

## Summer Meet at Jenny Thompson LCM Pool Dover, NH – Sunday, July 17, 2016

**Sanctioned by:** New England LMSC for USMS, Inc. Sanction # **pending**

**Location:** Jenny Thompson 50 Meter Outdoor Pool, 150 Portland Ave., Dover NH 03820  
*The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1*

**Time:** 8:00am Warm-up, 9:00 am Start

**Entry Fee:** Maximum of 5 individual events, USMS Membership Required:  
\$20.00 entry fee if received via mail by Wednesday, July 10, 2016  
**\$30.00 deck entry, deck entries will be accepted until 8:30 AM.**  
*There will be no refunds. There is no charge for relays but swimmers must be entered in at least one individual event to be eligible for relays.*

**Mailed Entry** Great Bay Masters, PO Box 1723, Dover, NH 03821  
*Make Checks payable to Great Bay Masters Swimming Inc*

**Meet Director:** Crystie [greatbaymastersswimteam@gmail.com](mailto:greatbaymastersswimteam@gmail.com)

**Directions:** **From Route 95** in New Hampshire take the Spaulding Turnpike (Route 16) North. Take exit 8E off the Spaulding. Follow to third light, a "T" intersection. Turn left. Proceed to next light. Go through the light. Follow around bend, see small white sign for Rt. 4 (Portland Ave.) Take a right. Go about 2/3 mile, pool is on left, across from Philbrick's sports store on right.

Last Name: \_\_\_\_\_ First Name \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Gender: [ ] Male [ ] Female

USMS Registration Number (required): \_\_\_\_\_

**Club** [ ] GBM [ ] MESC [ ] NEM -- [ ] Other Club: \_\_\_\_\_

Event #	Seed Time (meters)	Description	Event #	Seed Time (meters)	Description
1		200 Free	12		200 IM
2		100 Back	13		100 Free
3		200 Breast	14		200 Fly
4		100 Fly	15		50 Fly
5		50 Free	16		50 Back
6		50 Breast	<b>17-19</b>	-----	<b>400 Free Relay</b>
<b>7 – 9</b>	-----	<b>400 Medley Relay</b>	<b>20*</b>		<b>400 Free*</b>
10		200 Back	<b>21*</b>		<b>400 IM*</b>
11		100 Breast	<b>22*</b>	-----	<b>800 Free Relay*</b>

*\*Events 20-22 will be conducted if time permits. Swimmers may not enter both the 400 free and 400 IM. Heats of the 400 free and 400 IM may be combined.*

**USMS Participant Waiver MUST be included with entry form (see next page).**

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### 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

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# RELAY FORM

**Circle Relay:**

400 Medley    400 Free    800 Free Relay\*    (\*time permitting)

**Circle Relay Gender:**

Male    Female    Mixed (2 women, 2 men, any order )

USMS Club: \_\_\_\_\_ Label (A,B,C,...): \_\_\_\_\_

Seed Time: \_\_\_\_\_

**Note:** All four swimmers must be from the same USMS club. Unattached swimmers may not compete on relays. Label each relay in an event with a letter ("A", "B", "C", etc.). Example: in the 400 Free Relay your USMS Club has 2 men's, 2 women's and 2 mixed relays. Label the six 200 Free Relays "A" through "F". Swimmers may not swim on both a single gender and mixed gender relay for the same relay event.

**Swimmers (in correct order):**

**Age on 12/31/15:**

1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____

Sum of Ages: \_\_\_\_\_

**Circle Relay Age Group:**

72-99    100-119    120-159    160-199    200-239    240-279    280-319    320-359

The *sum of ages* of the relay participants determines the age group!

Check here to make lead off time official: X

If the second swimmer starts in the water, please indicate here: \_\_\_\_\_

***If the second swimmer starts in the water no relay split time will be granted since the touch pad will be hit early.***