

**Tail's End LCM Masters Swim Meet**  
**Sunday, September 10, 2017**  
**Southwest Recreation Complex**  
**13120 Vonn Road, Largo, FL 33774**  
**Hosted by The City of Largo and WFLA Swim Team**  
**Sanctioned by the Florida LMSC for USMS, Inc.**

**Date & Time:**

Sunday, September 10: warm up @ 7:00 a.m., 1500 Free begins at 8:00 a.m.

2<sup>nd</sup> Session: warm up at 10:30 a.m. Session begins at 11:00 a.m.

**Facility:**

The Southwest Recreation Complex at 13120 Vonn Road, in Largo, Florida is an outdoor 10 lane 50 meter x 25 yard pool. The meet will use 8 out of the 10 lanes for racing, and have a warm up/ warm down lane. Timing will be done with a Colorado Timing System, with watch back up times. 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 106.2.1.

**Eligibility:** Current USMS rules will govern. All athletes must be 18 years of age or older as of the day of the meet, and be registered with USMS, for 2017. The athlete's age for competition is their age on December 31, 2017. Non U.S. Citizens should have a letter of introduction from their own swimming association.

**Online Entries:** Online registration on Club Assistant must be completed by midnight Eastern times on Sunday, September 3<sup>rd</sup>, 2017. Online registration for this meet is preferred for speed and accuracy.

**Paper/ Mailed Entries:** Paper entries must be received by Friday, September 1<sup>st</sup>, 2017. Each entry must be submitted on the entry form with your name, registered team, age, event description, event number, USMS member number, and seed times. Be sure that all information is filled out with the waiver signed and an attached copy of your 2017 USMS registration card.

**Entry Fees:** A flat fee of \$40.00 will cover meet surcharge, entry and relays. Online meet entry charges meet fees to your credit card (Visa, MC or Discover). Your credit card statement will show a charge from "ClubAssistant.com Events."

**Entry Limits:** Swimmers may enter a maximum of 5 individual events. 1500 freestyle are limited to the first 40 to enter. 800 free as part of the completed 1500 will be recorded for USMS recognition. The 1500 freestyle, 400 M freestyle, and 400 IM will be swum with men and women combined.

**Check in:** No check in required; pre-seeded

**Seeding:** Times will be seeded Long Course Meters. All events will be swum slowest to fastest.

**Scratches:** No penalty for scratching on the block. Scratches will be accepted and allowable refunds made if Cashel Mack ([zookeeper5721@gmail.com](mailto:zookeeper5721@gmail.com)) is notified prior to 4 PM on Friday, September 1<sup>st</sup>, 2017.

**Relays:** Relay teams may be deck entered at the meet Sunday. Only team members registered for the meet may participate in the relays. 200 Meter Relays will be combined mixed, men and women, medley and /free. Age categories for relays are 72+, 100+, 120+, 160+, 200+, 240+, 280+, 320+ etc. in 40 year increments as high as needed (total age of 4 participants). Entries for relays will be due 30 minutes prior to the event. Individual swimmers are limited to one relay event.

**Scoring:** Individual Events: 9-7-6-5-4-3-2-1. Double points for relays. Breaks taken as needed.

**Awards:** Individual awards will be Recycled Medals- take your pick. Bring old awards with you! Special Team Awards will be presented for combined men and women 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.

### Order of Events - Sunday, September 10, 2017

<b>Warmups 7:00am, Session starts 8:00am</b>	
Event #1 & 2, 1500 Meter Freestyle	
<b>Warmups 10:30am, Session starts 11:00am</b>	
Event #3, Women's 200 Free Relay	Event #19 & 20, 50 Meter Breaststroke
Event #4, Men's 200 Free Relay	Event #21 & 22, 200 Meter IM
Event #5, Mixed 200 Free Relay	Event #23 & 24, 100 Meter Freestyle
Event #6, Women's 200 Medley Relay	Event #25 & 26, 200 Meter Breaststroke
Event #7, Men's 200 Medley Relay	Event #27 & 28, 50 Meter Backstroke
Event #8, Mixed 200 Medley Relay	Event #29 & 30, 50 Meter Butterfly
Event #9 & 10, 200 Meter Backstroke	Event #31 & 32, 100 Meter Backstroke
Event #11 & 12, 50 Meter Freestyle	Event #33 & 34, 200 Meter Butterfly
Event #13 & 14, 100 Meter Breaststroke	Event #35 & 36, 400 Meter Freestyle
Event #15 & 16, 100 Meter Butterfly	Event #37 & 38, 400 Meter IM
Event #17 & 18, 200 Meter Freestyle	

## Entry Form – 2017 Tail’s End LCM Masters Swim Meet

Sunday, September 10, 2017 ~ 7:00am (Session 1), 10:30am (Session 2)

Southwest Recreation Complex, 13120 Vonn Road, Largo, FL 33774

Hosted by The City of Largo and WFLA Swim Team

Sanctioned by Florida LMSC for USMS, Inc.

Name	Birthdate	Sex (M or F)
Address, City, State, Zip		Age on 12/31/2017
Phone	Email	
2017 USMS #	USMS Club	

Enter your seed time (or “NT” for no time) for up to 5 individual events:

Event#	Event	Seed Time	Event#	Event	Seed Time
1, 2	1500 Free		23, 24	100 Free	
3 - 8	200 Relays	Enter at meet	25, 26	200 Breast	
9, 10	200 Back		27, 28	50 Back	
11, 12	50 Free		29, 30	50 Fly	
13, 14	100 Breast		31, 32	100 Back	
15, 16	100 Fly		33, 34	200 Fly	
17, 18	200 Free		35, 36	400 Free	
19, 20	50 Breast		37, 38	400 IM	
21, 22	200 IM				

ONLINE ENTRY is preferred. Go to <http://www.clubassistant.com> to enter.

For paper entries, make check payable to: WFLA

Mail entry form (this page) and signed liability waiver (next page) to:

WFLA, attn: Cashel Mack

11468 87<sup>th</sup> Ave

Seminole, FL 33772

Continue to next page to sign liability waiver ➡



## 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

**Revised 07/01/2014**