

Kroc Masters
Splash Dash
And one-hour Bonus Swim
Saturday & Sunday, February 25-26, 2017

DATE/TIMES: Saturday, February 25: Warm-up at 10am. Meet starts at 10:45 am. Sunday, February 26: Warm-ups from 8:00am, one hour swims start at 9am and 10:15am.

LOCATION: The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815

ELIGIBILITY: All swimmers must be currently registered with US Masters Swimming or foreign equivalent. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. Include a copy of your registration card if registered outside Inland NW Masters.

RULES: All current USMS rules will apply. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast. 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 106.2.1.

CONDUCT OF THE MEET: Participants are limited to five individual events and three relay events for the Saturday session. Entries in the 25yard events are unsanctioned (no points/records will be given for these races). Sunday's one-hour swim is conducted under rules of The 2017 Speedo USMS 1-Hour ePostal National Championship: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=8216, Registration for the ePostal occurs after you swim.

CHECK-IN: Positive check-in required for Sunday. Check in by 8:30am for the 9:00am swim and 9:45am for the 10:15am swim.

RELAYS: Submit relay cards to the clerk of course by 11:00 AM on Saturday. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

AWARDS: First-Third place ribbons will be available for free

FEES: \$30 for online entries completed by midnight (PST) on Wednesday, February 22nd, 2017 (online entries are preferred). Online entries are charged to your credit card by "ClubAssistant.com/Events." Online meet registration is available at: https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=8528. Paper entries must be postmarked by February 17, 2017. Make checks payable to: The Salvation Army Kroc Center. Cash will not be accepted with entry forms.

SPONSOR: Kroc Masters Swim Club (KM). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 357-S008.

DIRECTIONS TO THE SALVATION ARMY RAY AND JOAN KROC CENTER COMPETITION POOL: From I-90 take the Northwest Blvd exit (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

NOTE: Nourishment will not be provided to athletes. Concessions available in the lobby. Please no food on pool deck.

QUESTIONS: Contact Glenn Mabile 208-699-6201.
SATURDAY NIGHT SOCIAL TO BE ANNOUNCED!!!

Entry Fees:

- \$30 for online entries completed by midnight (PST) on February 22nd, 2017 (online entries are preferred). Online entries are charged to your credit card by "ClubAssistant.com Events." Online meet registration is available at: https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=8528.
- Paper entries must be postmarked by February 17, 2017.

Checks Payable to: Salvation Army Kroc Center
Postmarked by: February 17, 2017
Mail Entries to: Glenn Mabile
2560 Elmwood Dr.
Coeur d'Alene, ID 83815

Kroc Masters
Splash Dash
Entry Form
Saturday, February 25th & Sunday, February 26th, 2017

Name _____ ☐ Male ☐ Female Birthdate _____ Age _____
Address _____ City, State, Zip _____
Phone _____ USMS # _____ Inland NW Team _____ Email _____

Maximum of 5 Individual and 3 Relay Entries (Saturday session)
YARD TIMES, YES, THIS is our first meet in yards

Saturday February 25th
Warm-ups begin at 10:00am
Meet starts at 10:45am

EVENTS

ENTRY TIME

1-Mixed 200 Y Fly	_____
Relay cards Due at 11:00am	_____
2-Mixed 100 Y Breast	_____
3-Mixed 50 Y Free	_____
4-Mixed 200 Y IM	_____
5-Mixed 200 Y Medley Relay	_____
6-Mixed 100 Y Back	_____
7-Mixed 50 Y Breast	_____
5 Minute Break	_____
8-Mixed 25 Y Free	_____
9-Mixed 25 Y Back	_____
5 Minute Break	_____
10-Women 200 Y Medley Relay	_____
11-Men 200 Y Medley Relay	_____
12-Mixed 50 Y Fly	_____
13-Mixed 100 Y Free	_____
14-Mixed 200 Y Back	_____
5 Minute Break	_____
15-Mixed 25 Y Breast	_____
16-Mixed 25 Y Fly	_____
5 Minute Break	_____
17-Mixed 200 Y Breast	_____
18-Mixed 200 Y Free Relay	_____
19-Mixed 50 Y Back	_____
20-Mixed 100 Y Fly	_____
21-Mixed 200 Y Free	_____
22-Mixed 100 Y IM	_____
23-Women 200 Y Free Relay	_____
24- Men 200 Y Free Relay	_____

Sunday February 26th, ONE HOUR NATIONAL POSTAL SWIM, warm-ups start at 8am, Swim at 9am and 10:15am

I plan to swim **Yes** **No**
(please circle one)



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