

## SWIM MEET ENTRY FORM

- Athlete's T-shirt is included with the entry fee
- Make check or money order payable to "Iowa Senior Games"
- Mail entry fee and form to: Iowa Senior Games; 1421 S. Bell Ave. #104; Ames, IA 50010

### ATHLETE INFORMATION (Thank you for printing all information)

FIRST NAME	LAST NAME	DATE OF BIRTH (MONTH/DAY/YEAR)
		<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
ADDRESS		
CITY	STATE	ZIP
DAY PHONE	NIGHT PHONE	CELL PHONE
E-MAIL ADDRESS		T-SHIRT SIZE
EMERGENCY CONTACT NAME AND PHONE NUMBER		Adult: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL

### IOWA SENIOR GAMES SWIM MEET

Recognized by U.S.M.S. Inc. and Iowa Masters Swimming    Recognition Number: TBD

**Date:** Sunday, June 9, 2019

**Location:** Valley High School Pool, 3650 Woodland Ave, West Des Moines, IA 50266

**Time:** 10:00 a.m., Warm-up begins at 9:00 a.m.

**Entry Fee:** \$28 on or before Monday, May 6  
\$33 after Monday, May 20 (mail-in) or Tuesday, May 28 (online)

#### EVENTS

- \_\_\_ 500 Freestyle
- \_\_\_ 200 I.M.
- \_\_\_ 200 Freestyle
- \_\_\_ 100 Backstroke
- \_\_\_ 100 Butterfly
- \_\_\_ 50 Breaststroke
- \_\_\_ 50 Butterfly
- \_\_\_ 400 I.M.
- \_\_\_ 100 Freestyle
- \_\_\_ 100 Breaststroke
- \_\_\_ 50 Backstroke
- \_\_\_ 200 Breaststroke
- \_\_\_ 200 Butterfly
- \_\_\_ 100 I.M.
- \_\_\_ 50 Freestyle
- \_\_\_ 200 Backstroke

#### ORDER OF EVENTS

1. 500 FREESTYLE
2. 200 I.M.
3. 200 FREESTYLE
4. 100 BACKSTROKE
5. 100 BUTTERFLY
6. 50 BREASTSTROKE
7. 50 BUTTERFLY
8. 400 I.M.
9. 100 FREESTYLE
10. 100 BREASTSTROKE
11. 50 BACKSTROKE
12. 200 BREASTSTROKE
13. 200 BUTTERFLY
14. 100 I.M.
15. 50 FREESTYLE
16. 200 BACKSTROKE

**Participants are limited to 8 events**

**For more information and online registration for all Iowa Senior Games events, visit [www.IOWASENIORGAMES.org](http://www.IOWASENIORGAMES.org)**

The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet.  
(USMS articles 105.1.7 and 107.2.1).

<b>OFFICE USE ONLY:</b>					
PM	PMT	EB	CL	WV	FD
_____	_____	_____	_____	_____	_____

# IOWA SENIOR GAMES ATHLETE WAIVER AND RELEASE FROM LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself/herself, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he/she enters and with which he/she comes in contact, and he/she does further warrant that his/her entry upon such restricted area and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use, and further agrees and warrants that if, at any time, he/she is in or about restricted areas and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Iowa Sports Foundation, d/b/a/ Iowa Senior Games, its affiliated clubs, organizations and licensed medical professionals, their respective administrators, officers, directors, representatives, agents, coaches, the promoters, hosts, other participants, operators, officials, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers, and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing, or working for, or for any purpose participating in the event;

2. HEREBY AGREES TO INDEMNIFY AND SAVE HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.

3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.

4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

5. Hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Iowa Sports Foundation, d/b/a/ Iowa Senior Games in any manner incidental to my participation in the Iowa Sports Foundation, d/b/a Iowa Senior Games and without compensation to me.

THE UNDERSIGNED HAS READ THIS WAIVER AND RELEASE FROM LIABILITY, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT SUBSTANTIAL RIGHTS ARE GIVEN UP BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY, and further agrees that no oral representatives, statements or inducement apart from the foregoing written agreement have been made. This waiver, release and indemnification agreement, specifically embraces each and every event sanctioned, authorized, sponsored, co-sponsored, or promoted by said releasees during the entire season, including, without limitation, local or regional qualifying events, wherever located, and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intended to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_