



2015 NAC Masters LC Spring Chicken Classic June 20-21, 2015

RULES: 2015 USMS Long Course Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups, except for designated sprint lanes. All events will be timed finals.

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc.,

SANCTION NO: 155-S006

HOST CLUB: Nashville Aquatic Club Masters

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 (615) 321-3510
Directions to the Sportsplex can be found on www.swimnac.com.

FACILITY: The competitive pool at the Sportsplex is 50 meters long with 8 lanes, and the pool depth is a minimum of 7 feet. The pool is equipped with Colorado Timing and is certified by USMS. Warm-up/warm-down lanes will be available throughout the meet in an adjacent 25-yard pool. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming. Swimmers need to attach a copy of their USMS card to their entry forms or will be asked to show a 2015 USMS registration card upon check-in at the meet. If not yet registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before entering the pool or swimming any events at the meet.

MEET DATES/SESSIONS:

Saturday, June 20, 2015 Open Warm-ups: 3:00pm
 Meet Start: 4:00pm

Sunday, June 21, 2015 Open Warm-ups: 8:00am
 Meet Start: 9:00am

SEEDING: All events will be seeded by gender and time, although the Meet Director reserves the right to combine genders in any event, as needed. A swimmer with no seed time may indicate "No Time" or "NT" in the time slot and will be seeded as the slowest time in that event. **In order to be seeded in the 1500 Free, 800 Free, and 400 IM, swimmers will need to positively check in with the Clerk of Course 30 minutes prior to the start of the meet on the day of that event.** All events will be seeded slowest to fastest. Results will be tabulated by gender and age group, as defined by USMS guidelines.

DISABLED SWIMMERS: An information sheet for disabled swimmers is available to assist the facility and meet officials in preparation. Please contact the Meet Director.

ENTRIES & FEES: A swimmer may enter up to five (5) individual events each day of the meet for a \$40 flat fee. Note: There are anticipated **short breaks after Events 16, 26, 34 and 37**, but they will depend on the number of entries and the length of the meet. Late entries, as well as deck entries, will be accepted with an additional \$15 fee. There are no additional fees for relays. Age for entries is determined by the swimmer's age as of December 31, 2015. Entries should be submitted online: see link below. Swimmers can also scan and e-mail their completed entry forms or mail hard copies to the Entry Chair. Checks should be made payable to: **Nashville Aquatic Club. To complete your ONLINE MEET ENTRY, Click [HERE!](#)**

OFFICIALS: MEET DIRECTOR: Chris McPherson, cmcpherson@swimnac.com, 615-554-3354

 MEET REFEREE: Tara Todd, MeetRef@SwimNAC.com

 ENTRY CHAIR: Doug Wharam, dwharam@swimnac.com, 615-321-3510,
 Nashville Aquatic Club, P.O. Box 128318, Nashville, TN 37212

DEADLINES: All individual entries and fees must be received by 11:59pm CST on Monday, June 15, 2015. Any entries arriving after that date will be considered late and require an additional \$15 fee. Relay entries, however, will be accepted until 9:00am on Sunday, June 21, before the start of the day's session.

AWARDS: Individual events will be scored 9-7-6-5-4-3-2-1, with relays scoring double the points. Award certificates will be given to the highest point-scoring women's, men's, and combined teams.

MEET T-SHIRTS

Meet t-shirts can be purchased for \$15 each and should be ordered at the time of meet registration. There will be only a small selection of t-shirts available for sale during the meet. The online t-shirt purchase option will close on June 1, 2015 at 12 midnight.

FACILITY RULES: The Centennial Sportsplex staff respectfully asks that no outside coolers, food, or drinks be brought into the building. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SPECIAL NOTES:

All men's, women's, and mixed events will be swum separately, however, the Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet.

The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated.

The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events.

The HYTEK event file, psych sheet, results, and other meet information will be posted on the NAC website

(www.swimnac.com) as they become available.

REFRESHMENTS: The Nashville Aquatic Club Masters Swim Team will provide drinks and snacks throughout the meet at no charge for swimmers participating in the meet.

