

**Beach Bash At Blaisdell 2019**  
**Long Course Invitational**  
**May 31 - June 2, 2019**

**Sanctioned By:** Held under the sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., **Sanction Number:**  
Held under sanction of US Masters Swimming. **Sanction Number:**

**Host:** Topeka Swim Association and Shawnee County Parks & Recreation

**Meet Type:** Age Group, Open, and Masters, Timed Finals.

**Location:** Blaisdell Family Aquatic Center  
Gage Park  
6<sup>th</sup> and Gage Blvd  
Topeka, Kansas 66604

**Course:** Outdoor heated fifty (50) meter course consisting of ten (10) lanes with non-turbulent lane lines and competition starting blocks at each end. Water depth at the start end of the course is 12 feet and water depth at the turn end of the course is four (4) feet. A Colorado Electronic Timing System with horn start, touch pads, and backup buttons will be utilized. An adjacent warm up/warm down area will be available. The competition course has been certified in accordance with 104.2C(4). A copy of this certification is on file with USA swimming.

**Parking:** On-site parking is available at no charge.

**Officials:**

Meet Director: Danielle Jefferies	785-633-3462	daniellejeffries1984@gmail.com
Meet Referee: Richard Allen	406-208-2869	rallen@wattsandassociates.com
Admin Official: Shawn Geil	785-249-5051	shawn.geil@gmail.com
Entries Chair: Shawn Geil	785-249-5051	entries@swimtsa.com

**Rules:**

- Current United States Swimming and US Masters Rules and Regulations and Missouri Valley Swimming Rules will govern the meet.
- Missouri Valley Swimming Guidelines and Warm-up Procedures will be in effect.
- Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Flyover starts will be used as necessary to ensure that meet sessions are completed in a timely manner.
- The "no recall" start procedure rule will be in effect.
- Coaches must be 2019 registered coach members of USA Swimming and present evidence (physical or electronic) of membership and current certifications and qualifications upon request.

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- Use of audio or visual devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Deck changes are prohibited.

**Liability:** It is understood and agreed that USA Swimming, US Masters Swimming, Missouri Valley Swimming, Topeka Swim Association, and Topeka/Shawnee County Parks and Recreation shall be free from any liabilities or claims for damages arising by reason of injuries during the conduct of the event or for items lost, damaged or stolen.

**Eligibility:** All athletes must be 2019 registered athlete members of USA Swimming or US Masters Swimming. Registration of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered will not be allowed to swim in the meet. USAS athlete's age on the first day of the meet shall determine the athlete's age for the entire meet. USMS age determination rules will be in effect.

**Starting Times:**

	<u>Age Groups</u>	<u>Warm-ups</u>	<u>Meet start</u>
Friday AM 1500	11 & over	8:00-8:35am	8:45am
Friday Mid-Day	13 & Over	10:00-10:30	10:45am
Friday PM	All Age Groups	12:30-1:20pm	1:30pm
Saturday AM	12 & Under	7:00-8:20am	8:30am
Saturday PM	13 & Over	12:00-1:20pm	1:30pm
Sunday AM	12 & Under	7:00-8:20am	8:30am
Sunday PM	13 & Over	12:00-1:20pm	1:30pm

Start times for the afternoon sessions may be adjusted due to the length of the morning sessions, but will not be earlier than the published time unless coaches are notified prior to the start of the meet.

**Seeding:** With the exception of the 1500 Freestyle, 800 Freestyle, 400 Freestyle, 400 IM, and any limited events, the meet will be pre-seeded by Hy-Tek Meet Manager. Entries shall be in Long Course Meter times only. "No time" entries will be accepted, but will be seeded last. Deck entries will be accepted if the timeline permits for non-limited events, only in empty lanes in existing heats, and at the discretion of the Administrative Official and Meet Referee. All Events will be seeded and swam fastest to slowest.

**Limited Events/Positive Check-in:** Except for the limited events, 1500 Free, 800 Free, 400 Free, and 400 IM swimmers are considered "checked in" for their events when entries are received by the Entries Chair. All heats of these events shall be deck seeded and swam fastest to slowest. Positive check-in will be required for these events no later than 30 minutes prior to the start of the session of the applicable event. Athletes who fail to check in for any one or more of the 1500 Free, 800 Free, 400 Free, and/or 400 IM may,

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at the discretion of the Meet Referee and Admin Official, be scratched from the event for which the athlete failed to positively check-in.

