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|  **SWIMMER REGISTRATION—PROFILE** |
| First Name \*\* |  |
| Middle Name |  |
| Last Name \* |  |
| Gender \* | Female Male |
| Birth Date \* |  |
| Home Phone \* |  |
| Cell Phone \* |  |
| Email \* |  |
| Street \* |  |
| City \* |  |
| State \* |  |
| Zip \* |  |
| Club (Club Abbreviation or OEVT) \* |  |
| Member Number \* |  |
| **ADDITIONAL DATA ENTRY** |
| Emergency Contact Name \* |  |
| Emergency Contact Phone \* |  |
| 1650 Seed Time \* |  |
| T-shirt Size |  |

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| **SWIMS ENTERED & OTHER PURCHASES** |
| **X** | Base Entry Fee | $30.00 |
|  | 1-Mile Race | $40.00 |
|  | 2-Mile Race **OR** 2-Mile Championship—Sunday | $40.00 |
|  | USMS One Event Membership | $30.00 |
|  | Electronic Processing Fee (if paying by CC) | $1.51 |
|  | **TOTAL FEES** |  |

**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 |

**RESTON ASSOCIATION WAIVER
PARTICIPATION IN EVENT/ATHLETIC EVENT ON RESTON FACILITIES**

 I hereby voluntarily register for the 2019 Jim McDonnell Lake Swims to be held on May 26, 2019. I understand and acknowledge that the 2019 Jim McDonnell Lake Swims (“Activity”) are sponsored and promoted by the Reston Masters Swim Team.

 I hereby assume all risk and agree to accept full responsibility and liability for any damages or bodily injuries I or any of my dependents may cause, sustain or suffer arising out of participation in the Activity, including any such damages or bodily injuries occurring during, resulting from or related to any travel to and from the Activity.

 I hereby agree to be fully liable for and I hereby agree to waive and release on behalf of myself and my heirs, successors and assigns, the Reston Association, its Board of Directors, officers, employees, agents, volunteers, members and anyone operating by or through the Reston Association from any and all injuries, bodily injuries, costs, damages, causes of action, claims, attorney’s fees and any consequential, special, punitive, statutory and incidental damages arising out of or resulting from any injury, death or damage to property which I or my dependent may sustain, suffer or cause as a result of my participation in the above referenced Activity, including any such injuries, costs, damages, causes of action, claims, attorney’s fees and any consequential, special, punitive, statutory and incidental damages occurring during, resulting from, or related to any travel to and from the Activity.

 I further agree to indemnify, reimburse and forever hold harmless the Reston Association, its Board of Directors, officers, employees, agents, volunteers, members and anyone operating by or through the Reston Association from any and all injuries, bodily injuries, costs, damages, causes of action, claims, attorney’s fees and any consequential, special, punitive, statutory and incidental damages arising out of or resulting from any injury, death or damage to property which I or my dependent may sustain, suffer or cause as a result of my participation in the above reference Activity, including any such injuries, costs, damages, causes of action, claims, attorney’s fees and any consequential, special, punitive, statutory and incidental damages occurring during, resulting from, or related to any travel to and from the Activity.

 I am aware that participating in the Activity is purely voluntary and inherently dangerous. I hereby certify, warrant and agree that I am aware of the risks associated with participation in the Activity and hereby accept and assume on behalf of myself or dependent full responsibility for any and all such risks including, without limitation, the need to check with a physician before engaging in this Activity, including any physical activity associated with this Activity. I understand that participation in this Activity may involve activities where injury can occur and shall be undertaken at my sole risk and expense. I hereby certify that I am physically fit and have not been otherwise informed by a physician. I understand that Reston Association does not employ physicians and its staff cannot diagnose medical problems.

 I further agree to observe and to be bound by the rules and regulations of Reston Association and promulgated by Reston Masters Swim Team.

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(Signature) (Date)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Print Name)

**2019 Jim McDonnell Lake Swims Information Page**

**New for 2019**

* JMLS will be a **one-day event on Sunday, May 26, 2019** — 1-mile and 2-mile swims only.
* **New** trapezoid-shaped **swim course** (map).
* **Participants in the 2-Mile swim will be directed to exit the course after the first lap if their time for one lap exceeds 45:00.**
* **Entries close** Sunday, May 19, 11:59 PM EDT.
* **No entry changes** (new entries, added swims, or changed entries) **after entry closing date**.
* **Download** PDF of **event information** sheet by clicking here.

**Entry Information**

* **Sanction**: Sanctioned by Potomac Valley LMSC for USMS, Inc., Sanction #:
* **Location**: Lake Audubon, 2070 Twin Branches Rd, Reston, VA (map)
* **Course Map**: 1-mile open water course ([map](http://www.restonmasters.com/wp-content/Documents/LakeAudubon_PDF.pdf))
* **Host**: Reston Masters Swim Team
* **Event website**: [JMLS Event Information](http://www.restonmasters.com/jmls-lake-swim/event-weekend-timelines/)
* **Facebook**: [JMLS Facebook Page](http://www.facebook.com/JimMcdonnellLakeSwims)
* **Info**: Lynn Hazlewood or Michele Cox, Email: jmls@restonmasters.com
* **Timing and scoring**: [Lin-Mark Sports](http://linmarksports.com) (Chronotrack authorized timing company)
* **Online Entries**: This event will use online entries only — No Paper Entries
* **Eligibility**: Minimum participation age is 18 by race event date. Swimmers must be registered with USMS or be a Masters swimming member of a FINA member federation or obtain a USMS One Event registration (OEVT). Proof of membership must be presented during the registration process.
* **Purchase USMS Membership or USMS OEVT**: If you do not have proof of membership, you will be given an opportunity to purchase either a USMS membership directly from USMS (to use as proof of membership) or a USMS OEVT registration ($30 paid at checkout) during the first step of the event registration process.

