



PICKIN' UP STEAM MEET

SATURDAY, SEPTEMBER 28, 2019

Sponsored by: Randolph-Macon College Swim Team.

Meet Directors: David Harmon (davidcharmon77@gmail.com) and Brent Kintzer (brentkintzer@rmc.edu)

Location: Randolph-Macon College, Brock Center, 103 E. Patrick St., Ashland, Va. 23005. The pool is a 5-minute walk from the Amtrak train station and historic Ashland.

Facility: Six-lane, 25-yard pool, non-turbulent lane markers. Five lanes will be used for competition; one lane will be available for continuous warm-up and cool down. Concessions will not be available. Please bring your own snacks/ beverage. **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 106.2.1.**

Directions: From I-95, take exit 92B, Ashland/Hanover and go west on rte. 54. Go approximately 1.2 miles on rte. 54 west until you come to the RR tracks. Turn right onto N. Railroad Ave. just before the tracks (heading north) and drive about .3 mile beside the RR tracks. Brock Center will be on your right. Drive past the Brock Center and turn into the parking lot on your right, near the ball fields. Follow the sidewalk near the football field to the main entrance. After turnstile, turn left and the pool is to the right of the climbing wall.

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction # ???-???

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Your age on 9/28/2019 is your age for the competition. All swimmers must be registered with USMS and must include a copy of their USMS card if entering with a paper entry form.**

Entries: \$6.00 per event for online entries, \$10.00 surcharge to help defray the costs of data entry, automatic timing and printing. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from David Harmon at davidcharmon77@gmail.com. Deck entries will be accepted up until 30 minutes prior to meet at a cost of \$8 per event. Deck entries will only be made to fill up heats. Swimmers may enter a total of 5 individual events and 4 relays.

Relays: Relays will be deck entered and payable on meet day (\$8 per relay). The deadline for the 400 Free and 200 Medley relays will be at **the start of event 4** and the deadline for the 400 Medley and 200 Free relays will be **at the start of event 11**. All relay deadlines are on the day of the meet.

Entry Deadline: Online entries are strongly encouraged. To be seeded, paper-entries must be received by **Monday, September 23, 2019**. Online entries close on **Tuesday, September 24, 2019, at 11:59 PM EDT**. No refunds and/or swimmer substitutions will be allowed.

Warm-up/Warm-down Procedure: Swimmers must enter the pool feet-first in a cautious manner. Diving shall be permitted only from the blocks in the designated sprint lanes during warm-up.

ABSOLUTELY NO DIVING WILL BE PERMITTED IN THE WARM-UP LANES ONCE THE MEET HAS BEGUN. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest; men and women will swim together. "NT" will be seeded arbitrarily.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets/Meet Results will be posted at <http://www.rmcmastersmeet.org/> and will be sent to by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.

Awards: Ribbons will be given for first, second and third place in each individual event. No ribbon for relays. Results will be posted at <http://www.rmcmastersmeet.org/> and will be uploaded to the USMS results database.

Pentathlon Award: NEW THIS YEAR A railroad train engineer's cap will be awarded to the man and woman whose combined time in the pentathlon - 50 Fly, 50 Back, 50 Breast, 50 Free and 100 IM - is the fastest in the meet. You must enter and race in all 5 events to be eligible

Nearby Lodging:

- **Henry Clay Inn** - Address: 114 N Railroad Ave, Ashland, VA 23005 Phone: (804) 798-3100
- **Hampton Inn Richmond-North/Ashland** - Address: 705 England St, Ashland, VA 23005 Phone: (804) 752-8444
- **Holiday Inn Express & Suites Richmond North Ashland** - Address: 107 S Carter Rd, Ashland, VA 23005 Phone: (804) 752-7889

Order of Events – There will be two 20 minute breaks before each set of relays (events 7-12 and events 18-23). Warm-ups start at 1:00 PM and the meet starts at 2:00 PM.

#	Event	Seed Time		#	Event	Seed Time
1	Mixed 200 Yard Butterfly			15	Mixed 50 Yard Butterfly	
2	Mixed 50 Yard Breaststroke			16	Mixed 200 Yard Freestyle	
3	Mixed 200 Yard Backstroke			17	Mixed 100 Yard Backstroke	
4	Mixed 100 Yard Butterfly			18-20	W/M/Mixed 400 Yd Free Relay	Deck Entered
5	Mixed 500 Yard Freestyle			21-23	W/M/Mixed 200 Yd Medley Relay	Deck Entered
6	Mixed 50 Yard Freestyle			24	Mixed 50 Yard Backstroke	
7-9	W/M/Mixed 200 Yd Free Relay	Deck Entered		25	Mixed 400 Yard IM	

10-12	W/M/Mixed 400 Yd Medley Relay	Deck Entered		26	Mixed 200 Yard Breaststroke	
13	Mixed 200 Yard IM			27	Mixed 100 Yard IM	
14	Mixed 100 Yard Breaststroke			28	Mixed 100 Yard Freestyle	

NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.

**Paper entries are due to September 23, 2019 or
Enter Online at www.clubassistant.com by September 24, 2019
(Search for meet by date on the left of the Club Assistant home page)**

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign waiver on next page. If you are not registered with USMS, you may include your registration form and separate check with your entry, or you may register at the meet. You must be registered to participate.

Please provide the following information:

Name:	Sex	USMS Reg. No:
Address:		
City:	State:	Zip Code:
Email Address:		
Age:	Birthdate (mm/dd/yyyy):	
LMSC:	Club:	Phone:

RELAY ONLY ☐

#	Event	Seed Time		#	Event	Seed Time
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4	Mixed 100 Yard Butterfly			18-20	W/M/Mixed 400 Yd Free Relay	Deck Entered
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6	Mixed 50 Yard Freestyle			24	Mixed 50 Yard Backstroke	
7-9	W/M/Mixed 200 Yd Free Relay	Deck Entered		25	Mixed 400 Yard IM	
10-12	W/M/Mixed 400 Yd Medley Relay	Deck Entered		26	Mixed 200 Yard Breaststroke	
13	Mixed 200 Yard IM			27	Mixed 100 Yard IM	
14	Mixed 100 Yard Breaststroke			28	Mixed 100 Yard Freestyle	

# of Events Entered	Cost	
	x \$6	
Surcharge	\$10	\$10
Total Amount Enclosed		

Make check payable to: Randolph-Macon College. Attach a copy of your registration card. Be sure to sign the waiver

Mail to: Randolph-Macon College, Attn: Swim Coach, 103 E. Patrick Street Ashland VA 23005. For questions about entries, email David Harmon at davidcharmon77@gmail.com.

DO NOT FORGET TO SIGN AND SUBMIT THE WAIVER ON THE NEXT PAGE



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

