

Kroc Masters
Splash Dash
Friday & Saturday, February 2-3, 2018

Date/Times: Friday, February 2: Warm-up starts at 6:00pm meet starts at 7:00pm. Saturday, February 3: Warm-up at 10am. Meet starts at 10:45am.

Location: The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815

Eligibility: All swimmers must be currently registered with US Masters Swimming or foreign equivalent. To register/renew with USMS visit www.usms.org/reg or https://www.clubassistant.com/club/meet_information.cfm?c=1858&smid=9815 for the form. Include a copy of your registration card if registered outside Inland NW Masters.

Rules: All current USMS rules will apply. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast. 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 106.2.1.

Conduct of the Meet: Participants are limited to five individual events and three relay events for the Saturday session.

Check-in: Positive check-in required for 500 Free, 400 IM & 1650 Free. Deadline by 6:30pm for the 400 IM and 1650 Free on Friday. Deadline 10:15 am for the 500 Free on Saturday.

Relays: Submit relay cards to the clerk of course by 11:00 AM on Saturday. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

Awards: First-Third place ribbons will be available for free

Fees: \$30 for online entries completed by midnight (PST) on Wednesday, January 31st, 2018 (online entries are preferred). Online entries are charged to your credit card by "ClubAssistant.com/Events." Online meet registration is available at: **{enter meet link here}**. Paper entries must be postmarked by January 26, 2018. **Make checks payable to: The Salvation Army Kroc Center. Mail to: Matt Wilhelm 3224 E. 21st Ave. Spokane, WA 99223**Cash will not be accepted with entry forms.

Sponsor: Kroc Masters Swim Club (KM). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 358-S001.

Directions to The Salvation Army Ray and Joan Kroc Center Competition Pool: From I-90 take the Northwest Blvd exit (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

Note: Nourishment will not be provided to athletes. Concessions available in the lobby. Please no food on pool deck.

Questions: Contact Matt Wilhelm 509-939-1586.

Saturday Morning Breakfast:

Served from 8am-9:30am

Cory House of Fun

2161 E. Briarleaf Ave

Coeur d'Alene, ID 83815

Name _____ Male Female Birth date _____
 Age _____
 Address _____ City, State, Zip _____
 Phone _____ USMS # _____ Inland NW Team _____
 Email _____

Friday February 2nd
Warm-ups begin at 6:00pm
Meet starts at 7:00pm

1- 400 Y Individual Medley
2- 1650 Y Freestyle
3- 200 Y Butterfly

Saturday February 3rd
Warm-ups begin at 10:00am
Meet starts at 10:45am

4-Mixed 500 Y Free
15 Minute Break
Relay cards Due at 11:00am

5-Mixed 100 Y Breast

6-Mixed 50 Y Free

7-Mixed 200 Y IM

8-Mixed 200 Y Medley Relay

9-Mixed 100 Y Back

10-Mixed 50 Y Breast

5 Minute Break

11-Women 200 Y Medley Relay

12-Men 200 Y Medley Relay

13-Mixed 50 Y Fly

14-Mixed 100 Y Free

15-Mixed 200 Y Back

5 Minute Break

16-Mixed 200 Y Breast

17-Mixed 200 Y Free Relay

18-Mixed 50 Y Back

19-Mixed 100 Y Fly

20-Mixed 200 Y Free

21-Mixed 100 Y IM

22-Women 200 Y Free Relay

23- Men 200 Y Free Relay

PLEASE MAKE SURE TO READ AND SIGN THE FOLLOWING PAGE, WE CANNOT PROCESS YOUR ENTRY WITHOUT YOUR SIGNATURE
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");

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.

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.

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.

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.

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	M.I.	Sex (circle)	M	F	Date of Birth (mm/dd/yy)
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Street Address, City, State, Zip