

# LARRY H. MILLER

## UTAH SUMMER GAMES SWIMMING

### SWIMMING 2018

#### Masters (18 & Over )

##### **Session 1**

Thursday, June 21, 2018

Warm-up: 8:30 AM Start: 9:00 AM

##### **Session 2**

Friday, June 22, 2018

Warm-up: 8:30 AM Start: 9:00 AM

##### **Session 3**

Saturday, June 23, 2018

Warm-up: 8:30 AM Start: 9:00 AM

#### Age Group (18 & Younger)

##### **Session 1**

Thursday, June 21, 2018

Warm-up: 1:00 PM Start: 2:00 PM

##### **Session 2**

Friday, June 22, 2018

Warm-up: 1:00 PM Start: 2:00 PM

##### **Session 3**

Saturday, June 23, 2018

Warm-up: 1:00 PM Start: 2:00 PM

**Location:** Southern Utah University Campus  
J.L. Sorenson Physical Education Building  
351 West Center Street  
Cedar City, Utah  
(435) 586-5431

**Course:** Seven (7) lane 50 meter indoor pool with non-turbulent lane lines – plus one (1) lane for continuous warm up/warm down. Colorado timing system and touch pads will be used. Pool has bleacher seating for spectators.

Start End Depth: Minimum 7.0 feet @ 1 meter from wall; minimum 7.0 feet @ 5 meters from wall. Turn End Depth: 4.0 feet @ 1 meter from wall; 4.0 feet @ 5 meters from wall. The pool has not been certified in accordance with 104.2.2C(4).

**Meet Director:** Adam Caldwell (801) 699-3735 [adam@binghamsnow.com](mailto:adam@binghamsnow.com)

**Check in & Scratches:** A positive check-in is required for the 400 Free, 400 IM, and 1500 meter events – which are due 30 minutes before the end of warm ups. Swimmers who fail to check in will not be allowed to swim. Swimmers in the 400 Free, 400 IM and 1500 Free are required to provide their own timer and counters for the 1500 Free – although some limited help will be available for those that cannot do so. The 1500 will be limited to 3 heats each. In the event more than 21 swimmers sign up for the 1500, priority will be given to the swimmers entry date into the meet (first come, first served). Scratches should be declared at the beginning of warm ups. If a swimmer misses their event they will not be allowed to swim that event.

If a swimmer is not present for the first day of their event(s), they will be automatically scratched from subsequent sessions. However, that swimmer may be un-scratched by checking in prior to the start of warm-ups at the following session.

**Age:** Determined by age as of first day of meet for Age Group, but as of December 31<sup>st</sup> for Masters Swimmers.

**Format:** Due to the growing popularity of this meet (and the longer timelines), all age group events will now be swam mixed and combined – without respect to age or gender. All events will be swam from fastest to slowest. Awards will still be broken down by gender and age.

**Age Group:** 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18

**Masters:** 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

**Entries:** Each swimmer is limited to competing in five (5) events per day. All entries must go through the USG office to Sports Coordinator. Deck entries will be accepted so long as payment is made at the Summer Games registration table, and the receipt of payment is presented prior to the start of warmups. No swimming up into a higher age group will be allowed. Changes to entry times should be given prior to the start of warm ups.

**Rules:** All 2018 USA swimming rules will be enforced for age group swimming, Masters rules will be enforced per the 2018 USMS rulebook.

**Entry Fees:** \$4.50 per event plus the Utah Summer Games entry fee. Swimmers must register through <https://larryhmillertahsummergames.org/>

**Liability:** Utah Summer Games requires a waiver of liability before any swimmer participates in any event.

**Awards:** Medals 1st through 3rd will be awarded per event (which is broken down by age and gender).

**Warm-up:** All warm-ups must be done under the supervision of the officials. Coaches and/or Parents have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all safety procedures. All swimmers will enter the pool from a 3 point sitting position. There will be no pushing, splashing, running, or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. All lanes of the pool will be circle swimming only. During the last (20) minutes of warm-up, lanes 2, 4 and 6 will be open to dive starts.

**USA Swimming & USMS Time Recognition:** This meet is considered an “approved” / “recognized” meet by USA Swimming and USMS Swimming – thus times will “count” for USA swimmers. USA Swimmers, for their times to be reported to USA Swimming, must their USA Swimming ID’s when registering or to the computer table before the end of the meet. Swimmers that fail to provide a valid USA ID will not have times reported to USA Swimming.

Masters Swimmers must submit a valid USMS membership number when registering, or to the computer table before the end of the meet, to have times reported to USMS.

If a swimmer fails to report their USA Swimming or USMS number either during registration or before the end of the meet, their times will not be reported.

### **Session: 1 - Masters - Thursday, June 21, 2018**

Warm-up: 8:30 AM - Start: 9:00 AM

<b>Event #</b>	<b>Event</b>
1	18 & Over 200 Freestyle
2	18 & Over 50 Breaststroke
3	18 & Over 100 Butterfly
4	18 & Over 200 Backstroke
<b>Award Presentation</b>	
5	18 & Over 1500 Freestyle

### **Session: 2 - Masters - Friday, June 22, 2018**

Warm-up: 8:30 AM - Start: 9:00 AM

<b>Event #</b>	<b>Event</b>
6	18 & Over 400 Freestyle
7	18 & Over 100 Breaststroke
8	18 & Over 50 Butterfly
9	18 & Over 50 Backstroke
10	18 & Over 400 IM
<b>Award Presentation</b>	

### **Session: 3 - Masters - Saturday, June 23, 2018**

Warm-up: 8:30 AM - Start: 9:00 AM

<b>Event #</b>	<b>Event</b>
11	18 & Over 100 Freestyle
12	18 & Over 200 Butterfly
13	18 & Over 100 Backstroke
14	18 & Over 200 Breaststroke
15	18 & Over 50 Freestyle
16	18 & Over 200 IM
<b>Award Presentation</b>	

### **Session: 1 - Age Group - Thursday, June 21, 2018**

Warm-up: 1:00 PM - Starts: 2:00 PM

<b>Event #</b>	<b>Event</b>
1	Mixed 200 Freestyle
2	Mixed 100 Butterfly
3	Mixed 200 IM
4	Mixed 50 Breaststroke
5	Mixed 200 Backstroke
<b>Award Presentation</b>	

### **Session: 2 - Age Group - Friday, June 22, 2018**

Warm-up: 1:00 PM – Start: 2:00 PM

<b>Event #</b>	<b>Event</b>
6	Mixed 100 Backstroke
7	Mixed 50 Freestyle
8	Mixed 50 Butterfly
9	Mixed 200 Breaststroke
<b>Award Presentation</b>	
10	Mixed 1500 Freestyle

### **Session: 3 - Age Group - Saturday, June 23, 2018**

Warm-up: 1:00 PM – Start: 2:00 PM

<b>Event #</b>	<b>Event</b>
11	Mixed 400 Freestyle
12	Mixed 100 Breaststroke
13	Mixed 50 Backstroke
14	Mixed 100 Freestyle
15	Mixed 200 Butterfly
<b>Awards Presentation</b>	
16	Mixed 400 IM



### 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	