

FIRST COLONY MASTERS

First Time for Everything Meet

SHORT COURSE YARDS MEET

This meet is designed to encourage new swimmers to try a meet for the first time and for experienced swimmers to try new events in which they have never competed

- DATE OF MEET:** Sunday, September 29, 2019. Warm-up 1:00 PM, the 500 starts at 2:00 PM
- LOCATION:** LCISD NEW Natatorium 1011 Horace Mann Ave, Rosenberg, TX 77471
- FACILITY:** Indoor natatorium set up with one 8 x 25 yard competition course and a 4x25 yard course for warm-ups/cool downs during the meet. Fully automatic timing will be used. This meet is being hosted by the First Colony Masters Swim Team.
- SANCTION/RULES:** Sanctioned by Gulf Masters Swim Committee for USMS, Inc. Number 259-S012
The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation.
Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.
- ELIGIBILITY:** Open to all registered US Masters Swimmers, aged 18 and over as of September 29, 2019
- ENTRY DEADLINES:** Entry should be made online through Club Assistant at:
https://www.clubassistant.com/club/meet_information.cfm?c=2475&smid=12513
Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.
On time entries: received by midnight Sept. 21
Late entries: must received by September 27 at Noon. (\$5 late fee)
Deck entries: will be accepted into empty lanes and heats if time allows. (\$10 additional deck entry fee).
- DECK ENTRIES:** Positive check-in required for the 500 Freestyle and the 400 IM required by 2:30pm. Deck Entries closes at 2:30pm. **EVERY SWIMMER THAT DECK ENTERS MUST HAVE A COPY OF HIS/HER USMS CARD – IF YOU DO NOT HAVE A COPY OF YOUR USMS CARD YOU WILL NOT BE ALLOWED TO DECK ENTER – NO EXCEPTIONS**
- ENTRY LIMIT:** Six (6) Events per swimmer. **Meet host may cap entries if a session time of 3 hours is reached.**
- ENTRY FEE:** \$35 for on-time entries
\$40 for late entries (through Noon, Sept. 27th); \$45 for deck entries
All entries include dinner.
Entry should be made online through Club Assistant at:
https://www.clubassistant.com/club/meet_information.cfm?c=2475&smid=12513
Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.
- CONDUCT OF MEET:** Heats will be swum **slowest to fastest**, with the exception of the 500 freestyle, and the 400 IM, which will be swum fastest to slowest. Event heats will be seeded according to entry time, **men and women mixed together**. Deck entries will be swum in empty lanes.

TIMING: Timing volunteers will be needed. Volunteers who [sign up online](#) and time will receive dinner.

PYSCH SHEET and FINAL RESULTS: The psych sheet and final results will be available on meet mobile and the FCST website.

ENTRY FORM – Online Entry is preferred. If you are unable to register online, the following form may be mailed no later than 9/21.

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NAME _____ PHONE _____ SEX _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

E-MAIL ADDRESS _____ (will only be used for meet purposes)

AGE (as of 9/29/2019) _____ BIRTHDATE _____ USMS # _____

TEAM NAME _____ LMSC _____ **(Copy of USMS card must be attached)**

SHIRT SIZE: (Circle One) Small Med Lg XL XXL

DESIGNATE YOUR EVENT AND ENTER A SEED TIME. If you do not know your seed time you are encouraged to estimate or you can enter NT (no time). NT entries will be seeded in the slowest heat.

Events:

Events	Description	Seed Time
1	500 Free	
2	100 IM	
3	25 Fly	
4	50 Back	
5	100 Fly	
6	200 Back	
7	25 Free	
8	50 Breast	
9	100 Free	
10	200 Breast	
11	Fun Relay -	Yes _____ No _____
12	200 IM	
13	25 Back	
14	50 Fly	
15	100 Back	
16	200 Fly	
17	25 Breast	
18	50 Free	
19	100 Breast	
20	200 Free	
21	400 IM	

ENTRY FORM

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ENTRY FEE:

ON TIME ENTRY: (Mailed by 9/21/19)
\$35. \$ _____.

DECK ENTRY:
\$ 45. \$ _____.

ALL entries will include dinner.

Please make all checks payable to FCST and mail entries no later than 9/20/18 to the address below. Payment and forms for deck entries should be brought to the meet.

Bonnie Finnigan
3103 Mesquite Dr.
Sugar Land, Texas, 77479

Please mark “no signature required” if sending
entry via express mail or a courier service.

ATTACH A COPY OF YOUR USMS CARD TO THE EMAIL AND SIGN THE WAIVER ON PAGE 4. (REQUIRED)

QUESTIONS: Please contact Bonnie Finnigan at bfin0858@gmail.com



**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