

BERZERKER SWIMMING
Meet name: **Heartbreaker Invitational**
Meet date: January 27-28, 2017

- MEET HOST: Jasper County Aquatics, Inc. aka Berzerker Swimming.
- SANCTIONED BY: Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc. Sanction Number _____. Also Sanctioned by Missouri Valley Masters for USMS, Inc. under Sanction Number _____.
- TYPE OF MEET: Age Group, Open, Timed finals.
- LOCATION: Buck Miner Swim Center
Webb City High School
621 N. Madison
Webb City, MO 64870
- FACILITY: 25 yard, 6 lane indoor pool with an L-shaped diving well. Pool depth at start end is 4 ½ feet; depth at turn end is 3 ½ feet. Starting blocks are 22 inches above the water surface. Colorado Electronic Timing System with seven-panel read-out. The competition course has not been certified in accordance with 104.2.2C(4). Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Smoking is prohibited on school grounds. It is understood that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
- ELIGIBILITY: All swimmers must be current athlete members of USA Swimming, Inc. The age of the swimmer as of the first day of the meet will determine his/her age for the competition. Registration of all athletes will be verified by the MVS Registration Chair prior to the meet.
- SEEDING: Scratches and deck entries will be taken until 45 minutes prior to the start of competition. Deck entries may be limited to only open lanes.
- ENTRIES: Registration of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered will not be allowed to swim in the meet. Verification of registration will be required for all deck entries. Verification of registration will be required for all deck entries. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Mail entries and fees to:
Jasper County Aquatics, Inc
PO Box 109
Webb City, MO 64870
Email: shawn.klosterman@gmail.com
- ENTRY DEADLINE: Entries and payment must be received by Thursday, January 19, 2017. The preferred method of entry is by Hy-Tek digital files, accompanied by hard copy entry summary sheets and a check made *payable to Jasper County Aquatics, Inc.* Entries may be

submitted on Missouri Valley pink & blue entry forms, accompanied by entry summary sheets. All times should be entered in short course yards. "No Time" entries will be accepted. There is no minimum age for Open events.

ENTRY LIMIT: Swimmers are limited to 3 individual events on Friday night and 5 individual events and 1 relay Saturday. The meet will be limited to the first 400 swimmers received. No teams will be split.

ENTRY FEES: Individual Events: \$4.50 per individual per event
Relay Events: \$7.00 per relay team per event

DECK ENTRIES: Individual Deck Entry per Event: \$9.00 per individual per event
Relay Deck Entry per Event: \$14.00 per relay team per event
All swimmers who deck enter must provide proof of current registration either with a valid electronic proof of registration or a current registration card on hand.

OFFICIALS: Referee: Mark Halderman, mthalderman@gmail.com, 479-879-6881
Meet Director: Shannon Smith, shan_smith@msn.com, 417-483-3918
Administrative Official: Stephanie Miller, 1994steph.miller@gmail.com, 417-529-5499
Safety Marshall: Shawn Klosterman, shawn.klosterman@gmail.com, 417-439-1102

RULE AUTHORITY: 2017 USA Swimming Official Rules for Swimming, and 2017 Missouri Valley LSC Rules will govern the meet. The Missouri Valley Swimming Safety Guidelines and Warm-up Procedures will be in effect at the meet. The "no recall" start procedure rule will be in effect and the USA Swimming Championship "whistle" starting procedure will be in effect. Use of audio or visual recording devices, including cell phone, is not permitted in changing areas, rest rooms, or locker rooms. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

AWARDS: Swimmers will be awarded for each best time achieved. The top team will receive a trophy based on best time percentage. Ribbons will be awarded for each "top 6" overall finish in each event for the following age groups:
All 12 & under events: 6 & under, 7-8, 9-10, 11-12. Relay awards will be for the top 3 finishers, and Open individual events will be for the top 6 finishers, determined by overall place rather than multi-age group.

CONCESSIONS: Concessions and heat sheets will be available throughout the meet.

FINAL RESULTS: Meet results in Hy-Tek file format will be e-mailed to all participating teams that provided e-mail addresses. Meet results will also be available in Hy-Tek digital format after the end of the meet. Final results will be posted on the Missouri Valley Swimming website and may include the swimmer's name, age, times and USA Swimming number.

WARMUPS: Teams will be notified of the warm-up schedule by Thursday, January 26. Warm-up for the Saturday morning session will be split into two 30-minute sessions. There will be no assigned lanes for warm-up for the Friday session. There will be 30 minutes for general warm-up for each session and 15 minute combined session for starts. The diving well will also be available for warm-up and cool-down during the meet at the discretion of the meet referee.

During general warm ups, the following MVS safety rules will apply:
1. All lanes general warm up only.

2. Circle swimming only.
3. All swimmers enter water feet first
4. No diving, use of the starting blocks, or racing starts off the edge of the pool. Any swimmer diving into the pool may be disqualified from one or more events at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.
5. At any time during general warm ups, the coach of a team in control of any lane may convert the team's lane into a sprint lane by:
 - (1) Removing all swimmers in that lane from the water.
 - (2) Informing coaches in adjacent lanes.
 - (3) Informing the safety marshal.
 - (4) Following all guidelines for sprint lanes.

6. Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up.

MASTERS:

This meet is officially sanctioned by **US Masters Swimming**. Masters athletes are welcome to compete in OPEN events and times will count toward USMS rankings. Masters athletes are expected to complete the attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT and show verification of USMS registration to the Clerk of Course. It is recommended also that USMS athletes inform the Meet Referee that they are competing as for Masters times recognition. The required waiver can also be printed at this link: <http://www.usms.org/admin/lmschb/waiver.pdf>

STARTING TIMES:

Friday PM session: Warm-up 4:00-5:15 pm. Meet starts: 5:30 pm.

Saturday AM session: Warm-up session 1: 7-7:25am. Session 2: 7:25-7:50am

Sprint/start Session: 7:50-8:05am, Meet starts: 8:15am.

Saturday PM session: Warm-up will begin no earlier than 11:15am, with the second warm up session starting no earlier than 11:40. Starts and relay exchanges would be from 12:05 to 12:20pm. Races begin no earlier than 12:30pm.

Saturday Mile: *there may be a 20 minute warm-up session, at the discretion of the referee, before swimming the 1650. Those swimmers in the mile are expected to provide their own timers: two per lane.

ORDER OF EVENTS:

Friday Night

1	Open 50 free	2
3	Open 400 IM	4
5	12 & under 200 IM	6
7	Open 1000 free	8

Saturday Morning

9	12& under 200 Free Relay	10
11	12& under 200 freestyle	12
13	12& under 50 breast	14
15	8 & under 25 breast	16
17	12& under 100 fly	18
19	12& under 50 free	20
21	8 & under 25 free	22
23	12& under 100 back	24
25	12& under 50 fly	26
27	8 & under 25 fly	28
29	12& under 100 breast	30
31	12& under 50 back	32
33	8 & under 25 back	34
35	12 & under 100 free	36
37	12 & under 100 IM	38

Saturday Afternoon

39	Open 500 free	40
41	Open 200 fly	42
43	Open 100 breast	44
45	Open 200 back	46
47	Open 100 free	48
49	Open 200 breast	50
51	Open 100 fly	52
53	Open 200 free	54
55	Open 100 back	56
57	Open 200 IM	58
59	Open 1650 free	60

USMS 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