mixed 400 Free Relay	35B	

EEX 5th MASTERS MEET ENTRY FORM

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Personal / Contact Information

Print Full Name _____
(same name as indicated on your current 2016 USMS registration card)

Sex(circle one) M F Date of Birth / / Age
mm / dd / yyyy (as of 06/04/16)

Club Abbreviation: _____
(as per USMS registration)

E-mail Address:

Telephone

Use of Image/Likeness:

I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.



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

Revised 07/01/2014