



*The 3<sup>rd</sup> Annual  
Short Course Meter  
Sewanee Masters  
Invitational  
September 24, 2016*



**Sanction:** Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No. 156-S007.

**Facility:** The Aquatic Center at Sewanee: The University of the South located in the Fowler Center at 77 Texas Ave, Sewanee, TN 37383.

**Pool Length:** Indoor 9-lane, 25-meter competition pool with 5 additional 23.5 yard warmup/warmdown lanes in diving well. Colorado timing and scoreboards will be used. Deck space for 200+ swimmers as well as 300+ spectator seating area.

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.

**Directions:** From either direction on I-24 take exit 134 for Sewanee. Turn left onto 41a North. Continue approximately 4.5 miles and turn right onto University Ave. In  $\frac{3}{4}$  mile turn right onto Texas Ave. The Fowler center is immediately on your left. Park in lot on right or continue on Texas Ave. to parking lot next to football field.

**Eligibility:** Open to all 2016 registered United States Masters Swimming (USMS) members 18 years or older as of September 24, 2016.

**Rules:** 2016 USMS rules apply.

**Entries:** Maximum of five individual events (including 1500 meter freestyle), plus 2 relays. 25s will **not** count toward your limit.

**1500 Free:** The 1500 meter freestyle will be open to the first 27 entrants only.

**Information:** Contact Alex Bruce (931) 636-7075, [alexandermb Bruce@gmail.com](mailto:alexandermb Bruce@gmail.com) with any questions (e-mail preferred). Confirmation e-mail will be sent within 1 week of entries being received. If submitting paper entry, please be sure to write legibly on the entry form.

- Deadline:** Entries must be received by **September 23, 2016** in one of two ways:
- 1) Mail your entry form to:  
Alex Bruce  
735 University Ave.  
Sewanee, TN 37383
  - 2) Online entry at: <http://sewaneetigers.com/sports/mswimdive/Swimclub>
- \*\*Payment and waiver must be given on day of meet to the check in desk.\*\***  
**\*\*Payment can be cash or check (to University of the South)**
- Scoring:** Individual events will be scored 9-7-6-5-4-3-2-1  
Relay events will be scored 18-14-12-10-8-6-4-2
- Seeding:** All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest. Events will be swum separate or mixed genders depending on number of entrants. 25s will be swum as mixed genders regardless.
- Fees:** \$30.00 entry fee. There is no separate entry fee for relays.
- Warm-up:** The pool will be available for warm-up from 7:00am-8:15am prior to 1500m freestyle. A second warm-up session will be from 10:00am-11:00am. Five separate lanes will be available for the duration of the meet in our diving well. One way sprint and pace lanes will be opened 30 minutes prior to end of warm-up session.
- Relays:** Relay swimmers must be entered in at least one individual event. Relays can be entered as men, women, or mixed. Relays will be deck entered. Relay entry forms will be provided and must be submitted 30 minutes before the relay event.
- Social:** We are planning an event for after the meet. The cost will be \$20 to attend with alcoholic beverages being an additional cost. This is a fundraiser for our college team to travel to Puerto Rico for training trip. Your attendance is very much appreciated.
- Lodging:** The Sewanee Inn is on the campus; reservations can be made at [www.sewanee-inn.com](http://www.sewanee-inn.com). Other hotels are located in Monteagle, TN (at I-24, 4.5 miles):
- Best Western Smokehouse  
844 W Main Street  
Monteagle, TN 37356  
931-924-2268
  - Super 8  
713 W Main Street  
Monteagle, TN 37356  
931-924-2222

**2016 SEWANEE MASTERS SCM INVITATIONAL, SEWANEE, TN**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ (as of 12/31/16)  
 Birthdate \_\_\_\_\_ Club Name \_\_\_\_\_  
 Zip Code \_\_\_\_\_ Club Abbreviation \_\_\_\_\_  
 E-mail address \_\_\_\_\_ USMS registration no. \_\_\_\_\_  
 Daytime Phone(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Evening Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Meet entry fee: \$30.00 \_\_\_\_\_  
 Social \$20.00 \_\_\_\_\_  
 enclosed \$ \_\_\_\_\_

Must be received by September 23, 2016  
 Entries by web or mail as outlined on page 1 of information

**ENTRIES**

Saturday, September 24, 2016 – 7:00am warmup; 8:30am start

<b>Women</b>	<b>Seed Time</b>	<b>Event</b>	<b>Seed Time</b>	<b>Men</b>
1	_____	1500m Freestyle	_____	2

Saturday, September 24, 2016 – 9:45am warmup; 11:00am start

<b>Women</b>	<b>Seed Time</b>	<b>Event</b>	<b>Seed Time</b>	<b>Men</b>
3	Deck seed	200m Medley Relay	Deck seed	4
5	_____	200m IM	_____	6
7	_____	200m Freestyle	_____	8
9	_____	100m Backstroke	_____	10
11	_____	100m Breaststroke	_____	12
13	_____	200m Butterfly	_____	14
15	_____	50m Freestyle	_____	16
17	_____	100m Freestyle	_____	18
19	_____	200m Backstroke	_____	20
21	_____	200m Breaststroke	_____	22
23	_____	400m Freestyle	_____	24
25	_____	100m Butterfly	_____	26
27	_____	100m IM	_____	28
29	Deck seed	200m Freestyle Relay	Deck seed	30
31	_____	25m butterfly	Swum as	
32	_____	25m backstroke	mixed gender	
33	_____	25m breaststroke	Start from	
34	_____	25m freestyle	Bulkhead.	

Entrants limited to 5 individual events, including the 1500m freestyle, excluding 25s  
 10 min break after 200 MR, 100 back, 50 free, 200 breast, 100 IM, and 200 FR



**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	

