

## 2018 SOUTHERN MASTERS LONG COURSE CHAMPIONSHIPS – August 11 & 12, 2018

Sponsor: Southern Masters Swimming, LMSC

Sanction: Sanctioned by Southern Masters Swimming for USMS, Inc.

Location: LSU Natatorium, West Chimes Street, Baton Rouge, LA. The LSU Natatorium is located on the Northwest part of campus right off of Nicholson Drive and West Chimes Street. From Tiger Stadium (heading toward downtown) look for West Chimes Street on the right. There are condominiums located on the corner of Nicholson Dr. and West Chimes.



Facility: Opened in the summer 1985, the LSU Natatorium has served as the exclusive home of the swimming and diving teams for the past 26 seasons. This will be the first time that an outside group has been able to gain access to this facility in over 15 years.

The complex features an 8 lane 50-meter, state-of-the-art competition pool with a minimum depth of 7 feet. There is also a 10 lane x 25-yard diving well available for continuous warm up and warm down.

Automatic timing will be with a Colorado timing system with a HYTEK interface and integrated full color scoreboard. Manual backup will be used.

Parking is available in the parking lot adjacent to West Chimes Street. No special parking permits are needed.

LSU is a tobacco-free campus – No tobacco products are allowed in the facility or on the grounds.

Schedule: Saturday/Sunday Warm Ups at 9:00 AM  
Saturday/Sunday Meet Starts at 10:00 AM

Rules: Current USMS Rules and Regulations will govern the conduct of the meet.

Eligibility: All participants must be current members of USMS. Please provide a copy of your USMS registration card with your meet entry (scanned or paper copy).

Meet Format: All individual events will be scored as 18-24, 25-29, 30-34, 35-39, 40-44, etc. in the USMS recognized age group format. All relays will be scored in the standard USMS long course format.

Seeding: All events (except the 1500 Free) will be seeded slowest to fastest without regard to age. The 1500 Free will be a positive check-in event seeded fastest to slowest without regard to age or gender. Positive check-in for the 1500 Free shall occur prior to 11:00 AM on the day of the event. Swimmers

participating in the 1500 will need to provide their own timer and counter. Women and Men may swim in a combined heat of the 1500 or any other event depending on the number of entries. There will be no changing of events after the entry deadline.

Entries: A Swimmer may swim a maximum of six (6) individual events plus two (2) relays each day.

Meet Entries are due no later than August 5, 2018. Entries may be mailed in (and must be received with payment prior to the entry deadline). Make checks payable to Southern Masters Swimming LMSC. Please mail entries to:

Rob Cambias  
408 Marguerite Road  
Metairie, LA 70003

Additionally, scanned entries will be accepted via email to [southernmastersswimming@gmail.com](mailto:southernmastersswimming@gmail.com). Payment can also be made via PayPal to [southernmastersswimming@gmail.com](mailto:southernmastersswimming@gmail.com).

Entry Fee: \$50.00 for both days  
\$35.00 for one day  
Entry fee includes a meet T-Shirt, Goodie Bag, and Social Event at Tin Roof Brewery

Scoring: Individual Events: 11, 9, 8, 7, 6, 5, 4, 3, 2, 1  
Relays: Double

Awards: Ribbons will be awarded to the top 3 in each event by gender and age group.

Meet Director: Rob Cambias

Meet Referee: TBD

Social Event: All swimmers are invited to attend a social event at the **Tin Roof Brewery**, located at 1624 Wyoming St, Baton Rouge, LA 70802. The event will be held on Saturday, August 11<sup>th</sup>, 2018 from 5:00 PM to 8:00 PM. We will be serving food and beverages. Guests are also invited, but there will be a \$30 per person charge for additional guests. Please include your guest fee with your meet entry. All registered participants and guests will receive a wrist band at the meet on Saturday for the social event. Additional guests will be permitted on a space available basis.

Host Hotel: **The Watermark Hotel, Marriott Autograph Collection**  
150 3<sup>rd</sup> Street  
Baton Rouge, LA 70801  
225-408-3200  
[www.watermarkbr.com](http://www.watermarkbr.com)

Guests may reserve a room at the special Southern Masters Swimming rate of \$99 per night by calling Autograph Collection Reservations at 1-877-557-3097 (ask for the Southern Masters Swimming group rate). Please make your reservations prior to July 27, 2018 to secure this special room rate. The hotel is located in downtown Baton Rouge and is just a two mile drive from the LSU Natatorium.

**OFFICIAL MEET ENTRY FORM**  
**2018 Southern Masters Long Course Championships**  
*LSU Natatorium*  
*Baton Rouge, LA*  
*August 11-12, 2018*

Name: \_\_\_\_\_ Age (as of 12/31/18): \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Email Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

USMS#: \_\_\_\_\_ Team Name: \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_

Workout Group: \_\_\_\_\_

# of Additional Guests for Tin Roof Brewery Social: \_\_\_\_\_ @ \$30 ea

Instructions: Circle desired event numbers and list seed time in Long Course Meters (LCM) to the nearest tenth (0:00.00), NT for no time. Limit of five (5) individual events per day. Relays will be deck entered. There will be a short break between the relays and 1500 Freestyle on Saturday.

Entries: Must be received by: August 5, 2018  
Mail or email the entry form and USMS release to:

Rob Cambias  
408 Marguerite Road  
Metairie, LA 70003

OR

[southernmastersswimming@gmail.com](mailto:southernmastersswimming@gmail.com)

Fees: Make checks payable to SOUTHERN MASTERS SWIMMING  
OR

Pay with PayPal to [southernmastersswimming@gmail.com](mailto:southernmastersswimming@gmail.com)

\$50.00 per swimmer for the full meet or \$35.00 per swimmer for one day

THE ATTACHED USMS PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT MUST BE COMPLETED AND SIGNED PRIOR TO PARTICIPATING IN WARM UPS OR THE MEET.

**OFFICIAL MEET ENTRY FORM**  
**2018 Southern Masters Long Course Championships**  
*LSU Natatorium*  
*Baton Rouge, LA*  
*August 11-12, 2018*

**PLEASE MAKE SURE THAT ENTRY TIMES ARE SUBMITTED IN LONG COURSE METERS**

ORDER OF EVENTS							
Saturday, August 11, 2018				Sunday, August 12, 2018			
Womens Event #	Mens Event #	Description	Entry Time	Womens Event #	Mens Event #	Description	Entry Time
1	2	400 IM		23	24	400 Free	
3	4	100 Free		25	26	100 Back	
5	6	200 Breast		27	28	50 Free	
7	8	50 Back		29	30	200 IM	
9	10	100 Fly		31	32	200 Fly	
11	12	200 Back		33	34	100 Breast	
13	14	50 Breast		35	36	50 Fly	
13	14	200 Free Relay		37	38	200 Free	
15		200 Mixed Medley Relay		39	40	200 Medley Relay	
17	18	400 Medley Relay		41		200 Mixed Free Relay	
19		400 Mixed Medley Relay		43	44	400 Free Relay	
21	22	1500 Free		45		400 Mixed Free Relay	
				47		800 Mixed Free Relay	

**Warm Up (both days): 9:00 AM**

**Meet Start (both days): 10:00 AM**



**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