MOVY’s Breadbasket Zone Championships - Meet Information

Friday, April 13th – Sunday, April 15th, 2018

Sanctioned by Missouri Valley LMSC for USMS, Inc., 288-S003

Short Course Yards (SCY)

**Location**: Friday Evening: Platte County Community Center, 3101 Running Horse Rd. Platte City, Mo. 64079

Saturday and Sunday: Gladstone Community Center, 6901 N. Holmes, Gladstone, Mo. 64118

**Register online**: [https://www.ClubAssistant.com/club/meet\_information.cfm?c=1603&smid=10227](https://www.clubassistant.com/club/meet_information.cfm?c=1603&smid=10227)

**Time**:  Friday Evening (Platte County YMCA): Warm up begins at 6:00 pm. First event begins at 7:00 pm  
  Saturday Morning (Gladstone Community Center): Warm up begins at 7:00 am, First event 9:00 am  
  Sunday Morning (Gladstone Community Center): Warm up begins at 9:00 am, First event 10:45 am

**Eligibility**: This is a USMS sanctioned meet, therefore you must be a member of USMS to swim in the meet. If you are not currently registered, MOVY swimmers (Kansas and Western half of Missouri) may register ONLINE here: <https://www.movymasters.com/page.cfm?pagetitle=Register> or at www.usms.org. Some benefits include a full year subscription to Swimmer magazine, access to meets and other fitness events throughout the year, discounts with sponsors etc.

**Rules**: The current USMS rules will govern the conduct of the meet. Heats will be seeded, slowest to fastest. Please enter a goal time for accurate seeding. Men and women will swim separately, seeded by time, not age. You might swim next to someone older or younger, of approximately the same speed. Results will be broken out by age group and gender (i.e. Men/Women, 19-24, 25-29, 30-34, 35-39 etc.).

NOTE: Your age for this meet is your age on 4/13/2018.

**Entry Fees**:  $30.00 meet fee, plus $3 per event. Full-time Student Discount = $30 total (Pay full meet fees as suggested in online meet entry, and then ask at the meet for your Student Refund of event fees you paid over $30.) All late and deck entries are $60.00 and must be entered at check in, **30 mins prior to start time each day.** Credit cards are charged to "ClubAssistant.com Events" for this meet.

**Limits**: Swimmers are allowed up to six events, plus relays per day. We will have breaks so we have good swims, but back to back events will still have short rests.

\*\*\* You may swim both the 1000 or 1650. Both events will be limited to the first 16 swimmers to register online, the fastest 8 will swim together. (Distance events fill up fast).

**Deadline**: **Register online by midnight Wednesday, April 11th, 2018** for the early entry fee. Late and deck entries will be accepted **30 mins prior to start time each day.** at the $60.00 rate.

**Meet Director**: Questions, please contact Doug Hayden, 816-560-4887, dhayden141@gmail.com

Mail-in entries need to be received by Wednesday, November 8th.

Doug Hayden

6379 N Myrtle Ave.

Gladstone, Mo. 64119

The attached waiver must be signed or acknowledged during the online entry process.

MOVY’s Breadbasket Zone Championships - Order of Events

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Short Course Yards (SCY)

Register online:

Online meet registrations are paid by credit card. Your credit card statement will show a charge from ClubAssistant.com Event Billing.

Order of events: (please enter a goal time for proper seeding)

**Friday Evening Events:**

1. Women: 1000 Free 2. Men: 1000 Free

3. Women: 1650 Free 4. Men: 1650 Free

**Saturday Morning Events:**

5. Women: 400 IM 6. Men: 400 IM

Break

7. Women: 100 Fly 8. Men: 100 Fly

9. Women: 50 Free 10. Men: 50 Free

11. Women: 200 Breast 12. Men: 200 Breast

13. Women: 100 IM 14. Men: 100 IM

Break

15. Women: 800 Free Relay 16. Men: 800 Free Relay 17. Mixed: 800 Free Relay

19. Women: 200 Free 20. Men: 200 Free

21. Women:100 Back 22. Men: 100 Back

23. Women: 50 Breast 24. Men: 50 Breast

25. Women: 200 Medley Relay 26. Women: 200 Medley Relay 27. Mixed: 200 Free Relay

**Sunday Morning Events:**

29. Women: 500 Free 30. Men: 500 Free

31. Women: 200 Fly 32. Men: 200 Fly

33. Women: 50 Back 34. Men: 50 Back

35. Women: 100 Free 36. Men: 100 Free

37. Women: 200 IM 38. Men: 200 IM

Break

39. Women: 400 Free Relay 40. Men: 400 Free Relay 41. Mixed: 400 Free Relay

43. Women: 400 Medley Relay 44. Men: 400 Medley Relay 45. Mixed: 400 Medley Relay

47. Women: 200 Back 48. Men: 200 Back

49. Women: 100 Breast 50. Men: 100 Breast

51. Women: 50 Fly 52. Men: 50 Fly

53. Women: 200 Free Relay 54. Men: 200 Free Relay 55. Women: 200 Medley Relay

http://www.usms.org/logos/USMS_Logo_Horz_tm_200x38.jpg **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 | |