

Riverbend Mighty Master Narwhals

Short-Course Yards Meet

February 4, 2017

Sanctioned by Ozark LMSC for USMS, Inc.

Location: Lewis and Clark Community College, 5800 Godfrey Road, Godfrey, Illinois 62035

Time: February 4, 2017; Warm-ups begin promptly at 3:00pm. Events start at 4:00pm. Deck entries close at 3:30 pm

Eligibility: Persons eighteen (18) years old and older are welcome. Participants must have a valid 2017 USMS registration card to participate. You may register at the meet if you so desire, but we prefer you apply for USMS membership online, prior to the meet. Go to the www.usms.org website. We are in the Ozark LMSC. All levels of swimming ability are welcome.

For non-USMS members, a USMS "One Event Registration" OEVT application is available for an additional \$20 at the check-in desk. This is in addition to the Meet Entry Fee and must be paid separately. The OEVT form must be completed at the meet in addition to the Meet Entry form and a separate check made out to Ozark LMSC. OEVT times are not submitted to the USMS database and do not count for Ozark LMSC records. The OEVT allows the non-USMS member to swim the maximum number of events in the meet, but not relays.

Conduct: The 2017 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded **slowest to fastest**, men and women combined. Results will be submitted for USMS Top Ten consideration and to the USMS database.

Fees: \$25 meet entry for entries received by January 30th. Fee for Deck Entry will be \$30. Please make checks payable to Lewis and Clark Community College DO NOT OFFER CASH; we will not have change and we need to identify who paid.

Entry: In order to be seeded in proper heats, entries must be received by **1/30/17** (the "Entry Deadline") with seed times included. All entries received after the Entry Deadline will be considered deck entries and will be accepted on a "first come, first-served, space available" basis. Mail entries to:

Kristen Orban / The Mighty Narwhals
3240 Hawthorne Blvd. Alton IL 62002

Entries are encouraged by e-mail to Kristen Orban at koswimmer827@yahoo.com. If you enter electronically, please arrive at the meet early enough to sign your "Liability Release Form" and submit your payment to the Meet Director on site, or snail mail your entry fee in time to be received by 1/30/17.

Facility: The pool is 25 yards with 6 lanes equipped with non-turbulent lane lines. Stopwatch timing will be used. 5 lanes will be used for competition; one outside lane available for warm-up and cool-down. **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.**

Info: Meet director Kristen Orban at Kristen.orban@yahoo.com 618.917.4326

Riverbend Mighty Master Narwhals

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Lewis and Clark Community College

February 4, 2017, 4:00 pm, warm-up 3:00 pm

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All entries must be received by **1/30/2017** (the "Entry Deadline") with seed entry times. All entries received after the Entry Deadline will be considered deck entries and will be accepted on a "first-come, first-served, space available" basis.

Name*: _____
Last First M.I.

*Print same as it appears on USMS Registration Card.

Address: _____
Street City State Zip Code

E-mail: _____ Day Phone: _____ Eve. Phone: _____

Sex (M/F): _____ Age as of **February 4, 2017** _____ years old Date of Birth: ____/____/____

Club Name or Unattached _____ 2017 USMS Reg. # _____

5 event maximum, not including relays.

The Medley relays will be swum together and the Free relays will be swum together.

#	Sex	Event and Seed Time	
1	Mixed	500 Y	Free
2	Mixed	200 Y	Medley Relay Circle: 2A mixed, 2B male, 2C female
3	Mixed	100 Y	IM
4	Mixed	50 Y	Fly
5	Mixed	25 Y	Back
6	Mixed	25 Y	Free
7	Mixed	50 Y	Breast
8	Mixed	200 Y	IM
9	Mixed	25Y	Fly
10	Mixed	50 Y	Free
11	Mixed	50 Y	Back
			BREAK
12	Mixed	25 Y	Breast
13	Mixed	200 Y	Free Relay Circle: 13A mixed, 13B male, 13C female
14	Mixed	100 Y	Free
15	Mixed	100 Y	Fly
16	Mixed	100 Y	Back
17	Mixed	100 Y	Breast

Person to contact in event of emergency _____

Phone number of emergency contact person _____

Fees: \$ _____ Meet Entry Fee \$25

\$ _____ Deck Entry Fee \$30

Checks only, no cash. Checks made out to **Lewis and Clark Community College**

Mail entries to: **Kristen Orban/Mighty Narwhals**
3240 Hawthorne Blvd, Alton IL 62002

Must include your check, this completed form and the signed waiver form (next page).



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

