



2016 New England LMSC & Colonies Zone Short Course Meters Championships

December 9-11, 2016; WPI Sports & Recreation Center, Worcester, MA

Sanctioned by NE-LMSC for USMS, Inc: PENDING

Enter this meet online:

https://www.clubassistant.com/club/meet_information.cfm?c=1997&smid=7330

WARM-UP: Friday 4 pm
Saturday 9 am
Sunday 9 am

START: Friday 4:30 pm
Saturday 10 am
Sunday 10 am

MEET ENTRY FEE: The cost of registration is \$30 plus \$6 per event.

DISTANCE EVENT ENTRY CAP: The 800m event may be capped by the Meet Director. This is to help ensure a timely conclusion of the session on Friday, December 9. All online and mailed entries received on the day when the caps are reached will be accepted. Mailed entries received after the day that the cap is reached will be refunded for the entered distance event.

POOL: Worcester Polytechnic Institute (WPI) Sports and Recreation Center, host of the Bay State Conference Championships, New England Senior Championships, MIAA Boys North & Central/South Championships, America East Conference Championships, Northeast-10 Conference Championships, and the NEWMAC Championships.

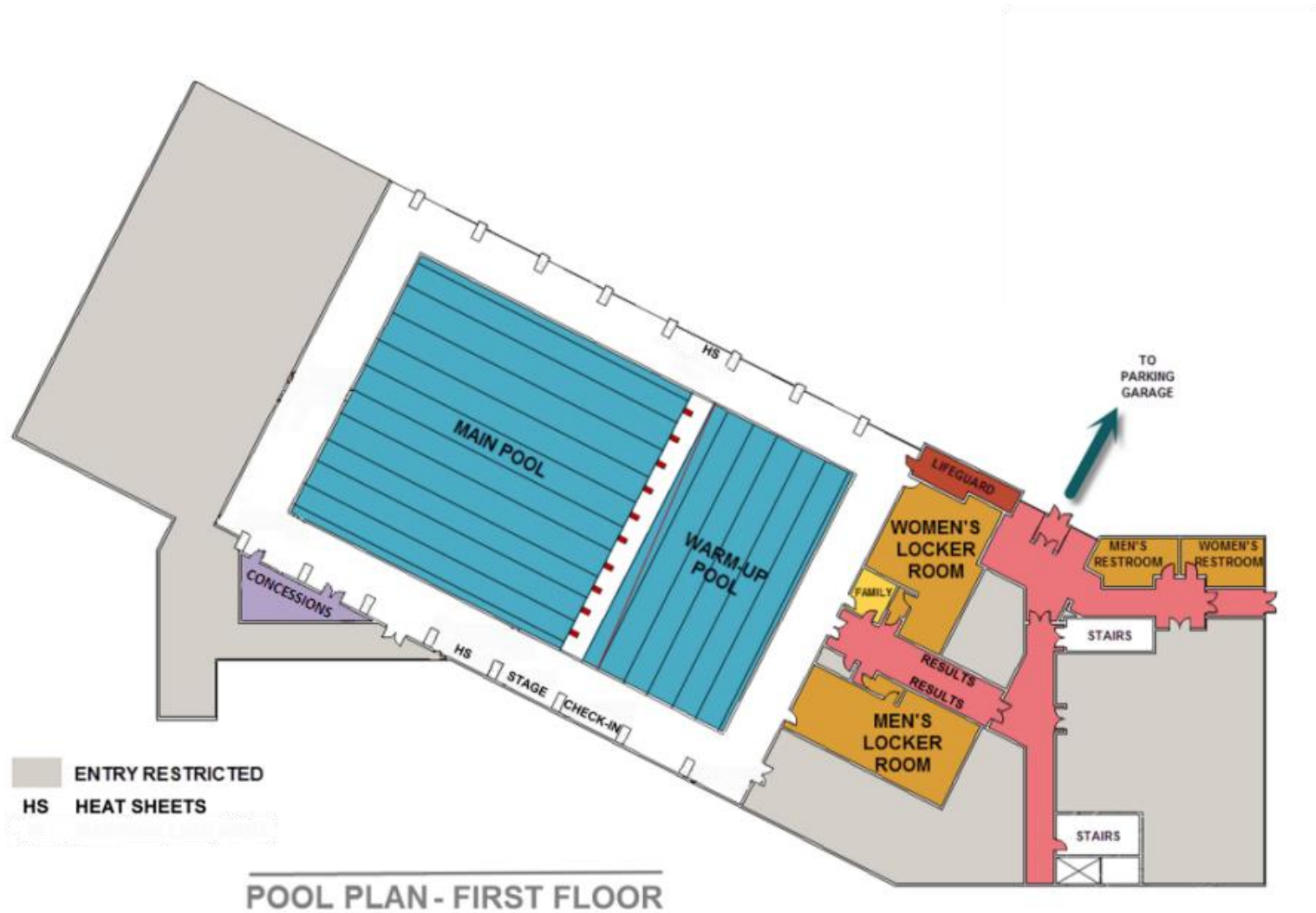
- Ten-lane SCM competition course with five additional lanes of warm-up/warm-down.
- Electronic timing and LED scoreboard.
- Vast deck space for 500 swimmers. Spectator seating for over 400 persons.



