

**NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.**

**Paper entries are due to September 24, 2018 or  
Enter Online at [www.clubassistant.com](http://www.clubassistant.com) by September 25, 2018  
(Search for meet by date on the left of the Club Assistant home page)**

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign waiver on next page. If you are not registered with USMS, you may include your registration form and separate check with your entry, or you may register at the meet. You must be registered to participate.

Please provide the following information:

Name:	Sex	USMS Reg. No:
Address:		
City:	State:	Zip Code:
Email Address:		
Age:	Birthdate (mm/dd/yyyy):	
LMSC:	Club:	Phone:

Circle the events you wish to swim

#	Event	Seed Time		#	Event	Seed Time
1	Mixed 200 Yard Butterfly			15	Mixed 50 Yard Butterfly	
2	Mixed 50 Yard Breaststroke			16	Mixed 200 Yard Freestyle	
3	Mixed 200 Yard Backstroke			17	Mixed 100 Yard Backstroke	
4	Mixed 50 Yard Freestyle			18-20	W/M/Mixed 400 Yd Free Relay	Deck Entered
5	Mixed 100 Yard Butterfly			21-23	W/M/Mixed 200 Yd Medley Relay	Deck Entered
6	Mixed 500 Yard Freestyle			24	Mixed 400 Yard IM	
7-9	W/M/Mixed 200 Yd Free Relay	Deck Entered		25	Mixed 50 Yard Backstroke	
10-12	W/M/Mixed 400 Yd Medley Relay	Deck Entered		26	Mixed 200 Yard Breaststroke	
13	Mixed 200 Yard IM			27	Mixed 100 Yard IM	
14	Mixed 100 Yard Breaststroke			28	Mixed 100 Yard Freestyle	

# of Events Entered	Cost	
	x \$5	
Surcharge	\$10	\$10
<b>Total Amount Enclosed</b>		

Make check payable to: Randolph-Macon College. Attach a copy of your registration card. Be sure to sign the waiver

Mail to: Randolph-Macon College, Attn: Swim Coach, 103 E. Patrick Street Ashland VA 23005. For questions about entries, email David Harmon at [davidcharmon77@gmail.com](mailto:davidcharmon77@gmail.com).

**DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER ON THE NEXT PAGE**



## 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

***Revised 07/01/2014***