



MN Masters Relay Meet and Awards Dinner

Hopkins North Junior High

10700 Cedar Lake Rd., Minnetonka, MN 55305

Saturday, October 15, 2016



FUN meet – no previous swimming experience needed, and do not need to be in shape to participate.

Most relays require only 25 yards of swimming. The relay meet (and the social following the meet) is meant to serve as a way to get to know other swimmers from the area, and to learn more about Minnesota Masters.

Schedule: Registration – 1:00 p.m. - 1:30 p.m.
Warm-ups – 1:00 p.m. - 1:55 p.m.
Meet – 2:00 p.m. - 4:00 p.m. (approx.)

Meet Sanction: 306-S006

Meet Director: Minnesota Masters (meets@minnesotamasters.com)

Entry Information: Register to participate in the meet. You will be assigned to a relay team at the meet after deck entries have closed.
Check-in required by 1:30 p.m. on October 15.
Non-USMS members will need to complete a one event form.

| Entry Type | Pre-Register | Deck Entry |
|-------------------------------------|--|-------------------|
| Deadline | Oct 8, 11:59 p.m. | Oct 15, 1:00 p.m. |
| USMS Member (incl. 1 dinner ticket) | \$15 | \$20 |
| Relay Meet | | |
| USMS Member | \$10 | \$15 |
| Non-USMS Member | \$15 | \$20 |
| Dinner | | |
| Adult | \$10 | \$10 |
| Kids (3yrs+) | \$5 | \$5 |
| Kids (2yrs and younger) | Free, please RSVP for them to help us estimate | |

***Entry fees are non-refundable. Online entries are paid by credit card to ClubAssistant.com Events.

Course: 6 lane, 25yd pool, using 6 lanes for competition.

Results: Results will be announced following each relay, with team results announced at the awards dinner. Due to the fun nature of the meet, there will not be timers or officials; therefore, there will not be an opportunity to achieve official times for top 10/records.

Paper Entry (2 pages)

Relay Order of Events (relays are subject to change).

| | | | | | |
|------------------|------------------------|------------------|---------------------------|------------------|------------------------|
| Session 1 | | Session 3 | | Session 5 | |
| 1 | ? x 50 I.M. Relay | 5 | ? x 50 Candy Relay | 9 | ? x 25 Equipment Relay |
| 2 | ? x Ballet Leg Relay | 6 | ? x 25 Cup of Water Relay | 10 | ? x 25 Siamese Relay |
| Session 2 | | Session 4 | | Session 6 | |
| 3 | ? x 25 Car Relay | 7 | ? x 25 Free Relay | 11 | ? x 25 Cap Relay |
| 4 | ? x 25 Corkscrew Relay | 8 | ? x Flipturn Relay | 12 | ? x 25 Pumpkin Relay |

***Register to participate in the meet. You will be assigned to a relay team at the meet after deck entries have closed.

***The number of legs in most relays will be determined after deck entries have closes. All participants are encouraged to participate on many relays.

***There will be a short break after each relay to line-up the next relay. There will be a 3-5 minute break that can be used for warm-up/cool-down at the conclusion of each session.

***Relay order of events subject to change.

| Description | Pre-Register | Deck | Qty | Total \$ |
|--|--------------|------|-----|----------|
| Postmark Deadline | Oct. 8 | N/A | | |
| USMS Member Meet + Dinner | \$15 | \$20 | | |
| Relay Meet | | | | |
| USMS Member Meet Only | \$10 | \$15 | | |
| Non USMS Member Meet Only | \$15 | \$20 | | |
| Dinner | | | | |
| Dinner - Adult | \$10 | \$10 | | |
| Dinner – Kid (3+ years old) | \$5 | \$5 | | |
| Dinner – Kid (2 years old and younger) | Free | Free | | |

Paper Entry, please mail

- (a) This form (2 pages)
- (b) A check for the correct amount made payable to Minnesota Masters
- (c) A copy of your USMS card

To:
David Bergquist c/o Recruit Masters
Suite 300, 8200 Humboldt Ave. So.
Bloomington, MN 55431

PLEASE PRINT

Print Name: _____ Male Female
 Birthdate: ___/___/___ Age: ___ Phone: ___-___-___
 USMS #: _____ Club: _____
 Email Address: _____

******Signature Required on following Page** (please mail both pages with your registration)

**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.

Please Sign: _____

Date: _____