

MICHIGAN MASTERS SWIMMING - MEET INFORMATION
HOSTED BY SOUTH LYON GIRLS VARSITY SWIMMING AND DIVING

- SANCTION:** This meet is sanctioned by Michigan Masters Swimming as a sanctioned swim meet. All meet participants must be currently registered with USMS swimming. USMS rules will govern all competition.
Sanction # is196-S012
- DATE:** Sunday, November 13, 2016
- LOCATION:** South Lyon East High School
52200 Ten Mile Rd.
South Lyon, MI 48178
Bob Crosby-Meet Manager Email: wbcoachbob@hotmail.com
734-262-1755 (Cell Phone)
- FACILITY:** South Lyon East has an 11 lane pool, with Colorado Timing System and scoreboard. Up to 10 lanes can be used for competition. The remaining lanes will be used for warm-up and swim down during the competition. "The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1"
Pool locker rooms will be available to use for changing. All swimmers should bring their own locks, or plan to bring your clothes and valuables on deck during the competition. South Lyon Schools assumes no liability for any missing items at the meet.
- TIME:** Session 1 warm-up-7:00-7:25 A.M.
Session 1 will consist of the first 20 entries received (2 heats of 10 lanes)) in the 1650 free and will begin at 7:30 A.M.
NO DECK ENTRIES FOR THE 1650!
Session 2 warm-up-9:00-9:30 A.M.
Session 2 will begin at 9:30 A.M. (see enclosed page for order of events)
- ENTRIES:** **Each competitor may enter a maximum of 5 events.** Swimmers should mail all entries to:
Bob Crosby / 23579 Spy Glass Hill N. / South Lyon, MI 48178
Or you may email them to: wbcoachbob@hotmail.com
ENTRY DEADLINE IS THURSDAY, November 10th BY 3 PM.
If you are not able to send in your entries ahead of time, there will be on deck registration from 8:00-9:00 A.M. **NO DECK ENTRIES FOR THE 1650 FREE! PLEASE USE THE ENCLOSED ENTRY BLANK.**
- ENTRY FEE:** \$26 for entries received in the mail by the above deadline. For any entries received by email, the entry fee is \$28, or for deck entries, the fee is \$30. Make all checks payable to
SOUTH LYON GIRLS SWIM BOOSTER CLUB.
For those people who email their entry in, plan to pay the entry fee when you arrive at the meet!
- LUNCHEON:** Included with your entry fee will be a post meet luncheon. The meal will be supplied by the South Lyon Varsity Girls swimming and diving parents. Any family members who wish to stay and eat may do so for a \$3 charge.

ALL PROCEEDS FROM THE MEET WILL GO TO SUPPORT SOUTH LYON GIRLS SWIMMING AND DIVING! PLEASE SPREAD THE WORD ABOUT THIS MEET.

**MICHIGAN MASTERS SWIM MEET HOSTED BY SOUTH LYON GIRLS
VARSITY SWIMMING AND DIVING - 11/13/16**

ENTRY BLANK FOR _____ BIRTHDATE _____

USMS # _____ SEX: M F (Please circle)
All participants must be a registered USMS swimmer to be eligible for competition!

BEST PHONE # _____ EMAIL: _____

EVENT #	EVENT	SEED TIME
WARM-UP 7:00-7:25 A.M.		
SESSION 1 - BEGINS AT 7:30 A.M.		
1	1650 FREE	
NO DECK ENTRIES IN THE 1650		
WARM-UP 8:45-9:30 A.M.		
SESSION 2 - BEGINS AT 9:30 A.M.		
2	200 BACK	
3	50 FLY	
4	200 IM	
5	50 BREAST	
6	200 FREE	
7	50 BACK	
8	100 FLY	
9	200 BREAST	
10	50 FREE	
11	400 IM	
12	100 FREE	
13	200 FLY	
14	100 BACK	
15	100 BREAST	
16	100 IM	
17	500 FREE	

<p align="center">For Meet Manager only:</p> <p>Received on _____</p> <p>Check # _____</p> <p align="center"><i>or</i></p> <p>Email _____</p>

**PLEASE LIST YOUR SEED TIMES IN THE EVENTS YOU WOULD LIKE TO ENTER.
REMEMBER, LIMIT OF 5 EVENTS!**

MAKE CHECKS PAYABLE TO: SOUTH LYON GIRLS SWIM BOOSTER CLUB

Mail your entry to:
 Bob Crosby
 23579 Spy Glass Hill N.
 South Lyon, MI 48178

Or you may email your entry to: wbcobachbob@hotmail.com and pay your entry fee when you arrive.



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