***6th Annual* NAC Masters Sprinting Turkey Classic**

**Short Course Meters Dixie Zone Championships**

**November 19-20, 2016**



RULES: 2016 USMS 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.

USMS rules limit swimmers to five races per day including 25s. Accordingly, we have moved the 25 back and the 25 breast from Sunday to the end of Saturday. Swimmers interested in competing for the Sprinting Turkey’s award will need to swim the 25 back and breast on Saturday and the 25 free and 25 fly on Sunday. Please note that this is a change in event order made after this meet was sanctioned and necessitated by clarification of USMS rules that came about during the 2016 USMS Convention in September.

**USMS SANCTION NUMBER**: Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No. 156-S008.

**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](http://www.swimnac.com).

**ELIGIBILITY:** All swimmers must be registered with United States Masters Swimming, Inc.

**Paper entry form**- Swimmers need to attach a copy of their USMS card to their entry form.

**Online Registration**- If you are not already registered with USMS, online registration will allow you to register with USMS when you register for the meet. You will not be able to register online without being a USMS member.

**MEET DATE/START TIME:**

Saturday, November 19, 2016 Session 1 Warm-ups: 10:00am

Session 1 Meet Start: 10:45am

Session 2 Warm-ups: 12:15pm

Session 2 Meet Start: 1:00pm

Sunday, November 20, 2016 OPEN Warm-ups: 8:00am

Meet Start: 9:00am

**SEEDING:** All events will be seeded slowest to fastest without regard to age or gender. Swimmers with no seed time may indicate “No Time” or “NT” in the time slot and will be seeded as slowest times. Results will be tabulated by gender and age group, as defined by USMS.

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

ENTRIES & FEES: A swimmer may enter up to 10 (5 per day) individual events electronically for a $60 flat fee. There is a one race entry fee of $40. Late entries, as well as deck entries, will be accepted with an additional $20 fee. Age for entries is determined by the swimmer’s age on December 31, 2016. Please submit entries on the attached form. Swimmers can scan and e-mail the entry form or mail a hard copy to the address below. Checks should be made payable to **Nashville Aquatic Club**

**ONLINE ENTRY:**  We encourage online entries through the Club Assistant system. You will be able to submit your entry times, use a secure site for payment of fees, sign the standard USMS waiver electronically, and have your USMS membership verified through this system.  You will also be able to access the USMS database of times associated with your USMS registration number to help you determine appropriate seed times.  Online entries will reduce the workload associated with putting together a meet.  Your credit card statement will show a charge from "ClubAssistant.com Events."

Standard full meet: <https://www.clubassistant.com/club/meet_information.cfm?c=1982&smid=7807>

One Race:

<https://www.clubassistant.com/club/meet_information.cfm?c=1982&smid=7842>

**DEADLINE FOR ONLINE ENTRIES:**  The online entry system will not allow late entries.  Entry deadline for online entries is 11:59 p.m. Central Standard Time on Tuesday, November 15, 2016.

**DEADLINE FOR PAPER ENTRIES:** Paper entries are available at the [Dixie Zone webpage](http://www.dixiezone.org/Meets.htm) or the [USMS Calendar of Events](http://www.usms.org/comp/event_search.php?utm_campaign=top_nav&utm_medium=events_and_results).  Paper entries must be received (not postmarked) by Monday, November 14, 2016.  Paper entries received after that date will incur a late fee of $20.  Paper entries received after Monday, November 14 will be considered deck entries.  Please mail to Doug Wharam, Nashville Aquatic Club, P.O. Box 128318, Nashville, TN 37212

Checks should be made out to **Nashville Aquatic Club**.

**DECK ENTRIES:** Deck entries will be allowed at the discretion of the Meet Director.  We will try to accommodate deck entries but only if such entries do not require additional heats.  The fee for deck entries is $80 ($60 entry fee plus $20 late fee)

**Direct questions to:** Ashley Whitney, [awhitney@swimnac.com](mailto:awhitney@swimnac.com)

**INDIVIDUAL AWARDS:**  Individual ribbons will be awarded for 1st through 3rd place by age group and gender. High point awards will be given to top male and female swimmers in each age group based on points scored in individual events. A swimmer must swim in at least four individual events to qualify. Relay points will not count towards individual awards, but they will count for team awards.

**ADDITIONAL AWARDS:** Awards will be given to the overall male and female Sprinting Turkey Champions (will be given based on each swimmer’s aggregate time in the 25’s). A swimmer must compete in all four 25’s to be eligible for this award. Award will be given to the overall male and female Distance Dodo Champion (will be given based on each swimmer’s aggregate time in the 400 IM, 1500 free and 400 free). A swimmer must compete in all 3 distance events to be eligible.