Swimmers must provide their own timer and counter (where applicable) for the 400 Free, 400 IM, 800 Free and 1500 Free.

**Entries:**

- 1) Entries shall be submitted in Hy-tek format and are to be submitted via e-mail to the Entries Chair by the entry deadline. All entries must include each swimmer's 2019 USA Swimming registration number.
- 2) All times should be entered in long course meter times. "No-time" entries will be allowed.
- 3) Swimmers may enter all events for which they are eligible, but may swim only six (6) individual events per day and two (2) relay events per day.
- 4) The 11 & over 1500 Free and the 13 & over 800 Free will be a Mixed Gender event combining both women & men, and will be swum fastest to slowest. Swimmers will need to provide their own timer and counter for this event.
- 5) The 13 & over 400 IM, 12 & U 400 Free and 12 & over 400 Free will be swum fastest to slowest and alternating women and men. Swimmers will need to provide their own timer for these events.
- 6) Any combination of events may be limited to insure the timely completion of a session. Coaches will be notified by email prior to the meet if swimmers are affected by limits.
- 7) TSA reserves the right to swim any TSA swimmer regardless of entry time.
- 8) Positive Check-in will be required for the limited events no later than 30 minutes prior to the start of the session of the applicable event.

**Entry Deadline:** No entries will be accepted before Monday, May 6, 2019, 8:00 am CDT. Team entries must be received by Friday, May 24, 2019, by 10:00pm CDT. No phone entries will be accepted.

**Entry Fees:** Entry fees shall be \$5.00 per individual event and \$7.00 per relay team. There will be a \$5.00 per athlete surcharge. Make all checks payable to **Topeka Swim Association**. Deck entries shall be \$10.00 per individual event and \$14.00 per relay event.

Send entries to: Shawn Geil      [entries@swimtsa.com](mailto:entries@swimtsa.com)

Submit entry fees to:      Topeka Swim Association  
   PO Box 3755  
   Topeka, KS. 66604

**Warm-Ups:**

Friday 1500 Free will have a single, 35 minute, open warm-up session. Friday Mid-Day session will have a single, 20 minute, open warm-up session. Friday afternoon, Saturday and Sunday AM and PM warm-ups may be split into multiple sessions and have assigned

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lanes, at the discretion of the Meet Referee. Teams will be notified of the warm-up schedule by Tuesday, May 28, 2019. A warm-up schedule will be posted at the pool.

During general warm-ups, the following MVS safety rules will apply.

- 1) All lanes general warm-up only.
- 2) Circle swimming only.
- 3) ***Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in first or sitting and sliding into the pool in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.***
- 4) No diving, use of the starting blocks, or racing starts off pool edge.
- 5) At any time during general warm-ups, the coach of a team in control of any lane may convert the team's lane to a sprint lane by:
  - a. Removing all swimmers in that lane from the water.
  - b. Informing coaches in adjacent lanes.
  - c. Informing the safety marshal.
  - d. Following all guidelines for sprint lanes.

**Officials:** Topeka Swim Association welcomes any visiting officials and encourages all who would like to officiate to attend the officials' meeting. All Officials must be 2019 registered members of USA Swimming and shall be currently certified. Officials must provide evidence (either physical or electronic) of USAS membership and certifications. An officials' meeting will be held approximately sixty (60) minutes prior to the start of each session. Meetings will be held in the Hospitality room.

The dress code for officials during this meet is: shorts, pants, or skirts (blue or khaki), white polo shirt, deck shoes (sandals are welcome). Saturday is Hawaiian Shirt Day. On Saturday, at the option of each official, the dress code may include a Hawaiian shirt in place of the white polo. Please consider bringing and wearing a hat, sunblock, and sunglasses to help with sun glare and avoiding sunburn while on deck.

**Awards:** Ribbons for 1<sup>st</sup> through 8<sup>th</sup> for individual events, for each age group: 8 and under, 9-10, 11-12, 13-14 and 15 & over and ribbons for 1<sup>st</sup> through 3<sup>rd</sup> for relay events. All awards must be picked up by the swimmer or coach by the end of the meet on Sunday. No awards will be mailed.

