**Sunday, May 5, 2019 NYC Parks Masters Yard Swim Meet and 35th Annual**

**Commissioner’s Trophy Relay at Flushing Meadows Corona Park Aquatic Center**

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #***

**Location/Venue** Flushing Meadows Corona Park Aquatic Center in Queens. Ten-lane, 25-yard competition course. Colorado Electronic Timing with scoreboard display. Adjacent short course lanes will be available throughout meet for continuous warm-up and cool down.

**Meet Director** John H. Hutchins (718-760-6969 extension 0). Direct any inquiries to the Citywide Aquatics Office at 718-760-6969 extension 0.

**Parking/Directions** Vehicle parking located across from pool main entrance in open lot beneath Van Wyck Expressway ramp. Driving directions and mass transportation available online at [**www.nycgovparks.org/park-features/fmcp/aquatic-center/directions**](file:///%5C%5COLMSTED%5CSHARED%5CAQUATICS%5CEverybody%5CSPRING%202012%5CMASTERS%20MEET%5Cwww.nycgovparks.org%5Cpark-features%5Cfmcp%5Caquatic-center%5Cdirections).

**Schedule / Warm-Up** Warm-Up 8:45-9:40AM. Meet Start Time 9:45AM. **NO DIVING** permitted during warm-up except in designated one-way sprint lanes.

**Eligibility / USMS** Open to all 2019 USMS registered swimmers age 18 and older as of May 5, 2019. For USMS registration or renewal, or to retrieve a copy of your current USMS registration card, go to [**www.usms.org/reg**](file:///%5C%5COLMSTED%5CSHARED%5CAQUATICS%5CEverybody%5CSPRING%202012%5CMASTERS%20MEET%5Cwww.usms.org%5Creg).

**Check-In / Seeding** **All swimmers are required to check in by 9:15AM on event day**. Swimmers who do not check in by deadline will be scratched from the meet. All events will be deck-seeded after check-in has closed with heat sheets posted on pool deck. Events will be contested in heats, slowest to fastest, with seeding strictly based on entry time (not by age or gender). **NT** **entries** will be seeded in the first heat.

**Entries / Limit / Fee** Swimmers should enter YARD times for all events, and may enter/swim a maximum of four (4) individual events plus one (1) relay. **All events are FREE, including the special Commissioner’s Trophy Relay**.

**Trophy Relay** See page two Commissioner’s Trophy Relay entry form for complete eligibility, participation details and further information. Age as of 5/05/19.

**Awards** Custom ribbons for 1st through 3rd place in all individual events awarded by gender and age group (18-24, 25-29, 30-34, 35-39, and so forth in five-year increments). Special trophies and shirts awarded to all 1st through 6th place Commissioner’s Trophy relay team members.

**Deadline / Mail To** **ONLINE EVENT REGISTRATION ONLY.** All entries must be submitted online by Friday, April 19 at 11:59pm.

**Facility Note** No smoking permitted in building. No food or glass bottles on pool deck. Swimmers and spectators restricted to designated areas of facility. **Facility rules and regulations must be followed. Only swimmers, coaches, officials and timers permitted on deck during meet.**

**(d) 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.**

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**INDIVIDUAL EVENT ENTRY FORM**

 **# Event Description Yard Entry Time # Event Description Yard Entry Time**

 A COMMISSIONER’S TROPHY RELAY *~ see page two ~* 8 Mixed 50 Yard Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 1 Mixed 200 Yard Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9 Mixed 100 Yard Breaststroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 2 Mixed 200 Yard Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10 Mixed 100 Yard Individual Medley \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 3 Mixed 200 Yard Individual Medley \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 11 Mixed 100 Yard Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 4 Mixed 200 Yard Backstroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 12 Mixed 50 Yard Backstroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 5 Mixed 200 Yard Breaststroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 13 Mixed 100 Yard Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 6 Mixed 50 Yard Butterfly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 14 Mixed 50 Yard Breaststroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 7 Mixed 100 Yard Backstroke \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 15 Mixed 500 Yard Freestyle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB (mm/dd/yy) \_\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_\_ Age (on 04/08/18) \_\_\_\_\_\_\_

Gender (circle one) M F 2018 USMS Reg # \_\_\_\_\_\_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club Abbreviation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone (\_\_\_\_\_\_\_\_\_\_)\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



 **City of New York**

**Parks & Recreation**

**Bill de Blasio, Mayor**

**Mitchell J. Silver, FAICP, Commissioner**

**Sunday, May 5, 2019 35th Annual Commissioner's Trophy Relay Entry Form**

*\*relay results will NOT be submitted to USMS for Top Ten or Records consideration\**

 All swimmers must be individually entered in meet for relay participation eligibility. Any four swimmers (2 men + 2 women)

from any club(s) may swim together on relay. Make sure that all relay team members are present before submitting entry.

 Swimmer order may NOT change once relay entry is submitted. You can make up a fictitious relay team name. Aggregate

 age of all four swimmers ages must equal or exceed 160 years. Enter YARD relay entry time. ALL relays should be entered

at swim meet on event day by 9:15AM deadline. Relay entries will be limited to a total of 20 teams on a first-received basis.

**Event A: 160+ Mixed 200 Yard Freestyle Relay**

 **Entry Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Neatly Print Swimmers' First & Last Names Gender Age**

 #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 #3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 #4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 TOTAL \_\_\_\_\_\_

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 **Neatly Print Swimmers' First & Last Names Gender Age**

 #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 #3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 #4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_

 TOTAL \_\_\_\_\_\_

 **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***