SATURDAY EVENING SOCIAL:

An optional dinner social will be organized at a nearby restaurant for any swimmers interested in gathering with other swimmers on Saturday evening. Details will be provided the week prior to the meet.

HOTEL SUGGESTIONS:

Holiday Inn Vanderbilt

Meredith Schakel, Sales Manager

Holiday Inn Nashville-Vanderbilt

2613 West End Avenue

Nashville, TN 37203

E: meredith.schakel@ihg.com

615-321-8250 (office)

615-320-4850 (fax)

www.holidayinn.com/bna-vanderbilt.com



2015 NAC Masters LC Spring Chicken Classic Order of Events

Saturday, June 20, 2015	
Warm-Ups at 3:00pm	
Session Start at 4:00pm	
<u>Event # (W/M)</u>	<u>Event (LC Meters)</u>
1 / 2	400 IM*
3 / 4	800 Free*
5 / 6	1500 Free*
Sunday, June 21, 2015	
Warm-Ups at 8:00am	
Session Start at 9:00am	
<u>Event # (W/M/Mixed)</u>	<u>Event (LC Meters)</u>
7 / 8	400 Free*
9 / 10	50 Back
11 / 12	100 Breast
13 / 14	200 Fly
15 / 16	50 Free
<i>10 Minute Break</i>	
17 / 18	200 IM
19 / 20	50 Fly
21 / 22	200 Free
23 / 24	100 Back
25 / 26	200 Breast
<i>10 Minute Break</i>	
27 / 28	100 Free
29 / 30	200 Back
31 / 32	50 Breast
33 / 34	100 Fly
<i>10 Minute Break</i>	
35 / 36 / 37	200 Medley Relay**
<i>10 Minute Break</i>	
39 / 40 / 41	200 Free Relay**

*Swimmers participating in the **800 Free, 1500 Free, and 400 IM** need to positively check in with the Clerk of Course before 3:30pm on Saturday. Swimmers participating in the **400 Free** need to positively check in with the Clerk of Course by 8:30am on Sunday.

****Relay cards** need to be submitted to the Clerk of Course by the start of the session (9:00am) on Sunday morning.



2015 NAC Masters LC Spring Chicken Classic Entry Form

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No: 155-S006

Name: _____ Address: _____
 City/State: _____ Zip: _____ Cell Phone: _____
 E-mail Address: _____
 Age as of December 31, 2015: _____ Date of Birth: _____ Sex: _____
 USMS Registration #: _____ Team Name: _____ Team Initials: _____

Please circle event numbers, and enter a time:

Saturday, June 20, 2015		
Event # (W/M)	Event (LC Meters)	Entry Time
1 / 2	400 IM*	
3 / 4	800 Free*	
5 / 6	1500 Free*	
Sunday, June 21, 2015		
Event # (W/M/Mixed)	Event (LC Meters)	Entry Time
7 / 8	400 Free*	
9 / 10	50 Back	
11 / 12	100 Breast	
13 / 14	200 Fly	
15 / 16	50 Free	
10 Minute Break		
17 / 18	200 IM	
19 / 20	50 Fly	
21 / 22	200 Free	
23 / 24	100 Back	
25 / 26	200 Breast	
10 Minute Break		
27 / 28	100 Free	
29 / 30	200 Back	
31 / 32	50 Breast	
33 / 34	100 Fly	
10 Minute Break		
35 / 36 / 37	200 Medley Relay**	
10 Minute Break		
39 / 40 / 41	200 Free Relay**	

Payment:

Meet Entry Fee (\$40)	\$40
Late Fee, if applicable (\$15)	\$
Total Fees Due	\$

Online entries preferred.

If need to mail in entries,

make check payable to Nashville Aquatic Club (NAC),

and send to:

Doug Wharam
 Nashville Aquatic Club
 P.O. Box 128318
 Nashville, TN 37212

Attach a copy of 2015 USMS registration card here.



**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