



**Hosted by Texas A&M University Swimming & Diving Team  
in the World Class Texas A&M Natatorium**

**Some New Features and Important Highlights!**

- **Meet Apparel will be available for Pre-Order.** Several styles – V-Necks, T-shirts, Tank Tops, Hoodies & Tek Shirts - and colors available. The Order Web Site is [www.usms.com/order](#). Feel free to share the link and come back to order additional items. Limited Quantities, Styles & Colors will be available for purchase at the meet.
- **Caps and goggles will be available for purchase BUT no other gear.** Please plan accordingly.
- **NEW Awards** have been added to the existing line up! There will now be Individual High Point awards per age group/gender AND a new Team Award for the team with the most points per swimmer.

- We have a **block of rooms with a special rate of \$129 for both Double and King rooms at the Calvary Court and The George** – two great NEW Boutique Hotels in the Century Square development, a retail, dining & entertainment complex, across the street from campus. Room quantities are limited so please make sure to reserve early.



#### For Cavalry Court:

Call toll free 844.313.7337 or through the Hotel's website <http://www.cavalrycourt.com>. When calling, identify yourself as with US Masters Swimming Zones Championship Swim Meet to obtain the US Masters Swimming Zones Championship Swim Meet group rate. When booking online US Masters Swimming Zones Championship Swim Meet guest must utilize the group block code **UMSZCSM618** to obtain the US Masters Swimming Zones Championship Swim Meet group rate.

#### For The George:

Call toll free 844.599.3871 or through the Hotel's website <http://www.thegeorgetexas.com>. When calling, identify yourself as with US Masters Swimming Zones Championship Swim Meet to obtain the US Masters Swimming Zones Championship Swim Meet group rate. When booking online US Masters Swimming Zones Championship Swim Meet guest must utilize the group block code **UMSZCSM847** to obtain the US Masters Swimming Zones Championship Swim Meet group rate.

As a reminder, the cut-off date for guests to make reservations is **June 15<sup>th</sup>, 2018**.

- **NEW Early Bird Pricing** – enter by May 15<sup>th</sup> for only \$50! – Save \$20 over late entry fee pricing
- For those of you wanting to turn this into an **extended 4<sup>th</sup> of July**, I have gotten information from the **Messina Hof Winery** who has tours, events and the Villa, a wonderful Bed & Breakfast getaway



## AWARD WINNING VILLA BED & BREAKFAST



The Villa Bed & Breakfast offers its guests a unique experience while taking in a little piece of Texas wine country. Named, “Best Romantic Getaway”, The Villa embodies the values of Messina Hof with timeless heirlooms, such as the Great Room, which features beautiful stained glass windows from The Louvre in Paris as well as stained glass from one of the original Spanish missions in Texas. Each of the 11 spacious suites are individually furnished and pay tribute to romantic and historical icons such as Romeo & Juliet or D’Artagnan. Other amenities include private patios with lakeside views, balconies, oversized tubs, wifi access and all-inclusive packages.

### EACH STAY AT THE VILLA ALSO INCLUDES COMPLIMENTARY:

- **CHAMPAGNE BREAKFAST**

*Our Innkeeper will prepare a wonderful, made from scratch breakfast spread with coffee and mimosas.*

- **WINE & CHEESE RECEPTION IN THE WINE BAR**

*In your suite you'll find a pass for a complimentary wine and cheese reception in the Wine Bar where you'll find more wonderful drink specials.*

- **TOUR & TASTING IN THE TASTING ROOM**

*Learn the history of Messina Hof and Texas wine while you explore the vineyard and see behind the scenes the craft that goes into winemaking. Each tour is followed by a special tasting where your guide will take you through four different wines and cover tasting techniques, pairings and what makes each wine unique.*

- **WINERY EVENTS**

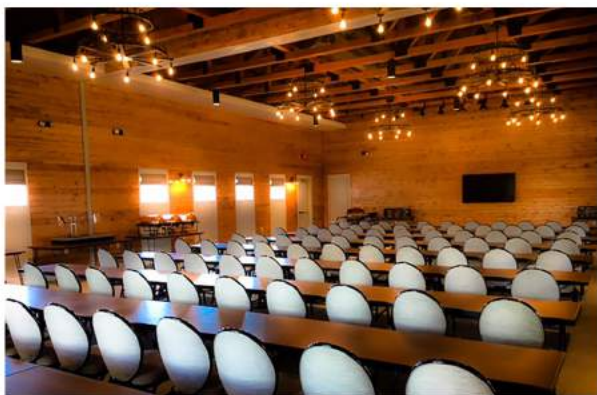
*Messina Hof hosts a variety of winery events all year long. Make your stay more memorable, [click here](#) to see our event calendar.*





# CAVALRY COURT

200 Century Court, College Station, TX 77840  
Reservations: 979-485-5586  
Cavalrycourt.com



Stay Authentic.

