

CARLSBAD SWIM MASTERS – USMS

2016 Long Course Meters Meet

Alga Norte Aquatic Center Sunday, June 5, 2016 Carlsbad, CA

Sanctioned by: San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS,
Inc., Sanction # 446-S005

Online Entry Due Date 6/3/16, 8 pm; Mailed Entry Due Date postmarked by 5/25/16

Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad CA 92009 760-268-4777

Sunday, June 5, 2016 – 8 am warm-up, 9 am start – Outdoor pool, 50m x 25y and 12 lane 25 yard pool

Online Entry Instructions, Visit:

https://www.ClubAssistant.com/club/meet_information.cfm?c=2210&smid=7817

Mail Entry Instructions

- (1) Complete Swimmer Information (page 1)
- (2) Choose up to 5 individual events
- (3) Enter accurate times or estimates, do not omit entry time or enter “no time” (page 1)
- (4) Sign and Date Liability Release (page 2)
- (5) Mail page 1 & 2 of this form, your payment, and a copy of your 2016 USMS Card (or foreign equivalent) to:

Alga Norte Aquatic Center, 6565 Alicante Road,
Carlsbad 92009

Entry Fee

\$20 Individual Pre-Entry; \$30 Deck Entry;
\$10 “Relay Only” Entry Fee

Schedule of Events

| Event | Entered Time |
|---------------------------|----------------|
| 1. 1500 Freestyle | ____:____:____ |
| 2. 50 Butterfly | ____:____:____ |
| 3. 100 Backstroke | ____:____:____ |
| 4. 200 Breastroke | ____:____:____ |
| 5. 50 Freestyle | ____:____:____ |
| 6. 200 Butterfly | ____:____:____ |
| 7. 200 Individual Medley | ____:____:____ |
| 8. 200 Backstroke | ____:____:____ |
| 9. 200 Breaststroke | ____:____:____ |
| 10. 100 Freestyle | ____:____:____ |
| 11. 400 Individual Medley | ____:____:____ |
| 12. 100 Butterfly | ____:____:____ |
| 13. 50 Backstroke | ____:____:____ |
| 14. 50 Breaststroke | ____:____:____ |
| 15. 200 Freestyle | ____:____:____ |
| 16. 400 Freestyle | ____:____:____ |
| 17. 200 Free Relay | Men |
| 18. 200 Free Relay | Women |
| 19. 200 Free Relay | Mixed |
| 20. 200 Medley Relay | Men |
| 21. 200 Medley Relay | Women |
| 22. 200 Medley Relay | Mixed |
| 23. 800 Freestyle | ____:____:____ |

Swimmer Information

Name: _____
 Gender Male Female
 Birthdate: _____
 Age: _____ (as of 12/31/2016)
 e-Mail: _____
 Phone: _____
 USMS #: _____
 (2016, or foreign FINA member equivalent)
 Club: _____

The Liability Release on page two must be signed and returned with page one of this entry form before a swimmer can be entered into the meet.



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");

- 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.
- 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.
- 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.
- 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.
- 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 |

Carlsbad Swim Masters – 2016 Long Course Meters Meet , Sanction # 446-S005

Sunday, June 5, 2016, 8:00 am warm-up, 9:00 am start

SANCTIONED BY: San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for USMS, Inc. Sanction #446-S005

POOL: Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad 92009, 50m x 25y outdoor pool with a bulkhead.

ELIGIBILITY: All persons holding a 2016 United States Masters Swimming (USMS) membership card or a foreign FINA member equivalent may participate provided that a legible masters card copy and completed entry form are submitted and the liability release is signed. USMS on-line membership is available at

<http://www.usms.org/lmsc/lmscinfoform.php?LMSCID=44>. A membership form can be downloaded from the membership section of the SI LMSC web site at <http://www.SIMasterSwim.org>.

ENTRY FEE: \$20 individual pre-entry fee; \$30 day-of-meet individual deck entry fee (prior to 8:30 am); \$10 flat fee for "Relay Only" swimmers. There will be NO REFUNDS for cancellations or no shows.

SPECTATOR FEE and CONCESSIONS: The City of Carlsbad has a \$2 spectator fee per guest entering the facility. Full concessions will be available for the duration of the meet.

TO ENTER ONLINE: https://www.ClubAssistant.com/club/meet_information.cfm?c=2210&smid=7817.

TO ENTER BY MAIL: Send completed entry form with signed liability release (pages 1&2), a legible copy of your 2016 USMS/foreign card, and a \$20 check payable to City of Carlsbad, Carlsbad Swim Masters Meet, c/o Jeff Gross, 6565 Alicante Road, Carlsbad CA 92009. Mailed entries must be postmarked by 5/27/16.

ENTRY DUE DATE: Online entries are due by 8 pm on 6/3/16; mailed entries must be postmarked by 5/27/16.

TO ENTER ON DECK: Bring completed entry form with signed liability release (p 1&2), a legible copy of your 2016 USMS/foreign card, and \$30 cash or check payable to City of Carlsbad to the meet administration desk by 8:30 am.

RULES: USMS Rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A USMS Rule Book will be available on deck. The length of the competition course is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.17 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.

EVENTS: Swimmers may enter up to 5 individual events. Enter accurate long course meters times or estimates. Do not omit an entry time or enter "no time." All events are seeded from slow to fast by entry time regardless of age or gender.

CHECK-IN: Check-in is required for the 1500 and 800 meter Freestyles. Check-in closes at 8:45 am for the 1500 and at the end of Event 15 for the 800. Please notify the meet director if you check in and later decide not to swim. All other events are pre-seeded.

AGE GROUPS: Individual Events: 18-24, 25-29, 30-34, 35-39, etc, in five year increments as needed.

AGE DETERMINATION: For meter meets, the swimmer's competition age is determined as of 12/31/2016 (end of the year).

TIMING: Electronic Timing – Colorado Timing System 6 and two timers per lane. All clubs and participants are required to assist with backup stopwatch timing during the meet.

RELAYS: \$4 each; deck entered; entries due before Event #17. Relay-only swimmers must submit a completed entry form with signed liability release, a USMS card copy, and \$10 relay-only entry fee. All 4 swimmers on each relay must belong to the same USMS-member club. Relays must be composed of 4 women, 4 men, or 2 women and 2 men (mixed). A swimmer may swim only once per relay event. Cumulative age of relay members determines relay age group: 72-79, 100-119, 120-159, 160-199, etc, in 40-year increments as needed.

DIRECTIONS FROM THE NORTH or SOUTH: From the 5 Freeway, exit at La Costa Avenue and head east on La Costa Avenue. Turn left onto El Camino Real. Turn right onto Poinsettia Avenue. Turn left onto Alicante Road. Alga Norte Community Park and Aquatic Center is on the left.

INFORMATION: Visit <http://www.SIMasterSwim.org> for Entry Form and post-meet results.

Contact Jeff Gross, Meet Director (760) 522-7097, jeff@fullcommitment.com