



# 2019 GRIN State Championship

April 6 - 7, 2019

Hosted by Terre Haute Torpedoes  
Sanctioned by GRIN for USMS: Pending



**LOCATION:** **Vigo County School Corporation Aquatic Center**, 2230 Prairieton Road, Terre Haute, IN 47802. Google Maps: [VCSC Aquatic Center](#). When you arrive at the school, please enter through the doors towards the North.

**HOTELS & DINING:** There are a number of hotels and restaurants located near the facility.

**FACILITY:** The VCSC Aquatic Center is a state-of-the-art facility featuring a 10-lane, 50-meter competition pool with 2 moveable bulkheads to allow for separate competition and warm-up / warm-down pools. Their Colorado Timing System features a full-color LED matrix scoreboard capable of showing full meet data and approved advertising. The facility also includes spacious locker rooms, offices, a large classroom, and a concession stand – all designed to handle the needs of a large event.

**POOL:** 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.

**RULES:** Current 2019 U.S. Masters Swimming rules will govern the conduct of this meet.

**ELIGIBILITY:** The meet is open to anyone 18 and older. All entrants must be registered with U.S. Masters Swimming or a member of a FINA-recognized National governing body. Each swimmer is eligible to swim a maximum of six (6) individual events and two (2) relays per day.

**AGE GROUPS:** The swimmer's age is determined as of April 7, 2019. Age categories are 18-24, 25-29, etc.

**REGISTRATION:** All entries **MUST** be received by **11:59 P.M. EDT on Saturday, March 30. Relay entries must be received by Wednesday, April 3, at 11:59 P.M. EDT.** Online registration through Club Assistant: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1138&smid=11073](https://www.ClubAssistant.com/club/meet_information.cfm?c=1138&smid=11073). For assistance completing the online registration process, please contact **Karen Gernert** at 317-340-1001 or [karengernert@yahoo.com](mailto:karengernert@yahoo.com).

**ENTRY FEES:** GRIN members will pay a flat fee of \$20. Non-GRIN members will pay just \$30. *Swimmers may compete in up to 6 individual events per day.*

**RELAYS:** *Swimmer may compete in up to 2 relays per day.* Any changes to the relay card must be noted to the timer before the start of the event. In addition, swimmers may only swim once in the 800 Free and 400 Free Relays. For example, a woman may not swim in Event #27 (Women's 800 Free Relay) and Event #29 (Mixed 800 Free Relay).

**RELAY FEES:** Relay entries must be submitted to Karen Gernert (<mailto:karengernert@yahoo.com>) by **Wednesday, April 3, at 11:59 P.M. EDT.** Relay entries may be team designations only. If relay swimmers are known at the time of entry, names would be greatly appreciated. Relay swimmers / swimmer order may be changed on deck. *All relay changes must be recorded on the relay card and/or timing sheet.*

**EVENT DEADLINE:** Entries close on **Saturday, March 30, at 11:59 P.M. EDT. Relay entries must be received by Wednesday, April 3, at 11:59 P.M. EDT.**

**EVENT SEEDING:** All heats will be seeded slowest to fastest. If there are enough entries, the 1000 & 1650 freestyles will be swum in both pools. All distance events (500, 1000, 1650 Free, & 400 IM) MUST have entry times. The 1650 (Sat.) and 1000 (Sun.) require positive check-in (in person) before 7:45am on the day of the event and by 12:00 noon for the 400 IM (Sat.) and 500 (Sun.). Failure to check-in before the deadline will result in being scratched from that event. The long distance events and 400 IM will be swum as mixed gender events, but scored by gender and age group.

**WARM-UP PROCEDURES:** Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (Rule 102.15.3). Pull-buoys, kick boards, fins, and hand paddles are not allowed in competition or warm-up pools.

**SCORING & AWARDS:** Points will be awarded as follows: individual events: 11-9-8-7-6-5-4-3-2-1; relays shall score double the individual event point value. Each participant will receive a commemorative card suitable for posting individual and relay results. Trophies will be awarded to the large and small team champions.

