The 2ndAnnual 

Mile High Short Course

Meters Invitational

September 22, 2018

*A Mile High Short Course Meters Event!*

# **Sanction:** Sanctioned by Utah Masters Swimming for United States Masters Swimming, Inc., Sanction No. .

**Facility:** The Wasatch Aquatic Center: 744 South 200 East, Heber City, UT 84032 *The Wasatch Aquatic Center opens at 7:00 am*

# **Pool Length:** Indoor 7-lane, 25-meter competition pool with 3 additional 21 yard warmup/warm down lanes in the activity pool. Colorado timing and scoreboards will be used. Deck space for 200+ swimmers as well as 500+ spectator seating area.

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

**Directions:** Directions from Salt Lake City - Mouth of the canyon - I-80, Head east on I-80 E 18.0 mi, take exit 146 for US-40 E toward Heber/Vernal 0.3 mi, Keep right to continue toward US-40 E 0.4 mi, Continue onto US-40 E 17.0 mi, Turn left onto E 6th S 0.2 mi, Turn right onto S 200 E - Pool will be on your right, just past the tennis courts

**Eligibility:** Open to all 2018 registered United States Masters Swimming (USMS) members 18 years or older as of September 22, 2018. The meet is also open to all USA registered swimmers based upon the Utah Swimming sanction. Those that are members of both must select one organization with which to compete for the entire meet.

**Rules: This is dual sanction swimming meet and USA Swimming Rules apply.**

2018 USMS rules will apply for Top Ten and USMS records submission.

# **Entries:** Maximum of FIVE individual events (including 1500 meter freestyle), plus relays.

*Note: The 1500 meter freestyle will be open to the first 21 entrants only.*

As per USMS rules for SCM meets, the swimmer’s age group will be determined by the swimmer’s age as of Dec. 31, 2018.

**Deadline & Fees:** Entries must be accepted starting September 7, 2018 and will close September 15, 2018.. Late entries will not be accepted.

$10.00 Swimmer Surcharge

$3.00 Individual event fee

On-line registration:

Or mail your entry form, a copy of your 2018 USMS card, the signed waiver, and check to: **Dennis Tesch, Wasatch Aquatic Center, 744 South 200 East, Heber City, UT 84032**. Confirmation e-mail will be sent when paper entries are received. Please be sure to write legibly on the entry form.

# **Information:** Contact Dennis Tesch 435-654-3450, dennis.tesch@wasatch.edu, with any questions (e-mail preferred).

**Events:** Ages and sexes will be combined for competition but separated for results.

 Session 1 - 7:00 am Warm up Meet Starts 8 am

1. 400 IM - 5 heats
2. 1500 freestyle - 3 heats
3. 400 Freestyle - 5 heats

 Session 2 - 10:30 am warm up - 11:30 am Start

1. 100 Backstroke
2. 50 Breaststroke
3. 50 100 Freestyle
4. 200 Medley Relay
5. 50 Butterfly
6. 100 Breaststroke
7. 50 Freestyle
8. 100 Butterfly
9. 50 Backstroke
10. 200 Freestyle
11. 100 IM
12. 200 Free Relay

**Seeding:** Heats will be seeded from slowest to fastest using submitted times. Ages and sexes will be combined for competition but separated for results. No time (NT) entries will be seeded in the early heats. **Exception: the first session will be fastest to slowest, and check-in will be required at 7:15 am before the start of the event; swimmers not checked in will be scratched.**

# There will be scheduled breaks throughout the meet, and the Meet Director reserves the right to insert additional breaks to allow swimmers reasonable time between events.

**Warm-up:** *The Wasatch Aquatic Center opens at 7:00 am*. The pool will be available for warm-up from 7:00 AM - 8:45 AM prior to the 1500m freestyle. A second warm-up session will be from 10:00am-11:00am. There will be two different areas to warm up and swim down. One way sprint and pace lanes will be opened 20 minutes prior to end of each warm-up session.

**Relays:** Relay swimmers must be entered in at least one individual event. Relays can be entered as men, women, or mixed (swimmers cannot swim in both a single-sex and mixed relay in a given relay event). Relays will be deck entered. Relay entry forms will be provided and must be submitted before the start of the 200 Freestyle

**Lodging: H**otels are located in Heber City approximately 5 – 10 minutes from the pool

Holiday Inn Express Swiss Alps Inn Homestead Resort

1268 S Main Street 167 S. Main Street 700 Homestead Dr

Heber City, UT 84032 Heber City, UT 84032 Midway, UT 84049

435-654-9990 435-654-0722 435-654-1102

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*However, if you prefer a paper entry:*

Name Sex Age (as of 12/31/18)

Street

City, State, ZIP

E-mail address (neatly!)

Preferred phone

Alt. phone

USMS registration #

Birthdate

Club nameClub abbreviation 

Meet entry fee: $10.00

Individual Event Entry Fee (per event): $3.00

Total enclosed: $

(If received after Sept. 15, a required late fee of $10.00 will be collected at the meet.) Please mail CHECK (payable to “Wasatch Aquatic Club”), ENTRY FORM, COPY of USMS CARD, and WAIVER to Dennis Tesch, Wasatch Aquatic Center, 744 South 200 East, Heber City, UT 84032

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| --- |
| **SESSION #1** |
| **Saturday – September 22, 2018****(Warm-up 7:00 am - Start  8:00 am)****Positive Check-in/seeded fastest to slowest/gender mixed****Swimmers must provide own timers** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** |   | **Event Description** |   |  |
| 1 |   | 400m IM |   |  |
| 2 |  | 1500 m Freestyle |  |  |
| 3 |  | 400m Freestyle |  |  |

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| **SESSION #2** |
| **Saturday – Date September 22, 2018****(Warm-up 10:30 am  - Start 11:30 am)****Negative Check-in/Seeded slowest to fastest/Mixed Gender** |

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| --- | --- | --- | --- | --- |
| **Event #** |   | **Event Description** |   |  |
| 4 |  | 100m Backstroke |  |  |
| 5 |  | 50m Breaststroke |  |  |
| 6 |  | 100m Freestyle |  |  |
| 7 |  | 200m Medley Relay |  |  |
| 8 |  | 50m Butterfly |  |  |
| 9 |  | 100m Breaststroke |  |  |
| 10 |  | 50m Freestyle |  |  |
| 11 |  | 200m IM |  |  |
| 12 |  | 100m Butterfly |  |  |
| 13 |  | 50m Backstroke |  |  |
| 14 |  | 200m Freestyle |  |  |
| 15 |  | 100m IM |  |  |
| 16 |  | 200m Free Relay |  |  |



**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.

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| --- | --- | --- | --- | --- |
| 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 |