**Programs:** Meet programs and merchandise will be for sale at the meet.

**Final Results:** Final results will be posted on the Topeka Swim Association ([www.swimtsa.com](http://www.swimtsa.com)) website, Meet Mobile and the Missouri Valley Swimming ([www.missourivalleyswimming.com](http://www.missourivalleyswimming.com)) website and may include the swimmers name, age, and times. Please remember, during the conduct of the meet, results displayed on Meet Mobile are considered preliminary only.

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**Timing Assignments:** Each club may be asked to assist in providing back-up timers (2 per lane). Anyone wishing to time is asked to check in with the Meet Director during warm-ups for the session. All swimmers in the 800 and 1500 Free must provide their own timer and counter. Swimmers in the 400 Free and 400 IM must provide their own timer. **Those teams participating in the Friday Mid-Day session are requested to provide back-up timers (2 per lane) for that session.**

**Spectators:** To assure coaches and officials adequate visibility of the swimming venue, all spectators, including athletes, are requested to remain four (4) feet or more from the edge of the pool.

**Services/Vendors:** A selection of food and snack items will be available at the concessions stand operated by the Shawnee County Parks and Recreation Department.

Swim Quik (formerly known as The Starting Block) will be at the meet with an assortment of swim suits and accessories available for purchase.

**MASTERS:** This meet is officially sanctioned by US Masters Swimming . Masters athletes are welcome to compete in open events and times will count toward USMS rankings. Masters athletes are expected to complete the attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT and show verification of USMS registration to the Admin Official. It is recommended also that USMS athletes inform the Meet Referee that they are competing for Masters times recognition. The required waiver can also be printed at this link: <http://www.usms.org/admin/lmschb/waiver.pdf>

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**Directions to Pool:** From I-70 take the Gage Blvd. Exit. Go south on Gage to Tenth Avenue and turn right (West). Use any of the park entrances and follow the signs to the pool.

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**Order of Events**

**Session 1: Friday AM                      Warm-up: 8:00am                      Meet Start: 8:45am**

Girls	Event	Boys
1	11 & Over Mixed 1500 Free*	2

**\*Swimmers must provide their own timer & counter for 1500 Free\***

**Session 2: Friday Mid-Day\*                      Warm-up: 10:30am                      Meet Start: 11:00am**

Girls	Event	Boys
3	13&Over 50 Fly	4
5	13&Over 50 Back	6
7	13&Over 50 Breast	8
9	13&Over 50 Free	10

**\*Participating Teams are requested to provide back-up timers (2 per lane).**

**Session 3: Friday PM                      Warm-up: 12:30pm                      Meet Start: 1:30pm**

Girls	Event	Boys
11	13&Over 800 Free Relay	12
13	12&Under 50 Free	14
15	12&Under 200 IM	16
17	13&Over 200 IM	18
19	12&Under 400 Free*	20
21	13&Over 400 Free*	22

**\*Swimmers must provide their own timer for 400 Free\***

**Session 4: Saturday AM                      Warm-up: 7:00am                      Meet Start: 8:30pm**

Girls	Event	Boys
23	12&Under 50 Back	24
25	12&Under 100 Fly	26
27	12&Under 50 Breast	28
29	12&Under 200 Free	30
31	12&Under 200 Medley Relay	32

**??????Have you purchased your tickets to the  
Beach Bash Party???????**

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**Session 5: Saturday PM Warm-up: 12:00pm Meet Start: 1:30pm**

Girls	Event	Boys
33	13&Over 200 Free Relay	34
35	13&Over 200 Back	36
37	13&Over 100 Fly	38
39	13&Over 200 Breast	40
41	13&Over 100 Free	42
43	13&Over 200 Medley Relay	44
45	13&Over 400 IM*	46

**\*Swimmers must provide their own timer for the 400 IM\***

**Session 6: Sunday AM Warm-up 7:00am: Meet Start: 8:30am**

Girls	Event	Boys
47	12&Under 50 Fly	48
49	12&Under 100 Back	50
51	12&Under 100 Breast	52
53	12&Under 100 Free	54
55	12&Under 200 Free Relay	56

**Session 7: Sunday PM Warm-up 12:00pm: Meet Start: 1:30pm**

Girls	Event	Boys
57	13&Over 400Medley Relay	58
59	13&Over 200 Fly	60
61	13&Over 100 Back	62
63	13&Over 200 Free	64
65	13&Over 100 Breast	66
67	13&Over 400Free Relay	68
69	13&Over Mixed 800 Free*	70

**\*Swimmers must provide their own timer & counter for 800 Free\***



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**USMS 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