## Accentuating the Setting

Cavalry Court located at Century Square in College Station, TX is part of a 60 acre project along University Drive between Texas Avenue and College Avenue. With preferred retail, restaurant and entertainment options, this property will incorporate the rich Texas A&M traditions representing heritage and hard work including The Parsons Mounted Cavalry, the mounted military organization within the Corps of Cadets. A&M has long been known for its strong sense of comradery and this hotel intends to support that tradition by creating comfortable, unique hotel gathering spaces both indoor and outdoor.

## Indulging the Senses

- 141 early military inspired rooms
- Custom Valencia Bed with luxurious Egyptian cotton linens
- Proudly serving Katz Coffee <sup>TM</sup>, Roasted to Perfection <sup>SM</sup>
- Bath amenities by California modern apothecary, Lather <sup>®</sup>
- Complimentary wireless high-speed Internet access in all guest rooms and public areas
- Flat-panel plasma televisions

## Delivering the Experience

- Complimentary self-parking
- Complimentary breakfast
- Valencia VIP loyalty program
- Outdoor fire pits
- Swimming pool
- Live music
- Fitness center
- The Canteen restaurant and bar
- Complimentary car service within a five-mile radius

## Creating the Unexpected

Guests will experience a true sense of destination at College Station where their guest room buildings are referred to as The Barracks and Officers Quarters. Guests will enjoy a step out balcony with wide corridors overlooking the communal courtyard. The Canteen restaurant and bar will reflect the communal dining experience of military life. Cavalry Court will have the Stables with over 3,000 square feet of meeting space serving as their meeting space area and an adjacent outdoor event space called the Parade Green. Ideal for indoor and outdoor events, Cavalry Court will surprise and delight at every turn.



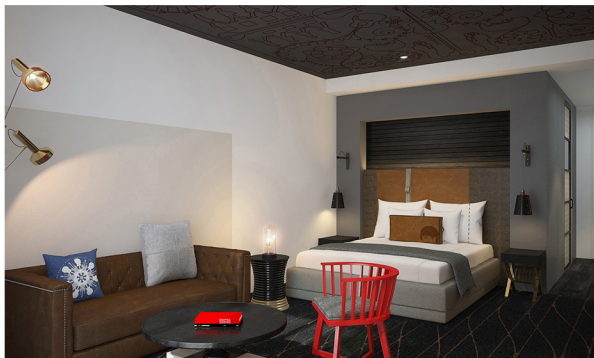
THEgeorge™

# THE GEORGE

180 Century Court | College Station, Texas 77840

Reservations 1.866.842.0100

thegeorgetexas.com



Stay Authentic.

## Accentuating the Setting

Located in the center of the Century Square mixed use development project on the Texas A&M campus, the George™, will bring an authentic, refined and local experience to the Brazos Valley region. This property is comprised of large community lounge areas both inside and out and intimate settings with its craft cocktail bar, restaurant and wine bar. The George™ name is a subtle nod to the many famous Georges throughout history who helped change industry or history from music, energy, film, photography and agriculture. Most notably to the immediate region is George H.W. Bush whose presidential library is at Texas A&M University. The name “George” has both an English elegance and Southern connotation which is consistent with the hotel’s design.

## Indulging the Senses

- 162 Refined Rustic guest rooms
- Custom Valencia Bed with luxurious Egyptian cotton linens
- Proudly serving Katz Coffee™, Roasted to Perfection<sup>SM</sup>
- Bath amenities by California modern apothecary, Lather®
- Complimentary wireless high-speed Internet access in all guest rooms and public areas
- Flat-panel plasma televisions

## Delivering the Experience

- Meeting Space
- Complimentary self-parking
- Valet parking
- Complimentary breakfast
- Valencia VIP loyalty program
- Craft cocktail bar
- Restaurant & Wine bar
- Outdoor fire pits
- Outdoor courtyard with pool
- Live music
- Fitness center
- Complimentary car service within a five-mile radius

## Creating the Unexpected

The property boasts over 5,000 square feet of flexible meeting space including a ballroom and boardroom that connects to the main plaza of Century Square. While The George embraces the region’s southern hospitality, the hotel will offer an abstract, contemporary aesthetic and art installations that are rooted in the agriculture and mechanical community while paying subtle homage to the region’s railway station, the town’s namesake. The “Refined Rustic” design is a modern yet warm blend of hard wood floors, exposed ceilings and brick accents in the interiors. Every aspect of the hotel is crafted with authentic and regional details using design, art, style and culture to infuse this new property with all the amenities and services of a top-luxury hotel, while simultaneously working to maintain a distinct sense of place.

