

Meet  
Entry  
Form

# 2019 USMS South Central Zone Championship Meet — Short Course Yards Meet

March 29, 30, 31 — CISD Natatorium, Shenandoah, Texas — Sanction # **XXX-SXXX**

(Please Print)

LAST Name: \_\_\_\_\_ FIRST Name: \_\_\_\_\_ USMS #: \_\_\_\_\_  
 Birthdate (MM/DD/YYYY): \_\_\_\_\_ Swimmer's Age (as of 3/29/2019): \_\_\_\_\_ Gender (circle): Male Female  
 Team Name \_\_\_\_\_ Team Abbreviation (5 letters max): \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Event limit is 5 individual events per day and 3 relays per day. List best recent short course yard times in the space provided. On-line entries are due by midnight, March 18; paper entries must be postmarked by March 18. Late entries are due by midnight March 26. Relay entries for Saturday are due by the end of Event #6. Relay entries for Sunday are due by the end of event #32.**

Friday, March 29 <sup>th</sup> – warm-ups 5 pm			
Session one (6 PM start)			
#	Gender	Event (yards)	Seed Time
1/2	Men/Women *	1650 free	

Saturday, March 30 <sup>th</sup> – warm-ups 8 am			
Session two (9 AM start)			
#	Gender	Event (yards)	Seed Time
3/4	Men/Women *	500 free	
Warm-up Break (30 minute)			
5	Men	100 free	
6	Women	100 free	
7	Men	200 fly	
8	Women	200 fly	
9	Men	50 back	
10	Women	50 back	
11	Men	100 breast	
12	Women	100 breast	
Officials Break (15 minute)			
13	Men	200 back	
14	Women	200 back	
15	Men	50 fly	
16	Women	50 fly	
17	Men	200 IM	
18	Women	200 IM	
19	Mixed	400 free relay	xxxx
20	Mixed	200 medley relay	xxxx
21/22	Men/Women *	400 medley relay	xxxx
23/24	Men/Women *	200 free relay	xxxx
25	Mixed	800 free relay	xxxx

Sunday, March 31 <sup>st</sup> – warm-ups 8 am			
Session three (9 AM start)			
#	Gender	Event (yards)	Seed Time
27/28	Men/Women *	400 IM	
Warm-up Break (30 minute)			
29	Men	50 breast	
30	Women	50 breast	
31	Men	200 free	
32	Women	200 free	
33	Men	100 IM	
34	Women	100 IM	
35	Men	100 back	
36	Women	100 back	
Officials Break (15 minute)			
37	Men	50 free	
38	Women	50 free	
39	Men	200 breast	
40	Women	200 breast	
41	Men	100 fly	
42	Women	100 fly	
43	Mixed	400 medley relay	xxxx
44	Mixed	200 free relay	xxxx
45/46	Men/Women *	400 free relay	xxxx
47/48	Men/Women *	200 medley relay	xxxx
49/50	Men/Women *	1000 free	xxxx

\* NOTE: These Men and Women events will be run together, seeded by time, and scored separately.

## ENTRY FEES

**On time (by midnight 3/18/2019) – \$55.00**

**Late Entry (by midnight 3/26/2019) – \$65.00**

**Relays (by event #6 on Saturday, by event #32 on Sunday) – \$15.00**

Online entries will be confirmed by email from ClubAssistant.

Questions should be directed to Frank Bergfield, Meet Director, fbergfield@hotmail.com

**THE USMS LIABILITY RELEASE FORM ON THE NEXT PAGE MUST BE SIGNED AND**

**A COPY OF YOUR 2019 USMS REGISTRATION CARD MUST BE ATTACHED.**



## 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*