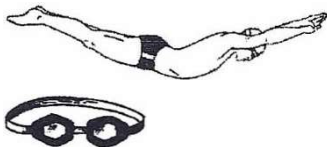


# Capitol Area Triathletes & Swimmers (CATS) Swim Meet

## DeWitt High School Natatorium

### Saturday, December 2, 2017

- Sanction:** Sanctioned by Michigan Masters. Sanction number. 197-S014
- Schedule:** Deck entries 10:00-10:30A.M., Warm-up 10:00-10:50. Events 11:00 a.m. Food & Social in cafeteria following the meet.
- Facility:** DeWitt High School Natatorium. The eight-lane pool has state-of-the art Paragon side step-up starting blocks, a Colorado timing system with a full matrix scoreboard, and seating for over 400 spectators. 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:** **From the east** side of the State, take 1-69 west following the signs to Fort Wayne/Grand Rapids. Exit onto DeWitt Road (exit 85). Turn left at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west less than a mile until you see the sign for DeWitt High School on the right-hand side of the road. Note: some people will need to take 1-96 to 127 north (exit 106B) to get to 1-69. Once on 1-69 follow the above directions.  
**From the west** side of the State, take 1-69 east following the signs to Flint. Exit onto DeWitt Road. Turn right at the stop sign at the top of the exit. Continue south to Clark Road. Turn right onto Clark Road, and continue west less than a mile until you see the sign for DeWitt High School on the right-hand side of the road.
- Events:**
- |   |   |
|---|---|
| 1. 50 yard butterfly                                  | Please enter either the crescendo, the pentathlon, or your choice up to five events   |
| 2. 200 yard freestyle                                 |   |
| 3. 50 yard backstroke                                 | • Crescendo = 50 free + 100 free + 200 free + 500 free  |
| Break: Plunge dive for distance/men                   | • Pentathlon = 50 fly + 50 back + 50 brst + 50 free + 100 IM  |
| 4. 100 yard freestyle                                 | Times may be added across your events to determine winners in each age group for men and women. The lowest total wins. We may need your help in calculating crescendo and pentathlon results. |
| 5. 50 yard breaststroke                               |   |
| Break: Plunge dive for distance/women                 |   |
| 6. 50 yard freestyle                                  |   |
| Break: Goggle-flipping contest & Consanguineous relay |   |
| 7. 100 yard IM  |   |
| 8. 500 yard freestyle                                 |   |
- Contests:**
- 
- Plunge dive for distance. The swimmer performs a standing dive for distance from either the starting block or edge of the pool. Kicking or pulling will be reason for disqualification.  
Goggle-flipping contest. The swimmer may stand in the water (anywhere) or at the starting block end of the pool. The swimmer's task is to flip her/his goggles in the air so that they land hanging from the backstroke flags.
- Awards** Michigan Masters ribbons for the 1st, 2nd, and 3rd place winners in each event. Special prizes for the overall male and female winners of the plunge dive for distance and for first person to succeed in the goggle-flipping contest. Special Award: Consanguineous Plaque (two relatives, blood-related, and Masters swimmers on each team compete in a 100 yd. Relay). This award has been re-established by Dave Berger and Sue Berger-Mann.
- Eligibility** Swimmers must have either a 2017 or 2018 registration with United States Masters Swimming. Standard masters swimming age groups: 19-24, 25-29, 30-34, 35-39, 40-44, ... etc. Swimmer may enter a maximum of 5 swimming events.
- Entries & fees:** Send entries to Gregg Brace, 5500 Maple Ridge Rd., Haslett, MI 48840. Mailed entries must be received by 5:00PM November 30th. (ENTRY FORM ON NEXT PAGE) Mailed entries and fee is \$20.00. Checks made out to DeWitt Public Schools. Deck entries and fee is \$25.00. PROCEEDS FROM MEET GO TO DEWITT SWIM TEAM.
- Questions:** The meet directors are Paul Chaffee (chaffeepea@frontier.com or 989/725-2863), Gregg Brace, DeWitt's High School Swim Coach (work: 517/367-3083), and Wally Dobler (517/372-8096). Starter: George Runciman (517) 281-6268.

**DECEMBER 2, 2017 MICHIGAN MASTERS SWIM MEET HOSTED BY  
DEWITT HIGH SCHOOL GIRLS SWIM TEAM**

NAME \_\_\_\_\_

SEX:    M        F

USMS MEMBERSHIP NUMBER \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

PHONE# \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Please circle event and list your seed time in the events you would like to enter. You may enter up to 5 events:

EVENT #1        50 BUTTERFLY                      SEED TIME \_\_\_\_\_

EVENT #2        200 FREESTYLE                      SEED TIME \_\_\_\_\_

EVENT #3        50 BACKSTROKE                      SEED TIME \_\_\_\_\_

BREAK: PLUNGE DIVE FOR DISTANCE/MEN

EVENT #4        100 FREESTYLE                      SEED TIME \_\_\_\_\_

EVENT #5        50 BREASTSTROKE                      SEED TIME \_\_\_\_\_

BREAK: PLUNGE DIVE FOR DISTANCE/WOMEN

EVENT #6        50 FREESTYLE                      SEED TIME \_\_\_\_\_

BREAK: GOGGLE-FLIPPING CONTEST AND CONSANGUINEOUS RELAY

EVENT #7        100 INDIVIDUAL MEDLEY                      SEED TIME \_\_\_\_\_

EVENT #8        500 FREESTYLE                      SEED TIME \_\_\_\_\_

Mail your entry, copy of 2017 or 2018 USMS card, and check to: Gregg Brace, 5500 Maple Ridge Rd, Haslett, MI 48840.  
Remember to make checks out to "DeWitt Public Schools".



## 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