



Southern Masters Swimming Championships *Long Course Meters – July 29-30, 2017*

- Date:** Saturday July 29, 2017
Sunday July 30, 2017
- Times:** Saturday July 29, 2017 Warm-up at 10:00 AM - Meet Starts at 11:00 AM
Sunday July 30, 2017 Warm-up at 9:00 AM - Meet Starts at 10:00 AM
- Location:** University of New Orleans, Lakefront Arena Swim Center, 6801 Franklin Ave, New Orleans, LA 70148
- Meet Referee:** Pending **Meet Director:** Janice Roth
- Sanction:** Sanctioned by Southern Masters Swimming for USMS Inc. #247-S002
- Facility:** Indoor 8 lane 50-meter pool with non-turbulent racing lane ropes. All races conducted on a 50-meter course. Warm-up lanes will be available during the meet each day. Showers and lockers will be available. 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, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.
- Rules** 2017 USMS Rules shall govern.
- Eligibility:** All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of Dec. 31, 2017. A copy of your 2017 USMS card is required with the completed entry as well as the signed liability release form with completed entry form.
- Entries:** Swimmers may enter a maximum of six individual events per day, plus relays.
- Online Entries:** Online entry is available for this meet, and can be found at the following link. Online entries will open on June 1, 2017 and close on July 26, 2017.
Online are accessible via the following link:
https://www.ClubAssistant.com/club/meet_information.cfm?c=1821&smid=9250
- Deadline:** Mail-in entries must be postmarked by July 22, 2017. Online entry deadline: July 26, 2017.
- Fees:** \$35.00 per swimmer for the full meet
\$20.00 per swimmer for one day
- Paper Entries:** Prior to July 22, 2017, please mail completed entry form, liability release, copy of USMS card, and check (payable to Southern Masters Swimming) to:
- Jeff Maynor
Southern Masters LCM Championships
16079 Confederate Ave
Baton Rouge, LA 7081

- 1500 Entries:** The 1500 Free will be swum as a mixed event without regard to age or gender and limited to the **first 24 entries in the event**. A seed time is required for the 1500, even if it is only an entrant's best estimate. Postmark date will take precedence for mailed entries vs online entries.
- Seeding:** All events (except the 1500 meter Free) will be seeded slow to fast without regard to age. The 1500 meter Free will be seeded fast to slow without regard to age or gender. There will be a short break between relays and distance swims on Saturday.
- Age Groups:** 18-24, 25-29, 30-34, 35-39, 40-44, etc.
Relays 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, etc.
- Scoring:** Individual events: 9-7-6-5-4-3-2-1. Relays are double points.
- Results:** Will be available on the Internet at www.southernmastersswimming.com
- Meet Director:** Janice Roth 504-280-7238
- Awards:** Ribbons 1st – 8th will be provided for all events.
- Parking:** Parking is available adjacent to the UNO arena pool and is free.
- Facility Rules:** This meet is conducted on the grounds of a state university. The University of New Orleans asks that all swimmers, spectators, and coaches comply with the following facility regulations:
1. No food allowed inside the facility.
 2. No horseplay in the locker rooms or on the deck.
 3. No smoking allowed anywhere inside the facility.
 4. No glass containers or ice chests allowed in the facility.
 5. Comply with directions given by the lifeguards or T-shirt security.
 6. No banners, posters, balloons, etc. may be affixed to any part of the building.
 7. Do not leave items unattended in the locker rooms.
 8. Please police your area before leaving each day.
 9. Do not park in areas of the lot that have traffic cones blocking entrance.
- Hospitality:** Lunch will be provided to all swim meet participants on Saturday at the end of the meet. Drinks and snacks will be provided throughout the meet to all participants.

Order of Events

Saturday July 29, 2017	Sunday July 30, 2017
Warm-up 10:00 AM	Warm-up 9:00 AM
Meet Starts 11:00 AM	Meet Starts 10:00 AM
400 IM	400 Free
100 Free	100 Back
200 Breast	200 IM
50 Back	50 Free
100 Fly	200 Fly
200 Back	100 Breast
50 BR	50 Fly
200 Free Relay	200 Free
200 Mixed Medley Relay	200 Medley Relay
400 Mixed Medley Relay	200 Mixed Free Relay
1500 Free	400 Mixed Free Relay
	800 Mixed Free Relay

****MEET ENTRY FORM****
2017 SOUTHERN MASTERS LCM CHAMPIONSHIPS

Sanctioned by Southern Masters Swimming for USMS Inc.

Name: _____ Age (as of 12/31/2017): _____ Sex: _____
Address: _____ City/State: _____
E-Mail Address: _____ Zip Code: _____ Phone: _____
USMS #: _____ Team Name: _____ Team Abbreviation: _____

Circle desired event numbers and list seedtime in **METERS.** (NT for no time). Limit of six individual events per day. Relays deck entered.

Saturday, July 29, 2017				Sunday, July 30, 2017			
Warm-up 11:00 a.m. Meet 12:00 Noon				Warm-up 9:00 a.m. Meet 10:00 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
1	2	400 IM		21	22	400 Free	
3	4	100 Free		23	24	100 Back	
5	6	200 Breast		25	26	200 IM	
7	8	50 Back		27	28	50 Free	
9	10	100 Fly		29	30	200 Fly	
11	12	200 Back		31	32	100 Breast	
13	14	50 BR		33	34	50 Fly	
15	16	200 Free Relay		35	36	200 Free	
17		200 Mixed Medley Relay	xxxxxxxx	37	38	200 Medley Relay	xxxxxxxx
18		*400 Mixed Medley Relay	xxxxxxxx	39		200 Mixed Free Relay	xxxxxxxx
19	20	*1500 Free		40		400 Mixed Free Relay	xxxxxxxx
				41		800 Mixed Free Relay	xxxxxxxx

* *There will be a short break between relays and distance swims on Saturday.*

LIABILITY RELEASE:

The attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT must be signed and turned in before participating in the swim meet.

Online entries due: July 26, 2017

Entries must be postmarked by Monday July 22, 2017

Fees: Payable to Southern Masters Swimming

Mail entries to:

Jeff Maynor
Crawfish Aquatics LCM Championships
16079 Confederate Ave
Baton Rouge, LA 70817

\$35.00 per swimmer for the full meet \$20.00 per swimmer for one day Send copy of 2017 USMS registration card
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Entry Confirmation: All entrants who list a correct email address will receive confirmation when entries are received. Otherwise, enclose a stamped self-addressed envelope/post card.

Late entries: All entries received after the due date will be taken at the discretion of the Entry Chairman and seeded in open lanes only. Late entries must pay an additional late fee of \$5.00.



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