**USMS 2018 South Central Zone Long Course Championships**  
**Hosted by Texas A&M Swimming & Diving Team**  
**July 6 – 8, 2018**  
**A Long Course Timed Finals Meet**

**Facility:**

- **Texas A&M University Student Recreation Center Natatorium Olsen Boulevard, College Station, TX 77840**
- Indoor 50 meter course, eight lanes, depth 7-9 feet. Separate diving well, 8 lanes, 25 meters. Lane lines are non-turbulent
- Daktronics timing system, color scoreboard. Hy Tek Meet Manager software. Club Assistant online entries.
- Directions and facility information can be found here: <http://recsports.tamu.edu/>
- Texas A&M Natatorium has been the host of:
  - 2013 & 2018 SEC Championships
  - 2016 Speedo Winter Junior Championships West
  - 2010 USA AT&T Diving Nationals
  - 2009 Women's & Men's NCAA Championships 2005, 2007, 2010 Big 12 Championships
  - 2004 Women's NCAA Championships 2001 Men's NCAA Championships

**Pool Length:**

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.

**Head Ref:**

Herb Schwab, [herb.schwab@gmail.com](mailto:herb.schwab@gmail.com)

**Meet Director:**

Nicole Christensen Rembach, [ncr@creativewaters.net](mailto:ncr@creativewaters.net), 281-352-8434

**Dates:**

Friday July 6th through Sunday July 8th 2018

**Warm Up and Start Times:**

- |       |               |                   |
|-------|---------------|-------------------|
| • Fri | Warm Ups 4 PM | Meet Start 5 PM   |
| • Sat | Warm Ups 9 AM | Meet Starts 10 AM |
| • Sun | Warm Ups 9 AM | Meet Starts 10 AM |

**Rules:**

Current USMS Long Course Rules will govern the conduct of the meet.

**Parking:**

Mon – Fri before 5 PM park in the West Campus Garage across from the Rec Center (\$2/hour before 5pm – \$0.50/hour after 5pm. **Parking is free on Saturday and Sunday & after 5pm on Friday, except where designated. See attached sheet.** The pay-by-number spaces in front of the Rec Center are never free

**Sanction:**

Sanctioned by Gulf Master Swim Committee for USMS, Inc. Sanction Number is 258-S004. Times achieved at the meet will be submitted to USMS.

**Eligibility:**

Open to all currently registered USMS swimmers. Swimmers not currently registered with USMS will be given an opportunity to register with USMS while doing their online entry.

**Age:**

Athlete age at the meet is determined by their age on December 31, 2018.

**Age Groups:**

- **Individual:** 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79, etc.
- **Relays:** 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399
- **Note:** the aggregate age of the four relay team members shall determine the age group.

**Relay Entries:**

Relays may be deck entered for a fee of \$20 each or enter early for fee of \$10 each. **Relays entered in advance DO NOT need to have swimmer's names put in.** All relays, early and deck entered, will need to turn in relay cards at meet to put swimmer names in the proper order. Teams may use relay only swimmers. Relay only swimmers must be entered into the meet by the online deadline and there will be a fee of \$10 per relay only swimmer with no refunds given for no shows.

**Entry Confirmation:**

By email. For paper entries, you must contact Nicole at [ncr@creativewaters.net](mailto:ncr@creativewaters.net) for an entry form.

**Number of Events Allowed:**

6 individual events per day & 3 relay events per day.

**MINIMUM QUALIFYING TIMES - 50:00 FOR THE 1500 FREE; 25:00 FOR THE 800 FREE, 16:00 FOR THE 400 IM, 12:00 FOR THE 400 FREE, 8:00 FOR THE 200 BACK, BREAST & FLY . Swimmers may manually enter times even if they do not have a time for one of these events as long as they feel that they are able to swim at least the minimum qualifying time during competition. Swimmers may not enter a NT or no time in one of these events.**

**IMPORTANT:** Swimmers are asked to voluntarily notify the Meet Director by email [at ncr@creativewaters.net](mailto:ncr@creativewaters.net) of their intent to scratch any events by 5 PM on the Wed July 4th before the meet. Psych sheet will be posted Wed AM. Final seeding of all pre-seeded events will occur after early scratch deadline passed.

