

2017 Association Championships

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #

Eligibility: Currently registered USMS swimmers, 18 years and older. If you are not a member of USMS, you may follow the links in this online registration to become a member of USMS.

Hosted by: Central Oregon Masters Aquatics and Oregon Masters Swimming

Location: Juniper Swim & Fitness Center, 800 NE 6th St, Bend, Oregon 97701

8-lane indoor 25 yard pool

8 lanes competition-electronic timing

Shallow end will be available for warm-up/warm-down

Pool Length Compliance: The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Schedule:

Friday: Warm-up: 3:00pm Meet Starts: 4:00pm

Saturday: Warm-up: 8:00am Meets Starts: 9:00am

Sunday: Warm-up: 8:00am Meets Starts: 9:00am

Directions to Pool:

From North or South, take Business Highway 97 (3rd Street). Do not take the Bypass Parkway. Turn East on Highway 20 (Greenwood Avenue). Turn right on 6th Street and go south two blocks to pool. Park in the North Lot or adjacent streets.

Meet Director: Bob Bruce 541-317-4851 coachbobbruce@gmail.com

Entry Deadline: Online registration is preferred. Online registration must be completed by 11:59 PM PDT on Monday, April 3, 2017.

Meet Entry Fee: \$35.00 Online entries are paid by credit card to "ClubAssistant.com Events."

Age groups: 18-24, 25-29, 30-34, etc. up to 100+. relay age groups: 72-99, 100-119, 120-159, 160-199, etc

Entry Limit: You may enter a maximum of 5 individual events, plus relays. Enter relays at the meet.

OFFICIAL RULES AND GUIDELINES

CHECK-IN DEADLINES:

Friday, April 7: 400 IM – 3:30 PM / 1650 Free – 4:00 PM.

Saturday, April 8: 1000 Free – 9:30am.

Sunday, April 9: 500 Free - 8:30 AM.

RELAY CHECK-IN DEADLINES:

Saturday, April 8: Free Relays – 9:30 AM / Mixed Medley Relay - The end of the 100 Free.

Sunday, April 9: Medley Relays – The end of the 50 Free / Mixed Free Relays - The end of the 50 Fly.

Only 200 yard relays will be available. For team scoring each competitor is allowed to swim only one freestyle relay, one medley relay, one mixed freestyle relay and one mixed medley relay.

THE EVENTS LISTED ABOVE WILL BE OFFICIALLY CLOSED AT THE STATED TIMES. SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY AT THESE TIMES. THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.

WORKOUT GROUP SCORING: Only workout groups registered by March 31, 2017, will be able to score points. There will be three group categories (Small, Medium, and Large) based upon the number of swimmers entered in the meet for each workout group. There will be a meeting of all the group representatives on Saturday, April 8, 2017 at 8:45 AM to vote on the breakdown of the teams into these three categories. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the workout group competition. Full workout group names and their abbreviations are listed below. Someone from your workout group must register the group for 2015.



ENTRY FORM AND WAIVER FOR MASTERS SWIMMERS

(2 Pages)

2017 Oregon Masters Swimming Association Championships

Dates: April 7-9, 2017

Name

Address

City State Zip Code

Phone

USMS Number (Include Copy of USMS Registration Card w/Entry)

USMS Club (OREG, DUCK, HMS, PSM, BWAC, etc)

Workout Group

Birth Date Age Sex M F

EVENTS

Friday

1 400 IM ____:____.____
2 1650 Free ____:____.____

Saturday

3 200 IM ____:____.____
4 50 Free ____:____.____
5 200 Breast ____:____.____
6 100 Fly ____:____.____
7-8 200 Free Relays
5 Minute Break
9 50 Back ____:____.____
10 200 Free ____:____.____
11 100 Breast ____:____.____
12 Mixed 200 Medley Relay
5 Minute Break
13 1000 Free ____:____.____

Sunday

14 500 Free ____:____.____
20 Minute Break
15 100 IM ____:____.____
16 50 Fly ____:____.____
17 200 Back ____:____.____
18 100 Free
19-20 200 Medley Relays
5 Minute Break
21 50 Breast
22 200 Fly
23 100 Back
24 Mixed 200 Free Relay

Make checks payable to:
Oregon Masters Swimming.

Mail form and fee to:
OMS Data Manager, 16420 NE 45th St.,
Vancouver, WA 98682



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
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