



*The 5th Annual Short Course Yard
Sewanee Masters Invitational
March 9, 2019*

- Sanction:** Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No. 159-S001
- Facility:** The Aquatic Center at Sewanee: The University of the South located in the Fowler Center at 77 Texas Ave, Sewanee, TN 37383. The Fowler Center opens at 8:00 AM.
- Pool Length:** Indoor 9-lane, 25-yard competition pool with 6 additional 23.5 yard warmup/warmdown lanes in diving well. Colorado timing and scoreboards will be used. Deck space for 200+ swimmers as well as 300+ spectator seating area. All necessary paperwork is on file with USMS.
- 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.
- Directions:** From either direction on I-24 take exit 134 for Sewanee. Turn left onto 41a North. Continue approximately 4.5 miles and turn right onto University Ave. In $\frac{3}{4}$ mile turn right onto Texas Ave. The Fowler center is immediately on your left. Park in lot on right or continue on Texas Ave. to parking lot next to football field.
- Eligibility:** Open to all 2019 registered United States Masters Swimming (USMS) members 18 years or older as of March 9, 2019.
- Rules:** 2019 USMS rules apply.
- Entries:** Maximum of six individual events (including 1000 yard freestyle). Relays do not count in an individual's total. The 1000 yard freestyle will be limited to the first 27 entrants only.
- Deadline & Fees:** Swimmers may enter up to SIX individual events per day. Entries must be received by March 6, 2019. Late entries will be accepted only as space permits in existing heats (no new heats will be created).

\$30.00 entry fee (if received by March 6, 2019); late registration is \$40. There is no entry fee for relays.

[On-line registration through ClubAssistant.com at this link:](https://www.ClubAssistant.com/club/meet_information.cfm?c=2384&smid=11060)

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Or mail your entry form, copy of your 2019 USMS card, the signed waiver, and check to: **Alex Bruce, c/o The University of the South, 735 University Ave., Sewanee, TN 37383**. Confirmation e-mail will be sent when paper entries are received. Please be sure to write legibly on the entry form.

Information: Contact Alex Bruce (931) 636-7075 or alexandermbuce@gmail.com with any questions (e-mail preferred).

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 1000 free will be seeded fastest to slowest, and check-in will be required 30 minutes before the start of the event; swimmers not checked in will be scratched.**

Generally, only 7 of the 9 available lanes will be used for competition. Exceptions may be made for events of 200y or longer.

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: *Sewanee is on Central time, and the Fowler Center opens at 8:00 AM.* The pool will be available for warm-up from 8:15 -9:00 prior to 1000 yard freestyle. A second warm-up session will be from 10:00-11:00. One way sprint and pace lanes will be opened 30 minutes prior to end of warm-up session. Separate warm-up lanes will be available for the duration of the meet in our diving well.

Relays: Relay swimmers must be entered in at least one individual event. Relays can be entered as men, women, or mixed. Swimmers may swim in only one relay in an event. Relays will be deck entered. Relay entry forms will be provided and must be submitted 30 minutes before the relay event. No entry fee for relays.

Challenges: (1) The "800 IM": swimmers who successfully complete the 200 Fly, 200 Back, 200 Breast, and 200 Free will be recognized for completing an 800 IM!

(2) "Build a Mile": swimmers who successfully complete the 1000, 500, 100, and 50 freestyle events will be recognized for having built a 1650!

Eternal fame and priceless swag to all who complete either of the two challenges.

PLUS the 100 yd FREE RELAY! Bragging rights are on the line!

2018 best times: NAC women, 1:07.35; SM men 48.16; TNAQ mixed 47.97

Social: We've gained a reputation for hosting a great social! After the meet come join us for food and fellowship. The cost is only \$10 per adult (\$5 for children ages 5-17) for a tremendous taco / fajita bar, with alcoholic beverages at an additional cost. The social is a fundraiser for the University of the South's swim team. Families and friends welcome!

Lodging: The Sewanee Inn is on the campus of the University of the South. Other hotels are located in Monteagle, TN (at I-24, about 10 minutes from the pool).

The Sewanee Inn
1235 University Ave
Sewanee, TN 37375
931-598-3620

Best Western Smokehouse
844 W Main Street
Monteagle, TN 37356
931-924-2268

Super 8
713 W Main Street
Monteagle, TN 37356
931-924-2222

Motel 6
742 Dixie Lee Ave
Monteagle, TN 37356
931-924-2900

2019 SEWANEE MASTERS SCY INVITATIONAL, SEWANEE, TN

Name _____ Sex _____ Age _____ (as of 3/9/19)

Street _____ City, State, ZIP _____

E-mail address (neatly!) _____

Preferred phone _____ Alt. phone _____

USMS registration # _____ Birthdate _____

Club name _____ Club abbreviation _____

Meet entry fee: \$30.00

Optional social: \$10.00 (per adult; children 6-17 only \$5)

Total enclosed: \$ _____

(If received after Mar. 6, a required late fee of \$10.00 will be collected at the meet.)

Please mail CHECK (payable to “University of the South”), ENTRY FORM, and WAIVER to:
Alex Bruce, c/o The University of the South, 735 University Ave., Sewanee TN 37383

ENTRIES

Swimmers may enter up to SIX individual events per day. Relays do not count in the limit. Please use current yard times; enter “NT” for “no time” entries. Ages and sexes will be combined for competition but separated for results. To allow adequate rest, meet director may insert additional breaks depending upon number of entrants and timeline of events.

Saturday, March 9, 2019: 8:00 AM warmup; 9:00 AM start (NOTE: check-in by 8:30 AM!)			
1. 1000y Freestyle			
Saturday, March 9, 2019: 10:00AM warmup; 11:00AM start			
2. (W, M, mixed) 200y medley relay	<i>deck entry</i>	<i>5 minute break</i>	
		<i>5 minute break</i>	
		12. 200y IM	
3. 200y Butterfly		13. 500y Freestyle	
4. 50y Breaststroke		14. 200y Breaststroke	
5. 100y Backstroke		<i>15 minute break</i>	
6. 100y Freestyle		15. 50y Freestyle	
7. 400y IM		16. 100y Butterfly	
		<i>15 minute break</i>	
		17. 50y Backstroke	
8. 200y Backstroke		18. 100y IM	
9. 50y Butterfly		19. 200y Freestyle	
10. 100y Breaststroke		<i>5 minute break</i>	
		<i>5 minute break</i>	
		20. (W, M mixed) 200y free relay	<i>deck entry</i>
11. (W, M mixed) 100y free relay	<i>deck entry</i>		
<i>Bragging rights on the line!</i>			



**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	