



# HURON VALLEY POOLS & FITNESS

## 10<sup>th</sup> Annual Milford Meltdown Masters Swim Meet Hosted by Milford Athletic Club Saturday, March 18th- Milford High School

- Location:** Milford High School Natatorium  
2380 South Milford Rd  
Highland, MI 48357  
Milford High School is 1.5 miles south of M-59, enter on Watkins Blvd. Pool entrance is located on north end of school by the football field.
- Venue:** Short Course Meters / 6 Lane Pool  
This meet will be swum as Short Course Meters (SCM). 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  
Warm Up & Cool Down Area, Electronic Timing  
There is plenty of parking and seating for spectators. Locker rooms are available. Huron Valley is not responsible for lost or stolen items so please bring a lock.
- Entries:** \$25 postmarked 3/10/17 to Kris Goodrich  
\$35 deck entry or postmarked after 03/10/17  
Swimmers may enter a max of 4 events and 3 Relays  
Swim Cap included with all entries postmarked by 02/25/17  
All relays will be deck entered.  
Mail photocopy of current USMS card with entry  
FINA rules apply to SCM Meets. Your age on 12/31/2017 determines your age group.
- Eligibility:** **Only current USMS members will be allowed to compete.**  
**Sanctioned by Michigan for USMS, Inc – Sanction # 197-S002**
- Schedule:** **Session I Event 1**  
Check In & Warm Up: 8:00-8:30am  
Session I Starts 8:30 am and will consist only of the first 18 entries received for the 800 Free. We will contact you if you're **not** in the 800. If not at max and you are coming early, we will allow deck entries on a first come basis.  
**Session II Events 2-20**  
***Deck Registration closes at 9:15am***  
Session II Warm Up: 9:30-10:00  
Session II Begins at 10:00am
- Contact:** Kris Goodrich  
(248) 396-0704  
kris.goodrich@hvs.org
- Hospitality:** Snacks available during the meet.



**USMS Masters Swimming Meet**  
**Hosted by MAC at Milford High School – Saturday, March 18, 2017**  
**USMS Sanction # 197-S002**

NAME:		Email:	
Street Address:			
City / State / Zip:		Date of Birth:	
Phone:	Sex:	USMS#:	

EVENT No.	EVENT	EVENT No.	Seed Time
<b>Session 1</b>	warm up 8:00-8:30am	<b>Session 1</b>	<b>MUST</b> check in for session
<i>Men's</i>		<i>Women's</i>	
1	800 free	1	
<b>Session 2</b>	warm up 9:30-10:00	<b>Session 2</b>	<b>Deck Registration Closes at 9:15am</b>
2	800 free relay	2	<b>MUST</b> enter relay by 9:30am
3	50 fly	3	
4	100 back	4	
5	200 free	5	
6	100 IM	6	
7	200 breast	7	
8	400 Medley Relay	8	<b>MUST</b> enter relay by event 2
9	400 free	9	
10	50 back	10	
11	200 fly	11	
12	200 IM	12	
13	100 free	13	
14	100 breast	14	
15	400 Free Relay	15	<b>MUST</b> enter relay by event 7
16	400 IM	16	
17	50 free	17	
18	200 back	18	
19	50 breast	19	
20	100 fly	20	

*Make checks payable to* ***Huron Valley Schools***

Mail entries to: MILFORD ATHLETIC CLUB  
c/o Kris Goodrich (checks payable to Huron Valley Schools)  
5375 Dillon Drive  
White Lake, MI 48383



## 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	