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.

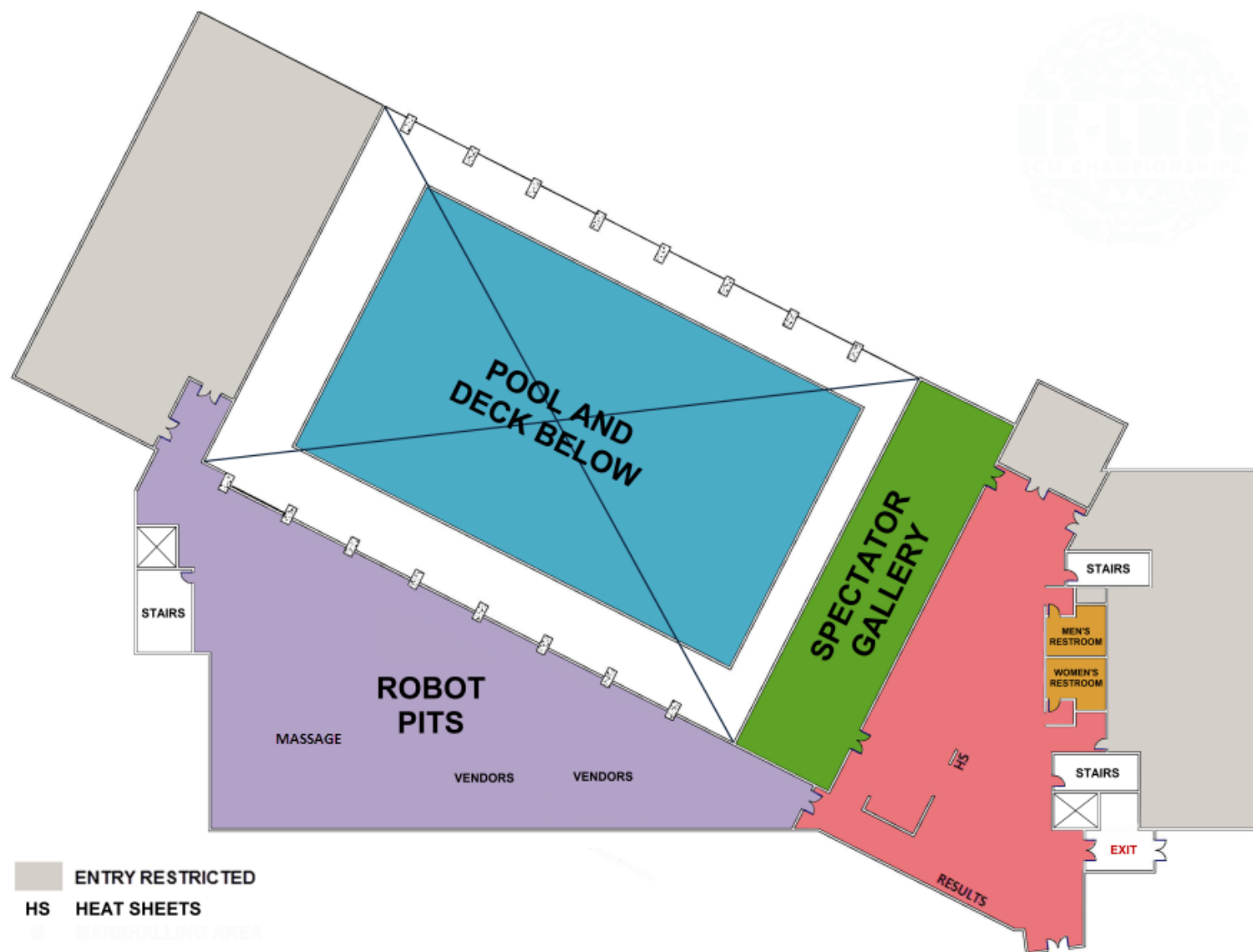
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POOL PLAN - SECOND FLOOR



