



2016 Olympus Aquatics Masters Holiday Swim Meet

Olympus High Aquatics Center
Saturday, December 10, 2016



Sanctioned by Utah Masters for USMS, Inc. Sanction # 345-

Meet Director: Shawn Stringham, Olympus Aquatics President, www.olympusaquatics.com

Facility: Olympus High Aquatic Center. A one-pool facilities, with an 8 lane, all-deep 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.](#)

Location: 4055 South 2300 East, Salt Lake City, UT 84124

Parking: You can park in the parking lot in any available, legal parking place.

Meet Conduct: 2016 USMS Rules will govern conduct of this meet.

Eligibility: All swimmers must be registered with USMS (proof is required). USMS/Utah annual registration for 2016 will be offered on deck. USMS/Utah one time swim event registration will be a \$8 fee.

Important Eligibility Rule: 102.2.1 For short course yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.

Entries: Please register online at www.olympusaquatics.com. There is a \$15 fee for this meet. Entries are due by December 7, 2016. If you need to mail entries, please send them to: Shawn Stringham, 1917 East 3780 South, SLC, UT 84106. You must include all of the following: signed entry form, check payable to Olympus Aquatics, and a copy of your USMS card.

****There will be a limit of 2 heats in each of the following long distance events: 500 Free, 1,650 Free, & 400 IM.**

Same Day Deck Entries and fee: Deck entries will be accepted until **6:45 am**. There is an additional \$15.00 fee for deck entries. This is a late fee that must be included with the athlete's entry fee, for a total meet fee of \$30. **Please note:** Participants may only swim 5 individual, plus 2 relay events.

Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc. in 5 year increments.

Relay Age Groups: Short course (25) yards—18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+... (10-year increments as high as is necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible.

Relays: Swimmers must be entered in the meet to swim on relays. *Important Relay Team Rule:* 102.9.1 Relay teams shall not compete unattached. In all cases, relay teams must be composed of USMS members of the same club, which is a member of USMS. Relay cards may be obtained at the relay card pick-up table. Relay team entries will be accepted until the end of the break prior to the event.

Seeding: All events will be timed finals with heats seeded by time, slowest to fastest. Genders will swim together (mixed).

Heats: Heat sheets will be posted around the deck. Swimmers who miss their heats may not swim in another heat unless successfully protested to Meet Director and Referee. Swimmers without seed times may be placed in the slowest (earlier) heats.

Warm-up/cool down: Warm-ups start at 6:15am for Session 1 and 8:15am for Session 2. Competition begins at 7:00am for Session 1 and 9:00am for Session 2. Warm-up and cool down during the meet will be in lane 8. Lane 7 is to be left empty during competition!

Records: Swimmers attempting to set records during the meet should notify the Starter to assure that three official timers will be present.

Awards & Ribbons: Available for pick-up at meet only. Awards, medals or ribbons will not be mailed following the meet.



ENTRY FORM

Sanctioned by Utah Masters for USMS, Inc. Sanction # 345-S



LName _____ FName _____ 2016-USMS # _____ (attach copy) Gender M or F

Street _____ City _____ State _____ Zip _____ Birth date _____

Phone () _____ Team Name: _____

**Saturday, December 10, 2016: Pool opens for Warm-up - Session 1: 6:15am; Session 2: 8:15am;
Competition begins at Session 1: 7:00am, Session 2: 9:00am. (MST)**

Mixed	Event (Short Course Yards)	Seed Time
1	**1650y Free	Min. _____ sec _____.
2	**400y IM	Min. _____ sec _____.
-----30 minute break For Warm Up-----		
3	100y Backstroke	Min. _____ sec _____.
4	50y Free	Min. _____ sec _____.
5	200 Back	Min. _____ sec _____.
6	100y IM	Min. _____ sec _____.
-----10 minute break-----		
7	200y Medley Relay	Deck enter only
8	200y Breast	Min. _____ sec _____.
9	50y Fly	Min. _____ sec _____.
10	**500y Freestyle	Min. _____ sec _____.
11	50y Back	Min. _____ sec _____.
-----15 minute break-----		
12	200y Free Relay	Deck enter only
13	50y Breaststroke	Min. _____ sec _____.
14	200 Fly	Min. _____ sec _____.
15	100y Free	Min. _____ sec _____.
16	200y IM	Min. _____ sec _____.
17	100 Fly	Min. _____ sec _____.
18	200y Free	Min. _____ sec _____.
19	100 Breaststroke	Min. _____ sec _____.
20	400y Freestyle Relay	Deck enter only

**Enter online at
www.olympusaquatics.com**

**Be sure to have your USMS # available.*

Total # events _____

Please read, sign and complete the liability waiver on the next page and return with your entry form.



**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