**No fines or penalties will be handing out for swimmers who no show/scratch at the meet.** No refunds given for no shows.

**Entry Fee Deadlines:**

Early, Regular, Late and Extra-Late fees depending on date entered. Fees will rise after each deadline passes.

- **\$50 fee - EARLY BIRD SPECIAL! Enter before Friday May 15th**
- \$55 fee - Online and Paper Entries - enter before June 15th
- \$60 fee - Online Entries - enter before June 22nd. Also Final Paper Entry Deadline.
- \$70 fee - ONLINE ONLY - enter by NOON on Tuesday July 3rd. **ALL INDIVIDUAL ENTRIES CLOSE.**

**NO ENTRIES WILL BE ACCEPTED AFTER JULY 3rd. NO INDIVIDUAL DECK/DAY OF ENTRIES ALLOWED.**

Relay only swimmers will be allowed with a fee of \$10. Relays may enter in advance with a reduced fee of \$10. Swimmers on pre-entered relays can be filled in at the meet.

**Entry Due Date:** See table below – **DON'T FORGET - EARLY BIRD SPECIAL OF \$50 FOR ENTRIES RECEIVED BY MAY 15<sup>th</sup>**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 10	11	12	13	14	15 Regular entry \$55 deadline	16
17	18	19	20	21	22 \$60 online late entry deadline by Noon CST & Final paper entry deadline	23
24	25	26	27	28	29	30
July 1	2	3 \$70 extra late online entries by Noon.	4 Psych Sheets Posted AM  Early scratch notifications Due 5 PM.	5 Heat Sheets Posted – final seeding  – after all early scratches entered	6 Zones	7 Zones
8 Zones	The 2018 Summer Nationals will not be contested in favor of supporting the 2018 UANA Pan American Masters Championship in Orlando at the YMCA Aquatic Center, Orlando, Florida on July 28 - August 3, 2018. Meet information: <a href="http://www.2018panammasters.com/swimming.html">http://www.2018panammasters.com/swimming.html</a>					

#### Seeding:

Slowest to Fastest. Ages combined. Genders combined for 400 IM, 800 Free & 1500 Free. **All events EXCEPT the Relays, 400 IM, 400, 800 & 1500 Free will be pre-seeded.**

#### Distance Event Check In Days & Times:

400 IM:	4:15 PM Fri July 6 <sup>th</sup>
1500 Free:	5:00 PM Fri July 6 <sup>th</sup>
400 Free Women's:	9:15 AM Sat Jul 7 <sup>th</sup>
400 Free Men's:	10:00 AM Sat July 7 <sup>th</sup>
800 Free:	Noon Sun July 8 <sup>th</sup>



**Scoring:**

Individual and Relays through 8<sup>th</sup> place.

Individual: 9, 7, 6, 5, 4, 3, 2, 1      Relays: 18, 14, 12, 10, 8, 6, 4, 2

**Awards:**

Individual events: Medals places 1<sup>st</sup> – 3<sup>rd</sup>

Relays: Medals places 1<sup>st</sup> – 3<sup>rd</sup>

Top three teams in Combined Scoring will receive trophies

**NEW!!** Individual High Point per age group/gender will receive an award

**NEW!!** Trophy to team with most points per swimmer

Awards will not be mailed and must be picked up at the meet.

**Facebook:**

There is a Facebook page at <https://www.facebook.com/USMSSouthCentralLCZonesatTexasAandM> that you can check for meet & social updates at all times

**Psych & Heat Sheets:**

Psych will be available online before the meet. Heat sheets will be available online before/during the meet and available for free pick up at the meet at the Clerk of Course area. Heat Sheets will also be posted on the walls around the venue.

**Results:**

Results will be on Meet Mobile throughout the meet and on [www.GulfMastersSwimming.org](http://www.GulfMastersSwimming.org) and [www.USMS.org](http://www.USMS.org) after the meet. Hard copy results will be posted continuously throughout the meet. Records will be submitted with proper paperwork and electronic files ASAP after the meet to all appropriate parties. The meet will be observed for USA Swimming times. Swimmers registered with USA Swimming must supply their USA Swimming credentials to the Meet Director.