POOL ENTRY/EXIT: Due to the limited space on the bulkhead, all swimmers are asked to stay off the bulkhead until 2 heats prior to their swims.

At the end of their races, swimmers are kindly asked to exit the pool at the sides instead of via the bulkhead.

DIRECTIONS: GPS address- 151 Salisbury Street, Worcester, MA 01609.

From the East:- Take Mass. Turnpike (I-90) to Exit 11A (I-495). Proceed north to exit 25B (I-290), then west into Worcester. Take Exit 18 (Lincoln Sq., Rte. 9), turn right at end of ramp, then an immediate right before next traffic light. At next light, proceed straight through, bearing to the right on Salisbury St. Turn left at the first entrance after the hill. Proceed straight towards the parking garage on the right.

From the North:- Take I-495 south to I-290. Follow directions from east.

From the South and West:- Take Mass. Turnpike (I-90) to Exit 10 (Auburn). Proceed east on I-290 into Worcester. Take Exit 17 (Lincoln Sq., Rte. 9), turn left at end of ramp, follow Rte. 9 west through Lincoln Sq., straight onto Highland St., then right at light onto Park Ave. Proceed through first light, then turn right at the first entrance. Take first right, then proceed to the entrance of the parking garage.

<http://www.wpi.edu/about/visitors/directions.html>

Parking garage with rooftop field and Sports and Recreation Center (31 on map)-

http://www.wpi.edu/Images/CMS/University-About/WPI_2-D_Map_2014_web.pdf

ELIGIBILITY: 2016 or 2017 registered United States Masters Swimming (USMS) swimmers 18 years or older as of December 9, 2016. Also, 2016 or 2017 registered masters swimmers from other countries.

RULES: [2016 USMS rules](#) apply. We will use dive-over starting. If you want more time to exit the pool please notify the meet referee in advance.

ENTRIES: Maximum of five (5) individual events per day, per swimmer. There is no limit on the number of relays a swimmer may enter. You must include a seed time for each entered event. Entry times of "NT" will not be accepted. Mail your entry form, copy of your 2016 or 2017 USMS card (required), and check (payable to Worcester Area Masters Swim Club) to: NELMSC SCM Champs, 14 North Parkway, Worcester, MA 01605.

Enter online https://www.clubassistant.com/club/meet_information.cfm?c=1997&smid=7330

Entries with problems will be listed on the meet web site. Please check the meet web site frequently to make sure there were no problems with your entry.

No refunds will be issued for entry fees for any reason. Swimmers may not change workout group affiliation after completing their first relay or individual event.

ENTRY DEADLINE: Regular entry deadline is Monday, November 28. Paper entries must be received by November 28 in order to be considered meeting the entry deadline. The Meet Director reserves the



right to close entries early in the interest of ending a day's session on time. Enter early to guarantee your spot!

HEAT SEEDING: All events are timed finals. Heats seeded by sex from slowest to fastest, except for the 800m, which is seeded in heats from fastest to slowest, alternating between women and men. The Meet Director or Meet Referee shall have the right to change seed times that are obviously incorrect based on previous performances. Entries without seed times will not be accepted.

