

Ball State Masters Swim Club 15th Annual New Year's Resolution Swim Meet

Hosted by Cardinal Swimming Indiana (CSI) and Ball State Men's and Women's Swimming and Diving

Location: Lewellen pool, located on campus of Ball State University in Muncie, Indiana. Parking is available directly across the street in the R2 lot.

Facility: 6-lane 25-yard pool, separate diving well for warm down purposes, seating for swimmers and spectators is available in the round with full view of the pool area. Daktronics Board and Timing System will be used for this meet.

Meet Conduct: Current USMS rules will govern the conduct of the meet.

Proceeds: Money raised from this meet goes to raise money for the Swimming and Diving Scholarship Fund.

Eligibility: Each swimmer is eligible to swim a maximum of five events, excluding relays. Unattached swimmers note "UNAT." Please print all information legibly. If a swimmer is not currently registered with USMS, applications and registration fees will be taken at the meet. Only checks made out to GRIN LMSC will be accepted for USMS registration. A self-addressed stamped envelope is required for USMS registration, so that cards may be mailed out after the meet.

Age Groups: 18-24, 25-29, 30-34, 35-39, etc and so on up to 95+

Entry Fees: A flat fee of \$40/person will be charged for deck entries (5 individual event limit, plus 2 relays). \$15/BSU Student \$25/ BSU Masters Members and \$25/ Other for the meet including relays will be charged for online entries and those mailed in prior to the meet. Refunds will only be issued for documented medical reasons or if the meet is cancelled.

Email or phone questions can be directed to:

sjones@bsu.edu (765) 285.5930

jtuckerramer@bsu.edu (765) 285.8023

Seeding: Each event will be seeded by the pre-entered seedtime of each swimmer; with the slower heats first. The meet will be deck seeded according to times submitted, regardless of age and gender. No time (NT) will be seeded in the slower heats. Swimmers are responsible to report to the blocks on time for their appropriate heat and lane for each event. Heat and lane assignments for all events will be posted by 11:00am on the day of the event.

Awards: An award will be given to the first place scoring team. Individual awards will be given for first through third place by gender and age group for 18+, 25+....through 100+. Awards will be given for relays first through third, by age group and gender.

Results: Results will be e-mailed upon request. A sign-up sheet will be available at the Awards Desk.

Order of the Meet: will be deck seeded according to times submitted, regardless of age and gender. Heats will run slowest to fastest, with the exception of the 500 freestyle, which run fastest to slowest. Heat and lane assignments for all events will be posted by 11:00am.

Deck Entries: 9:15-10:15am

Deck entry deadline: 10:15am Eastern Standard Time 1/14/2018

Relay cards due: 10:30am Eastern Standard Time 1/14/2018

Warm-ups: 10:00-11:00am

Heat Sheet Posted: 11:00am (participants should double check for accuracy at this time)

Events: 11:10am-3:00pm

< Breaks as necessary defined by meet coordinator >

1. 200 Medley Relay
2. 400 Individual Medley
3. 50 Freestyle
4. 200 Backstroke
5. 50 Butterfly
6. 200 Breaststroke
7. 100 Freestyle
8. 200 Individual Medley
9. 100 Backstroke
10. 200 Freestyle Relay
11. 100 Butterfly
12. 100 Breaststroke
13. 50 Backstroke
14. 200 freestyle
15. 100 Individual Medley
16. 50 Breaststroke
17. 200 Butterfly
18. 500 Freestyle

Warm-Up & Cool-Down: Entry into the pool must be feet first in a cautious manner with one hand in contact with the deck. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up. Warm-up and cool-down lanes will be provided. No diving will be permitted in these lanes. Instructions given by an official must be obeyed at all times. A swimmer may be disqualified at the discretion of the Meet Director or Meet Official for failure to comply with these rules.



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.

Form with fields: 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