**Social:**

There will be an official Social planned on Saturday at a local food and drink establishment. More information will be posted as we get closer to the event.

**Hospitality:**

We will have hospitality for officials, certified coaches (coaches please bring credentials) and volunteers

**Accommodations:**

We have a block of rooms with a special rate of \$129 for both Double and King rooms at the Calvary Court and The George. Room quantities are limited so please make sure to reserve early.

**For Cavalry Court:**

Call toll free 844.313.7337 or through the Hotel's website <http://www.cavalrycourt.com> . When calling, identify yourself as with US Masters Swimming Zones Championship Swim Meet to obtain the Meet group rate. When booking online US Masters Swimming Zones Championship Swim Meet guest must utilize the group block code **UMSZCSM618** to obtain the US Masters Swimming Zones Championship Swim Meet group rate.

**For The George:**

Call toll free 844.599.3871 or through the Hotel's website <http://www.thegeorgetexas.com> . When calling, identify yourself as with US Masters Swimming Zones Championship Swim Meet to obtain the Swim Meet group rate. When booking online US Masters Swimming Zones Championship Swim Meet guest must utilize the group block code **UMSZCSM847** to obtain the US Masters Swimming Zones Championship Swim Meet group rate.

**See Attached Hotel information sheet**

**Concessions:**

Concessions will be available at the Student Rec Center café during its normal operating hours. **It may not be open the entire time of the meet, particularly early Sunday morning. Swimmers may bring their own food supplies.**

**Swim Meet Apparel:**

A variety of style and color options are offered for pre-order. Go to <https://swimming-diving.itemorder.com/sale> to place your order and your apparel will be available for pick up at the meet. You can order at any time and add to it if needed.

**A LIMITED amount in select style and color options will be available for purchase at the meet. To make sure you are able to get the item that you want, please pre-order**

**Swim Gear Vendor:**

A limited quantity of caps and goggles ONLY will be available for purchase. PLEASE make sure to bring the suits and gear you need for the meet

**Questions?:** Contact Nicole at [ncr@creativewaters.net](mailto:ncr@creativewaters.net)





# PARKING INFORMATION

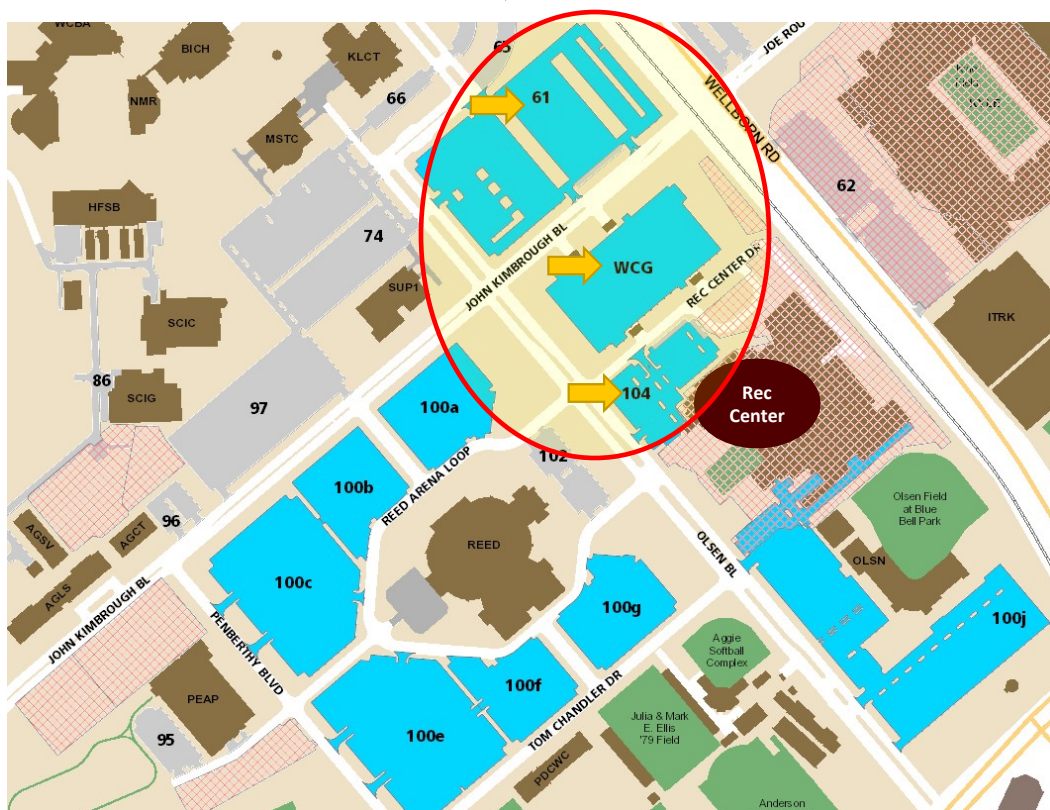
To be Verified - this is last year's info

