

# Summer JT LCM Mini-Meet

Sunday, July 21, 2019



Full Name: \_\_\_\_\_  
Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Circle Gender: [Male] [Female]  
USMS Reg # (required): \_\_\_\_\_  
USMS Club:  NEM: W.O. Group \_\_\_\_\_  UC02  
 GBM  MESC  NBPB  WELL  Other: \_\_\_\_\_

## Order of Events

Place seed time next to events you are entering, max of 5 individual events.

*Relays will be deck entered and are due by 10:00 AM.*

- |                     |   |   |                     |
|---------------------|---|---|---------------------|
| 1. 400 Free         | : | . | _____               |
| 2. 200 Backstroke   | : | . | _____               |
| 3. 200 Butterfly    | : | . | _____               |
| 4. 200 Breaststroke | : | . | _____               |
| 5. 100 Freestyle    | : | . | _____               |
| 6. 50 Backstroke    | : | . | _____               |
| 7. 50 Butterfly     | : | . | _____               |
| 8. 200 IM           | : | . | _____               |
| 9. 100 Breaststroke | : | . | _____               |
| 10. 200 Freestyle   | : | . | _____               |
| 11. 100 Backstroke  | : | . | _____               |
| 12. 100 Butterfly   | : | . | _____               |
| 13. 50 Breaststroke | : | . | _____               |
| 14. 50 Freestyle    | : | . | _____               |
| 15. 400 IM          | : | . | _____               |
| 16. 400 Free Relay* | : | . | <b>Deck entered</b> |

\* time permitting

Electronic timing *may* be available for all events except for the 50's.

**Sanctioned by:** New England LMSC for USMS, Inc. Sanction # **pending**

**Location:** Jenny Thompson Outdoor Pool, 150 Portland Ave., Dover NH 03820

The pool is an outdoor 6-lane, 50-meter pool. There will be a diving well area and 1 lane available for continuous warm-up throughout the competition.

*The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1*

**Warm Up:** 8:00 AM, **Meet Start:** 8:30 AM

**Entries:** Max of 5 individual events, USMS membership required. \$25 entry fee, online entries available until Tuesday, July 16<sup>th</sup> at midnight.

\$35 deck entries accepted until 8:15 AM.

**Enter Online** **pending**

**Meet Director:** Crystie McGrail – greatbaymastersswimteam@gmail.com

**Parking** is available next to the pool. **Note:** Drop off is available at the front of the pool, however there is no parking.

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## 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

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## RELAY FORM

### Circle Relay Gender:

Male

Female

Mixed (2 women, 2 men)

**USMS Club:** \_\_\_\_\_ **Label (A,B,C,...):** \_\_\_\_\_

**Seed Time:** \_\_\_\_\_

**Note:** All four swimmers must be from the same USMS club. Unattached swimmers may not compete on relays.

Label each relay in an event with a letter ("A", "B", "C", etc.). Example: in the 400 Free Relay your USMS Club has 2 men's, 2 women's and 2 mixed relays. Label the six 200 Free Relays "A" through "F".

Swimmers may not swim on both a single gender and mixed gender relay for the same relay event.

Swimmers (in correct order):	Age on 12/31/19:
1)	
2)	
3)	
4)	
Sum of Ages:	

### Circle Relay Age Group:

The *sum of ages* of the relay participants determines the age group!

72-99   100-119   120-159   160-199   200-239   240-279   280-319   320-359

Check here to make lead off time official: X

If the second swimmer starts in the water, please indicate here: \_\_\_\_\_

***If the second swimmer starts in the water no relay split time will be granted since the touch pad will be hit early.***