

2019 Ozark LMSC Short Course Yards Championship

Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM) - Sanctioned by Ozark LMSC for USMS, Inc.

March 30 and March 31, 2019

Location: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025

The pool is 50 meters in length with movable bulkheads: the competition pool is 8 lanes, 25 yards in length; a separate 8 lane SCY pool provides continuous warm-up/down. The elevated viewing area can seat 499 spectators, the pool level can seat 220 coaches and swimmers; there are dedicated men's and women's large size locker rooms. **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.**

Time:	<u>WARM-UP START</u>	<u>POSITIVE CHECK-IN DEADLINE</u>	<u>MEET START</u>
Saturday 3/30	1:00 pm		2:00 pm Saturday 3/30
Sunday 3/31	8:00 am	8:30 am (Event 15 & 16)	9:00 am Sunday 3/31

Ozark LMSC Membership Meeting: A brief meeting of the Ozark LMSC general membership will be held during the second break on Saturday. All Ozark LMSC members are urged to be attentive at this time and vote on the important issues to be decided at this meeting, such as 2020 Ozark LMSC membership fee. The agenda is available at www.ozarkLMSC.org.

SLAM Membership Meeting: A brief meeting of the SLAM general membership will be held during the second break on Sunday. All SLAM members are urged to be attentive at this time and vote on the important issues, such as election of officers and the 2020 SLAM membership fees. The agenda is available at www.swimSLAM.org.

Eligibility: Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on March 31, 2019. Participants must be 2019 USMS members (register at <http://www.usms.org/reg/>) or pay the additional \$25 OEVT fee. One competition USMS registration (OEVT) of \$25 is available with online entry process. Meet Entry Fees are in addition to the \$25 OEVT fee. OEVT member times are not recognized for records or Top Ten consideration, nor are they submitted to the USMS times database. We are in the Ozark LMSC

Conduct: 2019 USMS rules govern meet conduct. Individual event limit is 5 per day, 10 per meet (excluding relays). ALL Events are timed finals with mixed gender heats and will be seeded slowest to fastest.

Relays: Fully completed relay entry cards will be accepted at the timing console table per deadline; all relays are deck seeded. Blank relay cards will be available at check-in & by download via www.ozarkLMSC.org. *Unattached swimmers cannot swim on relays.* Relay teams may be single gender or mixed (two females and two males); each swimmer may swim for only one relay team in each relay event. Relay age groups are: 18+, 25+, 35+, 45+, etc, determined by the youngest swimmer's age.

Fees: ONLINE REGISTRATION ONLY -- NO DECK ENTRY FOR INDIVIDUAL EVENTS

- Swimmers participating only on relays must register online for the meet.

\$30 One Day

\$40 Two Day

Register with Club Assistant link at ozarklmsc.org or USMS.org/events

Individual Entry Deadline: 11:59pm Thursday, March 28, 2019

🕒 **Relay Entry Deadline for Saturday March 30 Events: 2 & 3 is 1:30pm and 8, 13 & 14 is 2:30 pm**

🕒 **Relay Entry Deadline for Sunday, March 31 Events: 17 & 18 is 9:00am and 23, 27 & 28 is 10:00am**

✓ **No extra rest provided between Event #15 (1000Y) & #16 (1650Y) & these events require positive check-in**

Inquiries to Meet Director: Maryanne Barkley, 931 Cherry Lane, Troy, IL 62294 barkleymaryanne@gmail.com 618-667-3134

Driving Directions: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025

From I-270 exit 157 North (Exit #9): Take Hwy 157 approximately 3.5 miles north. Turn right on Center Grove Road. At the next stop light, turn right into the District 7 Sports Complex. Chuck Fruit Aquatic Center and parking is the first left; more parking is available beyond the Complex gates. A pedestrian tunnel connects the Complex to nearby lodging.

Lodging: Walking Distance to Pool: Holiday Inn Express, 1000 Plummer Dr, Edwardsville, 618-692-7255; Country Hearth Inn & Suites, 1013 Plummer Dr., Edwardsville, 618-656-7829, TownPlace Suites, 6101 Center Grove Rd. Edwardsville, 618-655-3001.

Within Ten Miles: Comfort Inn & Suites, 3080 S. Hwy 157, Edwardsville, 618-656-4900; Hampton Inn, 5723 Heritage Crossing Dr, Glen Carbon, 618-589-5000.

2019 Ozark LMSC SC Yards Championship ENTRY FORM
Sanctioned by Ozark LMSC for USMS, Inc.

March 30, 2019 – Meet starts 2:00 pm

March 31, 2019 – Meet starts 9:00 am

Name (as listed on 2019 USMS card):	Birth Date:	Age (on March 31, 2019)	Gender:
Address:	Home Phone		
City:	State:	Zip:	Club Affiliation
2019 USMS Number (attach copy of card)	Email Address:		
Emergency Contact Name:	Emergency Contact Phone:		

SEED TIME REQUIRED – Actual or Estimated SC Yards time; Print Times Legibly
Maximum Entry per day– 5 events, plus relays

Saturday, March 30, 2019 at 2:00 pm

EV#	Sex	Event - YARDS	Seed Time
1	M & W	500 Freestyle	
Break 15 Minute Break (If Time Permits)			
2	MIXED	200 Medley Relay	Deck - 1:30pm
3	M or W	800 Free Relay	Deck - 1:30pm
4	M & W	100 Individual Medley	
5	M & W	200 Backstroke	
6	M & W	50 Freestyle	
7	M & W	100 Butterfly	
Break 15 minute Ozark LMSC Meeting			
8	M or W	400 Free Relay	
9	M & W	100 Freestyle	
10	M & W	50 Backstroke	
11	M & W	100 Breaststroke	
12	M & W	400 Individual Medley	
13	MIXED	200 Free Relay	Deck - 2:30pm
14	M or W	400 Medley Relay	Deck - 2:30pm

Sunday, March 31, 2019 at 9:00 am

EV#	Sex	Event - YARDS	Seed Time
15	M & W	1000 Freestyle	
16	M & W	1650 Freestyle	
Break 15 Minute Break (If Time Permits)			
17	M or W	200 Medley Relay	Deck - 9:00am
18	MIXED	800 Free Relay	Deck - 9:00am
19	M & W	50 Breaststroke	
20	M & W	100 Backstroke	
21	M & W	200 Butterfly	
22	M & W	200 Individual Medley	
Break 15 minute SLAM Meeting			
23	MIXED	400 Free Relay	Deck - 10:00am
24	M & W	200 Breaststroke	
25	M & W	50 Butterfly	
26	M & W	200 Freestyle	
27	M or W	200 Free Relay	Deck - 10:00am
28	MIXED	400 Medley Relay	Deck - 10:00am

Meet Entry Fee:

\$30 One Day

\$40 Two Days

ONLINE REGISTRATION ONLY

Registration link at www.ozarkLMSC.org by 11:59pm, Thursday, March 28, 2019

Online credit card charge appears as: **"Club Assistant"**.

Questions to **Maryanne Barkley, Meet Director**

618-667-3134 or barkleymaryanne@gmail.com



**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	