**Inland NW LMSC Championship Swim Meet**

**Saturday & Sunday, April 1-2, 2017**

**Date/Times**: Saturday, April 1, 2017 – warm-up starts at 11:00am; meet starts at 12:00 pm. Sunday, April 2 – warm-up begins at 9:00am and meet starts at 10:00am.

**Sponsor**: Moscow Chinooks Masters Swim Club. Sanctioned by [Inland Northwest Masters Swimming](http://www.inlandnwmasters.org/) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number 355-S002.

**Facility:** University of Idaho Swim Center (1040 Rayburn

St., Moscow, ID) is an indoor pool with eight 25-yard

competition lanes and a separate four-lane pool for continuous

warm-up/-down. Locker rooms adjacent to pool. Spectator balcony. Snacks/drinks for swimmers and volunteers provided.

*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.*

**Directions**: **1a.** From ID Hwy 95 come into Moscow & head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter

Rd. then left onto Sixth St. **2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Additional parking on Rayburn St. Obey all parking signs.

**Eligibility**: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: [www.usms.org/reg](http://www.usms.org/reg).

**Rules**: 2017 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present.

**Deadlines:** Paper entries must be postmarked by Friday, March 24. [Online entries](https://www.ClubAssistant.com/club/meet_information.cfm?c=1858&smid=6074) must be complete by Tuesday, March 28 at 11:59pm PDT. Mail paper entries to:  
 *Paige Buehler, 814 Mabelle St., Moscow, ID 83843*

**Fees**: $40 for entries. Make payment by check/money order payable to **Moscow Chinooks Masters (MCM)**. **Cash will not be accepted.** [Online registrations](https://www.ClubAssistant.com/club/meet_information.cfm?c=1858&smid=6074) will be charged to a credit card. **The charge on your card will be from "ClubAssistant.com Events" for this meet.**

**Conduct of the meet**: Short course yards events will be seeded slowest to fastest. Participants may swim no more than seven individual events with no more than six events in one day, plus four relay events.

**Relays**: Submit relay cards to the clerk of course during each day’s warm-ups for deck seeding. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group.

\*The entries for Women’s Relays and Men’s Relays may be swum in combined heats.

**Awards**: First-Third place ribbons will be available.

**Saturday Evening Social:** 5:30pm at Smoky Mtn Pizza, 1838 West Pullman Rd in Moscow. Cost is $10 per person. The Inland NW Masters Swimming Committee (LMSC) annual membership meeting & awards will follow dinner.

**LMSC Awards**: The Inland NW Masters Swimming Committee recognizes the “Model Master” and “Volunteer of the Year” each year. Send your nominations to Matt Bronson (IWChair@usms.org) so we can recognize those who make a difference in and out of the pool.

**Accommodations:** H.O.S.T. (House Our Swimmers

Tonight): Moscow Chinooks are happy to house you for the night. Contact the Meet Director. Nearby hotels are the Idaho Inn, Palouse Inn, Super 8 Moscow and the Best Western University Inn.

**QUESTIONS:** Contact Meet Director Paige Buehler at (208) 892-1328 before 9pm PT or email swim@gnorth.net.

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_USMS # \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please enter me in these events:

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| # | Event | Seed Time |
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**Sunday, April 2**

**9:00am warm up, meet start 10:00am**

18. 1650 Y Free

**20 minute BREAK**

19. 200 Y Butterfly

20. 50 Y Breaststroke

21. 100 Y Freestyle

*22/23. 200 Y W/M\* Medley Relay*

*24/25. 400 Y W/M\* Medley Relay*

**10 minute BREAK**

26. 100 Y Individual Medley

27. 100 Y Butterfly

28. 50 Y Backstroke

29. 200 Y Breaststroke

**5 minute BREAK**

*30. 200 Y Mixed Free Relay*

*31. 400 Y Mixed Free Relay*

*32. 800 Y Mixed Free Relay*

33. 500 Y Free

**Saturday, April 1**

**11:00am warmup, meet starts at Noon**

1. 400 Y Individual Medley

2. 1000 Y Free

**20 minute BREAK**

3. 200 Y Backstroke

4. 50 Y Freestyle

5. 100 Y Breaststroke

*6. 200 Y Mixed Medley Relay*

*7. 400 Y Mixed Medley Relay*

**10 minute BREAK**

8. 50 Y Butterfly

9. 200 Y Free

10. 100 Y Backstroke

11. 200 Y Individual Medley

**10 minute BREAK**

*12/13. 200 Y W/M\* Free Relay*

*14/15. 400 Y W/M\* Free Relay*

*16/17. 800 Y W/M\* Free Relay*

Or enter online at: www.inlandnwmasters.org

Fees:

Meet Entry Fee $ 40

Social Event Fee $10 x\_\_\_ ppl $\_\_\_\_

**Total Enclosed (no cash)** $\_\_\_\_

(fill out & sign waiver on Page 2)

http://www.usms.org/logos/USMS_Logo_Horz_tm_200x38.jpg **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.

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| 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***