AWARDS: Certificate for mounting an adhesive label record of your performance in each individual event.

Awards will be given to the top three Large (31+ swimmers), Medium (10-30), and Small (4-9) teams. Team size is based on swimmers entered in the meet. They will also be given to the overall highpoint male and female swimmer, and the Colonies Zone champion team.

ALL EVENTS REQUIRE POSITIVE CHECK-IN: All events will be deck seeded from entry form times. All individual events will close for check-in and will be seeded prior to the start of each session. Check-in for all of the day's individual events will close at 4:10 pm on Friday and 9:30 am on Saturday and Sunday. Check-in for all individual events will open at noon on the prior day. Swimmers may check-in either on deck or online using [SwimPhone](#).

Relay entries for the day's first relay are due by 9:30 am. Relay entries for the day's remaining relays are due by 2:00 pm.

SWIMPHONE AND MEET MOBILE: This is a [SwimPhone](#) and Meet Mobile active meet. Online event check-in will open on SwimPhone at noon on the prior day. Results will be available on SwimPhone at the end of each day. Heat sheets and results will be posted on Meet Mobile as they become available. **Results posted on Meet Mobile are not official and may contain errors.**

ORDER OF EVENTS:-

Friday

800m Free

Saturday

200m IM, 200m Free Relay, M 400m Free, 50m Fly, *15 MINUTE BREAK*, 200m Back, 50m Free, 100m Breast, 100m Fly, 100m IM, 400m Medley Relay, 800m Free Relay (unscored)

Sunday

W 400m Free, 200m Medley Relay, 100m Free, 200m Breast, *15 MINUTE BREAK*, 50m Back, 400m IM, 200m Free, 100m Back, 50m Breast, 200m Fly, 400m Free Relay, 800m Medley Relay (unscored)

WARM-UP/WARM-DOWN: The entire pool will be available for warm-up at 9:00-9:50 am, while the meet will begin at 10 am. Lanes 2,3,8, and 9 will be open for one-way sprints at 9:30 am. The 5-lane warm-up/warm-down area will be available during the entire session. All lanes will be available for warm-down 30 minutes after the last heat of the session.

RELAYS: Relay swimmers must be entered in at least one individual event. Relays will be deck entered at the meet and must be submitted by the deadline announced at the meet—approximately 90 minutes



before the event. Swimmers will be allowed one relay for each relay event; swimmers may not be on a single-sex and mixed-sex relay of the same event. Due to USMS rules, all swimmers on a relay must be affiliated with the same USMS team.

SCORING: The first sixteen places in each individual age group event will score in the following sequence: 17, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

The top sixteen relays in each age group event will score double points.

TEAM BANNERS: You are encouraged to bring your team's banner. We will have blue tape or Command hooks to post banners. **Please do not use duct tape or any other adhesive that will leave residue on the walls.**

HOTELS: Please see the meet website for information about hotels in the area.

MEET WEB SITE: The official meet web site is at: scmchamps.blogspot.com. The website will provide current meet information, psych sheets, timelines and a list of entry problems with deadlines for resolution. Please check the website frequently to be sure there are no problems with your entry.

MEET PICTURES: Complimentary photography will be provided. Photos will be posted on the meet's Facebook page (<https://www.facebook.com/SCMChamps>) and on the meet website.

MORE INFORMATION: Email queries to Meet Director Alford Green (swmfrddy@gmail.com). Please visit the meet website for additional information and frequently asked questions about the meet.

THINGS TO DO: The Central Massachusetts Convention and Visitors Bureau (<http://www.centralmass.org/calendar-events>) has a listing of events taking place in the area, as well as places to eat, and sights to see.

Your entry in this meet is indicative of your agreement with the following:

I, hereby give the meet committee permission to have my picture taken at the meet and used without charge for promotional purposes.

You will, also be required to complete the USMS Participant Waiver Agreement on the next page. If you are registering by mail, a completed copy of this waiver must accompany your registration form. If you are registering online, this waiver is already built into the online registration process.



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

Revised 07/01/2014