

2017 YWMA Go the Distance Meet (SCM)

hosted by YW Masters of Adams County Gettysburg, PA

Saturday, April 1, 2017

(Warm-Up at 8:00 A.M., Meet starts at 9 A.M.)

USMS Recognized # 087-R005

- Location:** YWCA Gettysburg & Adams County Natatorium
909 Fairfield Rd
Gettysburg, Pa 17325
- Entries:** You can register online at Club Assistant:
https://www.ClubAssistant.com/club/meet_information.cfm?c=2214&smid=8532
Entries will close Wednesday March 29, 2017. The meet is open to all Masters Swimmers holding a valid 2017 USMS registration card. It is also open to all swimmers who are not yet USMS members. Anyone age 14 and higher is welcomed to compete. Age group is determined by the age as of December 31, 2017. 2017 USMS rules and regulations apply.
- Registration fee is \$25 with no deck entries allowed. There is a \$5/individual event.
- The only unofficial race is the Shark fins race. It is event number 10. Registration for this race will happen at check in. Swimmers are to bring their own swim fins for this race.
- Facility:** Indoor, 25 meters, six lanes pool with anti-turbulent lane lines and Colorado timing system touch pads. One lane will be a dedicated warm-up and cool-down lane. Starting blocks at the deep end of the pool (12 ft), the shallow end is 3ft 6 inches. Parking is available and there is seating for 70 people on bleachers. Everyone is welcomed to bring their own folding chair. Men's and women's locker rooms and lockers are available. You are welcomed to bring your own lock. Facility is accessible for adaptive swimmers. The length of the competition course is in compliance and on file with USMS in accordance with article 105.1.7.
- Seeding:** Events and heats will be seeded slowest to fastest, mixed gender and age groups. Heats will be posted on a wall. Positive check-in is required for all events.
- Psych Sheets:** Psych sheets will be handed out to swimmers at the meet.

Awards: A swim meet medal will be awarded to each swimmer at the awards table along with their event labels. A trophy will be awarded to the winning swimmer in each Shark Fins Race heat.

Results: Available on-line at www.ywcagettysburg.org. Results for recognized events will be submitted to USMS for Top-Ten recognition and national records.

Directions:

From the South:
I-270 North
US-15 North
PA-116 West/Fairfield Rd

From the North:
US-15 South
US 30 West/York Rd and W. Middle St. to PA-116 West/Fairfield Rd

From the East:
I-76 West
US-15 South
US 30 West/York Rd and W. Middle St. to PA-116 West/Fairfield Rd

Questions: Meet Director: Cora Rhoads 717-334-9171 ext. 129
or crhoads@ywcagettysburg.org

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Saturday, April 1, 2017

Recognized by DVLMSC for USMS, INC.

\$5 per individual event

PRINT NAME _____ Gender _____ AGE _____

DATE OF BIRTH _____ ADDRESS _____

TEAM _____ or UNATTACHED _____ USMS# _____

Seed Time

- | | |
|--|-------|
| 1. 1500 m free | _____ |
| 2. 200 m Backstroke | _____ |
| 3. 200 m Breaststroke | _____ |
| 4. 200 m Butterfly | _____ |
| 5. 200 m Freestyle | _____ |
| 6. 200 m IM | _____ |
| 7. 400 m Free | _____ |
| 8. 400 m IM | _____ |
| 9. 800 m free | _____ |
| 10. Shark Fins Race 200 m (unofficial) | _____ |



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.

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|----------------------------------|------------|----|------------------------|--------------------------|
| 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