**RESULTS:** Will be posted free on [www.GRINswim.org](http://www.GRINswim.org) and will be available for downloading.

**MEET SOCIAL:** There will be a meet social on Saturday following the competition. The location of the social is being determined. Stay tuned for more details., but please note on your registration if you and your family are planning to attend the social. *Remember, family members are welcome too!*

#### **COMPETITION SCHEDULE:**

**\*\* Please note that all times are Eastern Daylight Time.**

8:00am	Warm-Up Starts
8:30am	Designated Sprint Lanes Open
8:50am	Warm-Up Ends
<b>9:00am</b>	<b>Competition Begins</b>

#### **ORDER OF EVENTS:**

##### **Saturday, April 6**

1650 Free  
30-Minute Warm-Up  
200 Medley Relay (Women's & Men's)  
100 IM  
200 Free  
25 Fly  
50 Breast  
100 Fly  
30-Minute Break (GRIN Annual Meeting)  
100 Back  
200 Breast  
50 Free  
25 Breast  
200 Free Relay (Mixed)  
400 IM  
800 Free Relay (M/W or Mixed - one only)

##### **Sunday, April 7**

1000 Free  
30-Minute Warm-Up  
200 Free Relay (Women's & Men's)  
50 Back  
25 Free  
200 Fly  
100 Breast  
100 Free  
200 IM  
400 Free Relay (M/W or Mixed - one only)  
25 Back  
50 Fly  
200 Back  
200 Medley Relay (Mixed)  
500 Free

**QUESTIONS:** For questions or additional information, please contact Karen Gernert at [karengernert@yahoo.com](mailto:karengernert@yahoo.com).



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### ENTRY INFORMATION

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

USMS#: \_\_\_\_\_ Team: \_\_\_\_\_

Please write in the time you wish to be seeded under or "NT" for no seed time in the events you would like to swim. **Women's events are Odd Numbers; Men's Events are Even Numbers.** All relays will be deck entered, but please indicate your relay availability. We will have relay cards at the meet for teams to fill out. Any changes to the relay card must be noted to the timer before the start of the event. You may enter **6 individual events plus 2 relays per day.**

### Saturday, April 6

- |                                       |  |
|---------------------------------------|--|
| _____ #1, #2 - 1650 Free              | _____ #15, #16 - 100 Back                        |
| _____ #3, #4 - 200 Medley Relay (W/M) | _____ #17, #18 - 200 Breast                      |
| _____ #5, #6 - 100 IM                 | _____ #19, #20 - 50 Free                         |
| _____ #7, #8 - 200 Free               | _____ #21, #22 - 25 Breast                       |
| _____ #9, #10 - 25 Fly                | _____ #23 - 200 Free Relay (Mixed)               |
| _____ #11, #12 - 50 Breast            | _____ #25, #26 - 400 IM                          |
| _____ #13, #14 - 100 Fly              | _____ #27, #28, #29 - 800 Free Relay (W/M/Mixed) |

### Sunday, April 7

- |                                       |  |
|---------------------------------------|--|
| _____ #31, #32 - 1000 Free            | _____ #45, #46 - 200 IM                          |
| _____ #33, #34 - 200 Free Relay (W/M) | _____ #47, #48, #49 - 400 Free Relay (W/M/Mixed) |
| _____ #35, #36 - 50 Back              | _____ #51, #52 - 25 Back                         |
| _____ #37, #38 - 25 Free              | _____ #53, #54 - 50 Fly                          |
| _____ #39, #40 - 200 Fly              | _____ #55, #56 - 200 Back                        |
| _____ #41, #42 - 100 Breast           | _____ #57 - 200 Medley Relay (Mixed)             |
| _____ #43, #44 - 100 Free             | _____ #59, #60 - 500 Free                        |

**Online Entries:** [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1138&smid=11073](https://www.ClubAssistant.com/club/meet_information.cfm?c=1138&smid=11073)

**Entry Fees:** GRIN members will pay a flat rate of \$20; Non-GRIN members will pay a flat rate of \$30. Swimmers may compete in up to 6 individual events per day.

**Mailed Entries:** Entry forms and payments may also be mailed to: Karen Gernert, GRIN Registrar, 11184 Harriston Drive, Fishers, IN 46037.



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	