

	<p style="text-align: center;">The 2017 MLAC Masters Spring Meet February 12, 2017</p>	
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SANCTIONED BY: Allegheny Mountain LMSC for USMS, Inc.

HOSTED BY: Mt. Lebanon Aqua Club

TYPE OF MEET: 25 yard timed finals.

DATE, TIMES & WARM-UP: Sunday, February 12, 2017

Warm-up: 1:00pm, Meet Start: 2:00pm

LOCATION: Mt. Lebanon High School, 155 Cochran Road, Pittsburgh, PA 15228

POOL SPECS: Eight lane 25 yard pool. 4-1/2' – 13' deep

TIMING EQUIPMENT: Daktronics timing system with scoreboard and one stop watch per lane as backup.

ELIGIBILITY: Open to all USMS registered swimmers and swimmers over 18 years of age.

SEEDING: Times will be seeded Short Course Yards. No conversions by meet management. Please enter times for SCY.

SCRATCHES: No penalty for scratching on the block.

ENTRY LIMIT: Five (5) individual events, plus relays. No limit to the number of relays entered - indicate as "A", "B", "C", etc. Swimmers over entered will be removed from their last event.

ENTRY FEES: Individual Events: \$5.00 each Relays: \$10.00 per relay

RELAY ENTRIES: Entries for relays will be due the morning of the session. Entry deadlines will be announced during warm up sessions. Entries will be due by 1:20PM during warm-ups. Relays will be seeded after the deck entry deadline.

RELAY RULES: For a relay to count towards USMS Top Ten Times, no swimmer can swim more than one leg of a relay. Mixed relays must be two men and two women. All swimmers must be registered with the same club/team.

Couples Relay: Mixed relay must consist of two couples.

Family Relay: Must be from the same family.

ENTRY DEADLINE: All individual entries sent via USPS must be postmarked by February 8, 2017. **Yes! Deck entries will be accepted.** Check made payable to "Mt. Lebanon Aqua Club". The LIABILITY RELEASE must be signed without alterations.

CHECK IN: Swimmers are considered checked in for all individual events.

AWARDS: Ribbons 1st through 3rd places.

SCORING: Individual: 9-7-6-5-4-3-2-1. Relays are double points.

RULES: Current USMS Swimming Rules and Regulations will govern the meet.

INFORMATION: Official Website: www.mlacswimming.com

Entries: Mike Kristufek @Mt. Lebanon Aqua Club 835 Irwin Drive Pittsburgh PA 15236

Meet Director: Mike Kristufek coachmikek@mlacswimming.com

EVENT SCHEDULE: ENTER YOUR SEED TIME FOR YOUR EVENTS

Event#	Event	Seed Time		Event#	Event	Seed Time
1 & 2	200 Mixed Medley Relay			17 & 18	500 Freestyle	
3 & 4	200 Freestyle			19 & 20	200 Mixed Free Relay	
5 & 6	200 IM			21 & 22	100 Backstroke	
7 & 8	50 Free			23 & 24	50 Butterfly	
	10-minute break				10-minute break	
9 & 10	50 Breaststroke			25 & 26	100 IM	
11 & 12	100 Butterfly			27 & 28	100 Breaststroke	
13 & 14	50 Backstroke			29 & 30	400 Freestyle Relay	
15 & 16	100 Freestyle					
	10-minute break					

Location: Mt. Lebanon High School 155 Cochran Road, Pittsburgh, PA 15228

Name: _____ 2016 USMS Member # _____

Address: _____

City _____ State _____ Zip _____

Birth Date _____ Age on 2/11/2017 _____

Email _____ Team Affiliation _____

Meet Fee \$ 5.00 per Individual Event Fee and \$10.00 per relay. Check made payable to "Mt. Lebanon Aqua Club"

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.

Mail your entry, copy of 2017 USMS card, and check to: Mt. Lebanon Aqua Club 835 Irwin Drive Pittsburgh PA 15236. Remember to make checks out to "Mt. Lebanon Aqua Club"

PLEASE SIGN WAIVER ON 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

Revised 07/01/2014