

**POWEL CROSLEY, JR. YMCA  
FALL KICKOFF MASTERS MEET  
Short Course Yards**

**Sunday, October 23, 2016**

Sanctioned by Ohio LMSC and USMS, Inc. Sanction Number TBA

**HOST TEAM:** PCY Tigersharks Masters (SWOM-PCY)

**CONTACT:** Meredith Griffin  
[mgriffin@cincinnatiymca.org](mailto:mgriffin@cincinnatiymca.org)  
(513) 521-7112 ext. 2411

**LOCATION:** Powel Crosley, Jr. YMCA  
9601 Winton Rd.  
Cincinnati, OH 45231  
513-521-7112  
513-728-2192 (fax)

**ELIGIBILITY:**

- Open to all swimmers who are registered with USMS. Each swimmer is responsible for his/her USMS card and will be required to show it upon request by officials.
- **To enter the meet, a copy of the swimmers current USMS registration card MUST accompany the entry form.**
- The meet entry form should display your registered name, number, and team name, according to your USMS card. 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 Ohio 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:** The age reported on your entry form must reflect your age as of October 23, 2016.

**ENTRY LIMIT:** 4 Individual Events and 2 Relay Events per swimmer

**ENTRY FEES & PAYMENT:**

- \$20 per swimmer flat fee for teams or individuals submitting entries by the above entry deadline.
- \$30 per swimmer after the above entry deadline &/or for deck entry the day of.
- **Entry deadline: October 21, 2016**
- Refunds will only be issued for documented medical reasons or if the meet is cancelled.
- Registration form, copy of USMS card, and payment may be made by mail or by fax.
- Payment by check only.
- All checks should be made out to Powel Crosley, Jr. YMCA.

**Mail entries and payment to:**

**John Janszen**

**Powel Crosley Jr. YMCA**

**9601 Winton Road**

**Cincinnati, OH 45231**

**E-Mail: [jjanszen@cincinnatiymca.org](mailto:jjanszen@cincinnatiymca.org)**

**SEEDING & LANE**

**ASSIGNMENTS:**

Each event will be seeded by the pre-entered seedtime of each swimmer, with the slower heats first (except the 1650, which will be swum fastest to slowest). 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 8:20am on the day of competition.

**RELAYS:**

All relays are deck entered. Age groups for relays will be determined by the youngest member of the team and are: 19+, 25+, 35+, 45+, etc.

Official relay cards are to be picked up from the Clerk of Course by a team representative who is responsible for the relay. The relay representative should **print legibly** all information required. Each card should include the swimmer's name as on the USMS registration card in order of relay swum; first name, last name, age and gender. **Cards shall be returned to the computer table by 8:00am.**

**AWARDS:**

No awards will be given.

**ORDER OF EVENTS:**

The meet will be deck seeded according to times submitted, regardless of age and gender. Heat and lane assignments for all events will be posted by 8:20am on the day of competition.

**Deck Entries: 7:00am – 8:00am on 10/26/16**

**Deck entry deadline: 8:00am on 10/26/16**

**Relay entry deadline: 8:00am on 10/26/16**

**Warm –Ups: 7:00am – 8:25am**

**Heat Sheet: 8:20am**

**Meet Starts: 8:30am**

- |                           |                           |
|---------------------------|---------------------------|
| 1. 200 Freestyle          | 11. 200 Butterfly         |
| 2. 400 Individual Medley* | 12. 50 Breaststroke       |
| 3. 200 Medley Relay       | 13. 100 Freestyle         |
| 4. 50 Backstroke          | 14. 200 Individual Medley |
| 5. 100 Butterfly          | 15. 200 Backstroke        |
| 6. 200 Breaststroke       | 16. 50 Butterfly          |
| 7. 50 Freestyle           | 17. 100 Breaststroke      |
| 8. 100 Individual Medley  | 18. 200 Freestyle Relay   |
| 9. 100 Backstroke         | 19. 1650 Freestyle*       |
| 10. 500 Freestyle*        |                           |

\*These events are limited to the first 10 entries only.

**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 during the competition. No diving will be permitted in these lanes. A swimmer may be disqualified at the discretion of the Meet Director or Meet Official for failure to comply with these rules.

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**PRINT LEGIBLY OR TYPE**

NAME \_\_\_\_\_ GENDER \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE ON 10/23/16 \_\_\_\_\_

USMS Number \_\_\_\_\_ TEAM \_\_\_\_\_

**ATTACH A COPY OF CURRENT USMS CARD.**

ADDRESS \_\_\_\_\_

CITY, STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE (\_\_\_\_\_) \_\_\_\_\_

BUSINESS OR CELL PHONE (\_\_\_\_\_) \_\_\_\_\_

E-MAIL \_\_\_\_\_

Circle the events in which you would like to be entered and show your entry time to the hundredth of a second. If you do not enter a time you will be entered "NT."

<b>EVENT #</b>	<b>EVENT</b>	<b>ENTRY TIME</b>
1	200 Freestyle	
2	400 Individual Medley*	
3	200 Medley Relay	N/A
4	50 Backstroke	
5	100 Butterfly	
6	200 Breaststroke	
7	50 Freestyle	
8	100 Backstroke	
9	100 Individual Medley	
10	500 Freestyle*	
11	200 Butterfly	
12	50 Breaststroke	
13	100 Freestyle	
14	200 Individual Medley	
15	200 Backstroke	
16	50 Butterfly	
17	100 Breaststroke	
18	200 Freestyle Relay	N/A
19	1650 Freestyle*	

**ENTRY FEE:**

Entry submitted by 10/21/16 \_\_\_\_\_ \$20

Entry submitted after 10/21/16 \_\_\_\_\_ \$30

THE FOLLOWING RELEASE MUST BE SIGNED:

**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.

ATHLETE'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_