

2016

Nationwide USMS Spring National Championship ENTRY FORM

Greensboro Aquatic Center, Greensboro, N.C., April 28–May 1, 2016. Sanctioned by the North Carolina LMSC for USMS Inc.—Sanction Number 136-S002

Last name:* _____ First: _____ MI: _____

Street address: _____ City: _____ State: _____ ZIP: _____ Country: _____

Email: _____ Day phone: _____ Eve. phone: _____

Age** : _____ DOB: _____ Sex: _____ Emergency contact: _____ Phone: _____
(as of 5-1-16)**

Club Name or Unattached: _____ USMS or International Reg. #: _____

* Print name as it appears on USMS registration card. **All swimmers must be at least 18 years old on 4-27-16.

Before completing, read meet information. Check-in is required for **all deck-seeded events**, including the 200s, if they are deck-seeded.
>>>Check-in for Thursday events starts **the day before** and ends at 7 a.m. Thursday for the 1000 and 9 a.m. Thursday for the 1650.
>>>Check-in for all Friday through Sunday events ends at 7 a.m. the day of the event.

#	Entry Time Women	6th	Event	#	Entry Time Men	6th
Thursday, April 28			Warm-up 6:00–7:50 a.m.	Start 8 a.m.		
1			1000 freestyle***	2		
3			1650 freestyle***	4		
Friday, April 29			Warm-up 6:00–7:50 a.m.	Start 8 a.m.		
5			500 freestyle (women)			
7			100 individual medley	8		
9			200 breaststroke	10		
11			50 backstroke	12		
13			100 freestyle	14		
15			200 butterfly	16		
17	See relay entry		200 mixed freestyle relay		See relay entry	
19	See relay entry		400 mixed freestyle relay		See relay entry	
Saturday, April 30			Warm-up 6:00–7:50 a.m.	Start 8 a.m.		
			500 freestyle (men's)	22		
23			100 butterfly	24		
25			50 breaststroke	26		
27			200 individual medley	28		
29			50 freestyle	30		
31			100 backstroke	32		
33	See relay entry		200 freestyle relay	34	See relay entry	
35	See relay entry		200 mixed medley relay		See relay entry	
Sunday, May 1			Warm-up 6:00–7:50 a.m.	Start 8 a.m.		
37			400 individual medley	38		
39	See relay entry		200 medley relay	40	See relay entry	
41			200 freestyle	42		
43			50 butterfly	44		
45			200 backstroke	46		
47			100 breaststroke	48		

***Swimmers may enter both the 1000 and 1650 freestyle events if they meet the NQT in at least one of them.

>>>MAIL ENTRIES TO:

USMS Spring Nationals
P.O. Box 185
Londonderry, NH 03053-0185

Entries **must be received** by March 28, 2016

ENTRY CHECKLIST

- Entry form filled out completely?
- 6th event clearly marked? (Mark 6th only if entering six events.)
- Seed times in proper columns?
- No more than three individual events per day entered?
- Liability waiver (page 2) completed, signed, and dated?
- Fees payable to "U.S. Masters Swimming" enclosed?
- USMS card or international registration card (if applicable) attached?
- SASE enclosed? (Indicate purpose on envelope.)
- Entry will be received by March 28, 2016, deadline?

Questions? Call 800-550-7946

Meet surcharge (required for all events)

>>>If received by March 8, 2016	\$55
>>>If received between March 9 and March 28, 2016	\$65
Number of individual events	X \$4
Mailed hard copy of final results	X \$15
VIP Hospitality	X \$110
Parking pass (week)	X \$30
Social (Sat., April 30)	X \$30
TOTAL FEES ENCLOSED	



U.S. MASTERS SWIMMING

Online entries will be accepted starting on or before Feb. 15, 2016. Please see usms.org for additional information.

This entry form has **two pages**. The liability waiver on the second page must be completed and included with your entry.



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	