## WEEKDAYS:

**If you haven't paid for your spot, you will be ticketed.**

Visitor parking is available in:

- West Campus Garage
- 104 (Outside the Rec Center)
- 61 (opposite side of WCG)



## FRIDAY AFTER 5 PM, SATURDAY AND SUNDAY:

Parking is free on the surface lots of the A&M campus after 5:00 p.m. on Friday, except where noted.

**The Numbered Spaces in lots 100h, 61 or 74 are never free!**

More information at [transport.tamu.edu](http://transport.tamu.edu)



## ORDER OF EVENTS

### South Central Zones 2018 LCM

#### Championships Event Format

Session: 1 Friday July 6<sup>th</sup>

Day of Meet: 1 Warm Up at 4:00 PM, Meet Starts at 5:00 PM

Event #	Event Description
---------	-------------------

- |   |  |
|---|--|
| 1 | Mixed 400 IM <i>*Entry Time Limit of 16:00 minutes</i>         |
| 2 | Mixed 1500 Freestyle <i>*Entry Time Limit of 50:00 minutes</i> |

Session: 2 Saturday July 7<sup>th</sup>

Day of Meet: 2 Warm up at 9:00 AM, Meet Starts at 10:00 AM

Event #	Event Description
---------	-------------------

- |    |  |
|----|--|
| 3  | Women 400 Freestyle <i>*Entry Time Limit of 12:00 minutes</i>  |
| 4  | Men 400 Freestyle <i>*Entry Time Limit of 12:00 minutes</i><br><i>20 min break - competition pool opens for 15 min warm up</i> |
| 5  | Women 200 Backstroke <i>*Entry Time Limit of 8:00 minutes</i>  |
| 6  | Men 200 Backstroke <i>*Entry Time Limit of 8:00 minutes</i>  |
| 7  | Women 50 Butterfly   |
| 8  | Men 50 Butterfly   |
| 9  | Women 100 Breaststroke   |
| 10 | Men 100 Breaststroke   |
| 11 | Women 100 Freestyle  |
| 12 | Men 100 Freestyle  |
| 13 | Women 200 Butterfly <i>*Entry Time Limit of 8:00 minutes</i>   |
| 14 | Men 200 Butterfly <i>*Entry Time Limit of 8:00 minutes</i>   |
| 15 | Women 50 Backstroke  |
| 16 | Men 50 Backstroke  |
| 17 | Women 200 IM   |
| 18 | Men 200 IM<br><i>10 Minute break</i>   |
| 19 | Women 400 Medley Relay   |
| 20 | Men 400 Medley Relay   |
| 21 | Women 200 Freestyle Relay  |
| 22 | Men 200 Freestyle Relay  |
| 23 | Mixed 200 Medley Relay   |

**Session: 3 Sunday July 8<sup>th</sup>**

**Day of Meet: 3 Warm Up at 9:00 AM, Meet Starts at 10:00 AM**

**Event #      Event Description**

- 24      Women 100 Butterfly
- 25      Men 100 Butterfly
- 26      Women 50 Breaststroke
- 27      Men 50 Breaststroke
- 28      Women 200 Freestyle
- 29      Men 200 Freestyle
- 30      Women 100 Backstroke
- 31      Men 100 Backstroke
- 32**      Women 200 Breaststroke ***\*Entry Time Limit of 8:00 minutes***
- 33**      Men 200 Breaststroke ***\*Entry Time Limit of 8:00 minutes***
- 34      Women 50 Freestyle
- 35      Men 50 Freestyle
- 10 Minute break*
- 36      Women 400 Freestyle Relay
- 37      Men 400 Freestyle Relay
- 38      Women 200 Medley Relay
- 39      Men 200 Medley Relay
- 40      Mixed 200 Freestyle Relay
- 10 min break*
- 41**      Mixed 800 Free\* ***Entry Time Limit of 25:00 minutes***

- a.      Swimmers who do not make the minimum time standard in an event they are competing in will not be eligible for points or awards
- b.      The Referee will have the authority to discontinue a heat that is continuing beyond the minimum qualifying time



## 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