 

2nd ANNUAL BURN OFF THE BIRD

SATURDAY NOVEMBER 26TH, 2016

CATSKILL RECREATION CENTER

**SANCTION:** This meet will be a recognized USMS Adirondack Masters Swimming Sanctioned Event. However a registered meet means that anyone can participate. There will be separate heats for youth 6-18 and adults 18 and over.

**LOCATION:** Catskill Recreation Center. (CRC) 651 County Highway 38. Arkville, New York 12406. [www.catskillrecreationcenter.org](http://www.catskillrecreationcenter.org).

**FACILITY:** THE CRC competition pool has six 25 yard lanes. The pool ranges in depth from 3 feet 6 inches on the far end to 8 feet 3 inches on the deep end of the pool. Five lanes will be used for competition. One lane will be used for continuous warm-up and warm-down throughout the meet. Feet first entry only. The length of the competition pool is in compliance and on file with USMS in accordance with articles 105.1.7. And 107.2.1.

**ELIGIBILITY:** Open to all 2016 registered United States Masters Swimming (USMS members) 18 years old or older as of November 26th, 2016 and all Catskill Recreation Center members and non-members 6 years and older. All children must be accompanied by a parent or guardian to participate in the meet.

**GENERAL INFORMATION REGARDING THE MEET**

* **All starts will be in water only.**
* **We will use the following starting commands:**

Three short whistle blasts: Step up.

One long whistle blast, enter the water.

Swimmers take your mark:

Short whistle blast.

* **All events are pre-seeded and timed finals. When you register for the events, please provide an accurate seed time so that we can appropriately seed the meet.**
* Heats will be swum shortest to fastest with heats for youth and heats for 18 and over. Heats for 18 and over swimmers will be seeded by time regardless of age or gender.
* **Positive check in for all swimmers is required by 9:30 a.m.** (Positive check in means that we simply check off that you are here and that you are still swimming all the events you are entered. This will help us re- seed the meet in the event of scratched events or no-shows.)
* **Warm-up and cool down:** There will be one lane open in the competition pool for continuous warm-up and cool down. Warm-ups will be open (all six lanes) from 8:30 a.m.-9:30 a.m. There will be a fifteen minute break after the conclusion of the 500 yard freestyle at which point in time all six lanes will be open for warm-up and cool down. We expect the meet to finish by 1:00 p.m.
* We will be asking for volunteers to time our meet (you get the best seat in the house and anyone can run a stopwatch). Also timers can use the facility for free after the meet is complete!!

**\*\*\*In the event of inclement weather, the meet will be held the following Saturday (December 3rd, 2016). \*\*\***

**ENTRIES:**

* Maximum of five individual events (including the 500 yard freestyle, plus two relays. The 25’s will not count towards your limit.
* Relay swimmers must be entered in at least one individual event. Relays can be entered as men, women, or mixed (two women and two men). Relays will be deck entered. Relay entry forms will be provided and must be submitted thirty minutes before the relay event.
* **THE BATTLE OF THE BIRD.** Enter all the 25’s and compete against people in your age group (seeded in 5 year increments based on USMS age breakdowns: i.e. 18-24, 25-29, 30-34, etc.….). The winner for each age group will be the person who has the fastest aggregate 100 IM time for all 25 yard events swum.
* **The 500 yard freestyle will be limited to 5 heats or 25 participants.**

**FEES:**

* **Meet fees: Catskill Recreation Center members: $15.00.**

**Non-members: $30.00.**

* **Day of Registration fees( deck entry):**

**Catskill Recreation Center members: $20.00**

**Non-members: $35.00.**

* There will be no separate fee for relays.
* Payment can be cash, credit/debit or check made payable to Catskill Recreation Center.

