

Saturday, December 9, 2017 Metropolitan SCY Sprint Champs at Asphalt Green Masters
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #PENDING

Facility	Asphalt Green George Delacorte Olympic Pool, located at 1750 York Avenue, New York, NY 10128 (corner of 91st St. and York Ave.). The bulkhead pool will be set up with eight 25-yard competition lanes, with adjacent twenty-yard continuous warm up and warm down space.
Directions	By Bus: Take M86 or M31 to the York Ave. and 91st St. stop. The AquaCenter is across the street. By Subway: Take 4, 5, or 6 train to 86th St. station. Walk or take M86 bus east to York Ave. and north to 91st St. By Car: Take FDR Drive to 96th St. exit. From South, continue onto York Ave. From North, turn left at second light and continue onto York Ave.
Eligibility	Open to all 2017 or 2018 USMS-registered swimmers age 18 or older, regardless of Club or LMSC affiliation or residency. Age determination date for this meet is December 9, 2017. Note: You cannot register with USMS until you are 18 years old. Retrieve USMS registration number/card online at: https://www.clubassistant.com/club/usms_member_card_request.cfm Not a USMS member? No problem. Register with USMS for this meet online at: http://www.usms.org/reg/
Rules	2017 USMS rules govern this meet. NO DIVING permitted during warm-up except for designated one-way sprint lanes. Swimmers must enter the water in a cautious and controlled manner. Failure to comply with no diving rule may result in expulsion from meet.
Schedule	Check-In: 4:00-4:45 p.m. / Warm-Up: 4:30-5:25 p.m. / Start: 5:30 p.m. / Finish: No later than 8:00 p.m.
Check-In	Please email Meet Director Craig Charlson to scratch in advance. Scratches will be accepted until 4:45 p.m. on the day of the meet.
Seeding	Swimmers will be seeded according to entry time, not by age or gender. Heats will be contested slowest to fastest; "NT" (no time) entries will be seeded as slowest. All events will be seeded and heat sheets posted after swimmer check-in has closed at 4:45 p.m. on the day of the meet.
Entry Limit	Each swimmer is permitted to enter and swim a maximum of four (4) individual events.
Entry Times	Enter SHORT COURSE YARDS times for all events.
Split Times	Any swimmer who intends to post a USMS Top 10, USMS national record or FINA world record split time must submit official split time request in writing to computer table prior to conclusion of meet. Official split time request forms will be available at meet. Note: Initial backstroke split requests must be submitted PRIOR to swim.
Records	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 are contingent on verification of bulkhead placement.
Entry Fee	\$30 flat individual entry fee. Entry fees are non-refundable and non-transferable.
Deadline	Online registration CLOSES at 11:59 p.m. ET on December 8, 2017. Mail-in entries will not be accepted.
Register	Online meet registration with a credit card is strongly recommended for convenience and accuracy. Credit card statement will reflect a charge by "ClubAssistant.com Events". Register online at: https://www.clubassistant.com/club/meet_information.cfm?c=1542&smid=9653
Food	With the exception of plastic bottled water or sports drinks, facility management prohibits food and beverages on pool deck or in locker rooms.
Awards	Medals will be distributed for first, second and third place. Each registered swimmer will receive a commemorative Metro LMSC giveaway.
Results	Results will be posted online within 48 hours of meet conclusion at www.metroswim.org .
Questions	Direct inquiries to Meet Director Craig Charlson at CCharlson@asphaltgreen.org .

EVENT LINEUP

Swimmers MUST complete and sign USMS liability waiver on ClubAssistant registration page.

#	Event Description	SCM Entry Time
1	Mixed 100y Freestyle	_____
2	Mixed 50y Breaststroke	_____
3	Mixed 100y Backstroke	_____
4	Mixed 50y Butterfly	_____
5	Mixed 200y Individual Medley	_____
6	Mixed 50y Freestyle	_____
7	Mixed 100y Breaststroke	_____
8	Mixed 50y Backstroke	_____
9	Mixed 100y Butterfly	_____
10	Mixed 100y Individual Medley	_____



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.

Revised 07/01/2014

LAST NAME	FIRST NAME	M.I.	BIRTH DATE	GENDER

STREET ADDRESS	APT. #	CITY	STATE	ZIP CODE	

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PHONE NUMBER	EMAIL ADDRESS

SIGNATURE OF PARTICIPANT	DATE SIGNED