

**Sunday 3 March 2019 Sprint Yard Mini Meet at the Nassau County
Aquatic Center in Eisenhower Park in East Meadow on Long Island
Sanctioned by the NJ-LMSC for USMS, Inc.**

FACILITY	Fast all deep water 10-lane, 25 yard competition course. Adjacent short course lanes available for warm-up and cool down during meet. Colorado electronic timing system; large video scoreboard display. On-site parking; full-service locker rooms (bring your own lock); ample pool deck and grandstand seating. The length of the competition course is in compliance and on file with USMS in accordance with article 105.1.7 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.
LOCATION	The Nassau County Aquatic Center can NOT be reached from INSIDE Eisenhower Park; access parking lots and pool from Merrick Avenue (Aquatic Center sign at entrance). For area map, parking and directions, go to: https://www.nassaucountyny.gov/1775/Hours-Location-Parking
SCHEDULE	7:30AM Warm-up begins 7:55AM One-way sprint lanes open 8:00AM Deadline for positive check-in, scratches and submission of relay entries. >If you do not check in by 8:00AM, you will be scratched from the meet< 8:15AM Warm-up ends 8:20AM Relay and individual event heat sheets posted 8:25AM National Anthem 8:30AM Meet start 10:30AM Meet ends
WARM-UP	NO DIVING permitted during warm-up except in designated one-way sprint lanes. No equipment (paddles, buoy, kickboard, etc.) may be used during warm-up. Enter the water feet first in a cautious and controlled manner.
RULES	2019 USMS rules govern this meet. No food or glass containers permitted on pool deck or in locker rooms. Facility has water fountains, beverage and snack vending machines, and a concession stand on upper level.
ELIGIBILITY	Participants must be 2019 registered members of U. S. Masters Swimming and 18 years of age or older. Age determination date for this meet is age as of Sunday 3 March 2019.
AGE GROUPS	Individual events: 18-24, 25-29, 30-34, 35-39 and so on in five-year increments. Relays: 18+, 25+, 35+, 45+ and so on in ten-year increments. Age of the youngest relay team member determines age group. Swimmers must be individually entered in the meet to be eligible for relay participation.
SEEDING	Events will be seeded slow to fast strictly based on entry time (not by age or gender).
FORMS	Relay entry forms and official split time request forms will be available at the meet.
AWARDS	Individual Events: Medals for 1 st - 3 rd place and ribbons for 4 th - 6 th place. Relays: Medals for 1 st - 3 rd place. Awards must be picked up at the swim meet; no awards will be mailed after the conclusion of the meet.
MEET LIMIT	Entries will be limited to the two-hour meet timeline restriction and accepted on a first-received basis.
ENTRY FEE	\$35.00 entry fee is non-refundable and non-transferable. Swimmers are permitted to enter and swim a maximum of four (4) individual events plus one (1) relay event.
DEADLINE	Meet registration ENDS at 12:00 NOON (not at midnight) on Tuesday 26 February 2019 or when two-hour meet timeline has been reached (whichever comes first). No paper, snail mail, email, fax or late entries accepted.
ONLINE ENTRY	Individual event registration is processed online via Club Assistant (relays are deck entered at the meet) at https://www.clubassistant.com/club/meet_information.cfm?c=1659&smid=11260 . All major credit cards accepted; processing fee incurred. Your credit card statement will reflect a charge from "ClubAssistant.com Events".
PRE-MEET	Meet timeline and event psych lists will be emailed to registered swimmers on Friday 1 March 2019.
RESULTS	Results will be posted online within 48 hours at www.excelswimming.com .
QUESTIONS	Direct inquiries to Lisa Baumann via email at excelswimming@aol.com .

**Sunday 3 March 2019 Sprint Yard Mini Meet
Order of Events & Individual Entry Information**

#	EVENT DESCRIPTION	
1	Men	200 Yard Freestyle Relay
2	Women	200 Yard Freestyle Relay
3	Mixed	200 Yard Freestyle Relay
4	Mixed	200 Yard Freestyle
5	Mixed	100 Yard Butterfly
6	Mixed	50 Yard Breaststroke
7	Mixed	100 Yard Backstroke
8	Mixed	50 Yard Freestyle
9	Mixed	100 Yard Individual Medley
10	Mixed	50 Yard Butterfly
11	Mixed	100 Yard Breaststroke
12	Mixed	50 Yard Backstroke
13	Mixed	100 Yard Freestyle

= = = = =

Along with your personal data (name, date of birth, address, etc.), you should have both your credit card and your 2019 nine-digit USMS registration number handy to process online event registration.



**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	DOB (mm/dd/yyyy)
Street Address, City, State, Zip				
E-Mail Address				
Signature of Participant			Date Signed	