**\*\*\* Payment and waiver must be given on day of meet to the check in desk. \*\*\***

**\*\*\*Entries must be received by Monday November 21st, 2016 to get the reduced rates. While deck entries are accepted, we encourage pre-registration so that the events can be seeded properly. A psych sheet (listing of the meet timeline with number of heats of events and swimmers in each event) will emailed to all participants on Tuesday November 22nd. \*\*\*\***

**How to submit your entry form:**

1. **MAIL YOUR ENTRY FORM TO CATSKILL RECREATION CENTER.**

BURN OFF THE BIRD SWIM MEET

Sarah King

Aquatics Director

Catskill Recreation Center

651 County Highway 38

Arkville, New York 12406

1. **SUBMIT YOUR ENTRY VIA EMAIL:** [aquatics@catskillrecreationcenter.org](mailto:aquatics@catskillrecreationcenter.org). Please follow up to this entry by calling 845-586-6250 to pay over the phone.
2. **REGISTER IN PERSON AT CATSKILL RECREATION CENTER.**

**We encourage you to spend a weekend in the Catskills!! For lodging suggestions, more information or further questions please contact Sarah King at 845-586-6250 or email** [**aquatics@catskillrecreationcenter.org**](mailto:aquatics@catskillrecreationcenter.org)**.**

**2016 BURN OF THE BIRD SWIM MEET.**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex\_\_\_\_\_\_\_ Age :\_\_\_\_\_\_( as of 12/31/16)

Mailing Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club Abbreviation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

USMS Registration no (if applicable):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Meet Entry Fee: $15.00 for CRC Members. $30.00 for non-members. Includes CRC swim cap.

Entries must be received by November 21, 2016 to receive these entry fees!! Otherwise entry fees are $20 for CRC members and $35 for non-members.

Entries by mail: Attention: Sarah King

Aquatics Director

651 County Highway 38

Arkville, New York 12406.

Entries by Email: [aquatics@catskillrecreationcenter.org](mailto:aquatics@catskillrecreationcenter.org).

Participants may enter a maximum of five events, + all four 25 yd. races+ two relays.

**EVENT LISTING.**

**WARM-UPS 8:30A.M.-9:30A.M. THE 500 FREESTYLE WILL BEGIN AT 9:30A.M.**

**PLEASE ENTER AN ESTIMATED SEED TIME. IF NO TIME ENTER NT.**

**PLEASE CIRCLE: MENS WOMENS YOUTH**

**SESSION #1:** MIXED 500 YD FREESTYLE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SESSION #2:** **TO BEGIN 15 MINUTES AFTER LAST HEAT OF 500 FREESTYLE**

1. MIXED 200 MEDLEY RELAY \_\_\_\_\_\_\_\_\_\_\_\_\_

2. 200 YD BUTTERFLY \_\_\_\_\_\_\_\_\_\_\_\_\_

3. 100 YD FREESTYLE \_\_\_\_\_\_\_\_\_\_\_\_\_

4. 50 YD BACKSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_

5. 200 yd. FREESTYLE \_\_\_\_\_\_\_\_\_\_\_\_\_

6. 50 yd. BUTTERFLY \_\_\_\_\_\_\_\_\_\_\_\_\_

7.100 yd. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_

8. 200 yd. IM \_\_\_\_\_\_\_\_\_\_\_\_\_

9. 100 yd. BACKSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_

10. 50 yd. FREESTYLE \_\_\_\_\_\_\_\_\_\_\_\_\_

11. 200 yd. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_

12. 100 yd. FREESTYLE \_\_\_\_\_\_\_\_\_\_\_\_\_

13. 100 yd. IM \_\_\_\_\_\_\_\_\_\_\_\_\_

14. 50 yd. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_

15. 200 yd. BACKSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_

16. 200 FREESTYLE RELAY \_\_\_\_\_\_\_\_\_\_\_\_\_

**SESSION#3. TO BEGIN 10 MINUTES AFTER LAST HEAT OF 200 FREESTYLE RELAY**

16. Wacky Relay (decided on deck, 4 participants**) \_\_\_\_\_\_\_\_\_\_\_\_\_**

17. 25 yd. BUTTERFLY \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. 25 yd. BACKSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

19. 25 yd. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_\_\_\_\_

20. 25 yd. FREESTYLE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*Breaks will be taken after Session #1, EVENT #5 and #12, and before session #3. \*\*

http://www.usms.org/logos/USMS_Logo_Horz_tm_200x38.jpg **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.

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| --- | --- | --- | --- | --- | --- |
| 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 | |

***Revised 07/01/2014***