

PATRIOT MASTERS

SPRINT CLASSIC

Sunday October 27, 2019

George Mason University Aquatic & Fitness Center
4520 Patriot Circle, Fairfax, VA

WARMUPS: 8:30AM MEET START: 10:00AM

Sanctioned by PVLMSC for USMS, INC. #

Welcome to the twentieth annual Patriot Masters Sprint Classic. Our first-class swimming facility has an 8-lane 50-meter pool with non-turbulent lane lines, overflow gutters and a color scoreboard. The 9-foot wide, all-deep-water lanes should allow for some very *fast* swimming! The pool will be configured in a 25-yard course. A separate area will be available for continuous warm-up/cool-down throughout the meet.

ENTRIES: Online entries will close Monday October 21. Competitors may enter up to 6 events for a \$30 flat fee. The meet is open to all Masters Swimmers holding a valid 2019 USMS registration card. Age is determined by a swimmer's age on October 27, 2019. 2019 USMS rules and regulations apply.

SEEDING: Events will be seeded slowest to fastest, men and women separate.

PSYCH SHEETS: Psych sheets will be available on our website www.patriotmasters.org before the meet.

AWARDS: An award will be presented to the fastest man and fastest woman based on their aggregate time in the 25's. You must swim all four 25's to be eligible for this award.

RESULTS: Available on-line at www.patriotmasters.org. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, 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.

DIRECTIONS: The George Mason University Aquatic and Fitness Center will open at 8:15am. Please enter thru the side door closest to Lot C. The pool has a "No deck chair" policy.
From the West: Take I-66 east to Route 123 (exit 60), south on Route 123 for 2.7 miles to Braddock Rd, left on Braddock, left on Sideburn, park in Lot C.
From the South: Take I-95 north to exit 160, north on Route 123 for 14.5 miles to Braddock Rd, right on Braddock, left on Sideburn, park in Lot C.
From the North: Take I-95 south to the Capitol Beltway (495), 495 west to Braddock Rd (exit 54), Braddock Rd west 6 miles to Sideburn, right on Sideburn, park in Lot C.

HOTELS: Courtyard Fairfax Fair Oaks - 703-273-6161 (3 miles from the pool)
Holiday Inn Express - 703-359-2888 (2 miles from the pool)
Fairfax Marriott at Fair Oaks - 703-352-2525 (4 miles from the pool)
Springhill Suites Fairfax Fair Oaks - 703-691-7880 (3 miles from the pool)

QUESTIONS: Meet Director: Cheryl Ward (571) 214-5394 e-mail cherylaward@yahoo.com

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CIRCLE EVENT NUMBERS YOU WISH TO SWIM AND INDICATE SEED TIMES IN YARDS:

<u>Event #</u>	<u>Seed Time</u>	<u>Event Name</u>	<u>Seed Time</u>	<u>Event #</u>
	<u>WOMEN</u>		<u>MEN</u>	
1	_____	100 Free	_____	2
3	_____	100 Breast	_____	4
5	_____	50 Fly	_____	6
7	_____	200 IM	_____	8
9	_____	100 Back	_____	10
11	_____	50 Free	_____	12
	BREAK			
13	_____	100 IM	_____	14
15	_____	50 Breast	_____	16
17	_____	100 Fly	_____	18
19	_____	50 Back	_____	20
21	_____	200 Free	_____	22
	BREAK			
	THE BATTLE OF THE TRUE DROP-DEAD SPRINTERS:			
23	_____	25 Fly	_____	24
25	_____	25 Back	_____	26
27	_____	25 Breast	_____	28
29	_____	25 Free	_____	30

FEE:	\$30.00	MAIL TO: Cheryl Ward, Entries Chair
CHECK PAYABLE TO:	George Mason University	4123 Virginia St
ENTRIES DUE:	Monday October 21, 2019	Fairfax VA 22032



**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	