**TEAM AWARDS:** Awards will be given to the top three teams in each of three categories: large, medium, and small teams. The Meet Director will determine the break-off point between the three categories once entries have been received. The host team will not be a contender for team awards.

**SCORING:** First 8 finishes in each event, by age and gender, will be scored as follows: Individual events 9-7-6-5-4-3-2-1; Relay events 18-14-12-10-8-6-4-2.

**RELAYS:** Relays will be deck-entered using forms provided at the meet. Relay team members must be registered with the same club. For purposes of awards and scoring, the age of the youngest relay team member shall determine the age group in the following age categories: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, 360-399 … (40-year increments as high as necessary). The aggregate age of the four relay team members shall determine the age group. No charge for relay entries.

**POOL DESCRIPTION:** The competitive pool at the Sportsplex is 50 meters, divided by two bulkheads, with each course 25 meters with 8 nine-foot wide lanes. The meet will employ one 25 meter course with 8 lanes. Pool depth is a minimum of 7 feet. It is equipped with Colorado Timing, Swimming systems and is certified by USMS. Warm-up/warm-down lanes will be available throughout the meet.

**COMPETITION COURSE COMPLIANCE:** 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.

**FACILITY RULES:** The Centennial Sportsplex respectfully asks that no outside coolers, food, or drinks be brought into the building. Additionally, no food or drinks (with the exception of water bottles) should be brought into the pool area. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time.

**REFRESHMENTS**: Drinks and light snacks will be provided at no charge for participating swimmers throughout the meet on Saturday and Sunday.

NAC TEAM SPONSORS:There are several local businesses that support NAC and the sport of competitive swimming.  These businesses not only contribute to the initiatives of team, but they also strive to better serve our out of town participants and spectators.  Often times our NAC Team Sponsors offer special deals and offers the weekends of our swim meets and are ready and able to accommodate large groups, catering orders, and other special requests. Teams are encouraged to check out the listed hotels and restaurants posted on the NAC Team Sponsors page of the website [www.swimnac.com](http://www.swimnac.com/) when making plans to attend a NAC swim meet.

**6th Annual NAC Masters Sprinting Turkeys Classic**

**Short Course Meters Dixie Zone Championships**

**Order of Events and Entry Form**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/State: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age on December 31, 2016: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

USMS Registration #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Initials: \_\_\_\_\_\_\_

**Please Circle Event Numbers, and Enter a Time=**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Event in SC Meters** | **Entry Time** |
| **Session 1** | | |
| 1 | 1500 Free |  |
| **Session 2** | | |
| 2 | Mixed 100 IM |  |
| 3 | Mixed 200 Fly |  |
| 4 | Mixed 50 Free |  |
| 5 | Mixed 100 Breast |  |
| 6 | Mixed 100 Back |  |
| 7 | Mixed 200 Free |  |
| 8 | Mixed 50 Fly |  |
| 9 | 400 IM |  |
|  | ***The Battle of the Sprinting Turkeys!*** |  |
| 10 | 25 Back |  |
| 11 | 25 Breast |  |
|  | **5 MINUTE BREAK** |  |
| 12 | Women 100 Medley Relay |  |
| 13 | Men 100 Medley Relay |  |
| 14 | Mixed 200 Free Relay |  |
| **Session 3** | | |
| 15 | Mixed 400 Free |  |
| 16 | Mixed 100 Fly |  |
| 17 | Mixed 200 Breast |  |
| 18 | Mixed 50 Back |  |
| 19 | Mixed 100 Free |  |
| 20 | Mixed 200 Back |  |
| 21 | Mixed 50 Breast |  |
| 22 | Mixed 200 IM |  |
| ***The Battle of the Sprinting Turkeys!*** | | |
| 23 | 25 Fly |  |
| 24 | 25 Free |  |
| **5 MINUTE BREAK** | | |
| 25 | Women 200 Free Relay |  |
| 26 | Men 200 Free Relay |  |
| 27 | Mixed 100 Medley Relay |  |
|  |  |  |
|  |  |  |

**Please read and sign waiver on the next page, and return with entry.**

ENTRY FEE – PAPER ENTRIES ($65) $\_\_\_\_\_\_\_\_

LATE FEE, if applicable ($15) $\_\_\_\_\_\_\_\_

TOTAL $\_\_\_\_\_\_\_\_

(Check payable to **NAC**)

Mail to:

Doug Wharam, Nashville Aquatic Club

PO Box 128318, Nashville, TN 37212

**Attach a copy of 2016 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_