**Swims offered Sunday, May 26, 2019 (to be swum in the order listed):**

Swimmers may enter both the 1-mile and 2-mile swims.

* **1-mile Swim**(CAT I & CAT II divisions; entry limit 350 swimmers; time limit 50 minutes).
* **2-mile Swim**(CAT I & CAT II divisions; entry limit 350 swimmers; time limit 90 minutes). **Participants in the 2-Mile swim only will be directed to exit the course after the first lap if their time for one lap exceeds 45:00.**

**Deadlines:**

* **Entry Deadline**: Entries close 11:59 PM EDT on Sunday, May 19, 2019.
* **Entry Updates**: Entry updates will be allowed prior to entry closing. Contact Registrars to request changes.
* **Entry Update Deadline: No entry updates (new entries, added swims, or changed entries) after entry closing date.**

**Fee schedule—Online entries are paid by credit card to "ClubAssistant.com Events":**

* $30 Event Entry Fee (required)
* $1.50 Online Entry Service Fee (required)
* $30 OEVT Fee (for swimmers not USMS or FINA registered)
* $40 Per Race Entry (required for each race entered)

**Swimming Information**

* **Seeding**: Swims are seeded fast to slow using the 1650 yard time. Seeding is by waves with 25 swimmers per wave.
* **Timing Chips:**Participants in swims will wear timing chips.
* ***Temperature Restrictions****:*No wetsuits or heat retaining swimwear in water above 78 degrees. If swimmers are not able to meet the requirements for CAT I swimwear, then they may swim in CAT II with non-heat retaining swimwear and other swimwear configurations allowed in CAT II (see Swimwear Categories below).
* **Water Quality**: Reston lakes are managed by Reston Association, which does not actively maintain the lakes to swimming standards. Approximately one week before the race, RA will test the water and if deemed unsafe, RMST will cancel the event.
* **Scoring Divisions for Races**: Scoring divisions are divided by overall, gender, five year age groups and swimwear category. All scoring divisions in a race swim simultaneously, but are scored separately. You may swim in only one scoring division for each race distance. You may change your Swimwear Category at the starting line.
* **Swimwear Categories**: USMS Category I (CAT I): swimsuits shall be made from textile materials; may not be buoyant or heat retaining; for both men and women, the swimsuit shall not cover the neck and shall not extend past the shoulder nor below the ankles. USMS Category II (CAT II): all other swimsuits, including wetsuits; no restriction on coverage. There are other differences, which you should be familiar with, so there are no surprises on race day. Swimwear categories are defined in *Article 303.4 Swimwear for Open Water Events* ([www.usms.org/rules/part3.pdf](http://www.usms.org/rules/part3.pdf), 2019 USMS Rule Book, pg 70.)

**Additional Information**

* **JMLS Refund/Transfer/Deferral/Cancellation Policy**:

**Refunds, Transfers and Deferrals**: There are no refunds except in the case of partial or total cancellation of the event (see Cancellation Policy). There are no deferrals of fees to next year and no selling/transfer of slots in swims.

**Cancellation Policy**: The Jim McDonnell Lake Swims Cancellation Policy operates under the rules and administrative regulations of U.S. Masters Swimming *(2019 USMS Rule Book, Page 74, Article 303.11.1 and 303.11.2)*. With the exception of pre-cancellation, conditions under which postponement/cancellation of a swim, stoppage of a swim in progress and/or cancellation of the entire event usually involve issues that cannot be fully known ahead of time. We will endeavor to put the event on as advertised, but if it is not safe to put swimmers in the water, we will determine if an incomplete race should be declared “finished” and cancel the races that have not been started. In that case, we will distribute shirts and provide food. We will not re-schedule cancelled swims. We cannot provide FULL refunds.
* **Awards**: Awards will be given to 1st through 3rd place for age group scoring divisions.
* **T-shirts**: Each 1-mile or 2-mile race participant will receive a maximum of one t-shirt with their entry.
* **Food**: Lunch and drinks will be provided. Please remember to also bring your own fluids.
* **Host Hotel**: Marriott Courtyard Herndon Reston, located at 533 Herndon Parkway, Herndon VA 20170-5226. There will be a block of 10 rooms for the night of 5/25/2019, at a rate of $89/night. The cutoff to get that rate is May 4th, 2019, when the rooms will be released. **Room Block Name Reference**: Jim McDonnell Lake Swim Room Block, May 25-26; **Reservation Phone#**: 800-321-2211; **Reservation Link**: <https://www.marriott.com/events/start.mi?id=1551714271067&key=GRP>.
* **Benefit**: The Jim McDonnell Lake Swims donate a portion of the event proceeds to charity. Beneficiaries in 2018 were Lymphoma Research Foundation (https://www.lymphoma.org) and F.I.S.H. (https://herndonrestonfish.org).

**Please note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."**