**BOZEMAN BARRACUDA SWIM CLUB**

hosts the

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**TEDDY BEAR CLASSIC**

**December 14-15, 2019 in Bozeman, Montana**

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2033

This meet is sanctioned by Montana LMSC for USMS Inc .



**Meet Referee** **Meet Director**  **Meet Registrar**

Lon Huckert Jane Mittelsteadt Sara Gram 406-581-0458 406-600-6641 406-579-0790

[lonhuckert@gmail.com](mailto:lonhuckert@gmail.com) janemitt@gmail.com [bozemanbarracudas@yahoo.com](mailto:bozemanbarracudas@yahoo.com)

**Bozeman Swim Club**

**attn Sara Gram**

**Box 804**

**Bozeman, MT 59771**

**Facility** The Bozeman Swim Center, located on the west side of Bozeman High School at [1211 West Main Street](https://maps.google.com/?q=1211+West+Main+Street&entry=gmail&source=g), is an 8-lane, 50-meter regulation long course pool. New this year, a bulkhead has been installed dividing the pool into both 25-yard and 25-meter courses.  This meet will be held in the regulation 25-yard course.  The 25-meter course will  be available for coach-monitored warmup/cool down as described herein.  The racing course is equipped with new Kiefer Advantage I non-turbulent lane lines and Spectrum Xcellerator starting blocks.

The altitude is 4793 feet. The competition pool is 9-feet deep at the start end and 5-feet deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

An automatic Colorado Timing System will be used with touch pads at both ends in addition to three backup times. An 8-line LED scoreboard will be in use.

The length of competitive course is in compliance and/ or 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.

Directions: From I-90, arriving either east or west bound, take exit 306 onto N 7th Avenue. Turn south onto North 7th Avenue and travel 1.2 miles to West Main Street. Turn right (west) onto W Main Street. The Bozeman Swim Center will be on your right in 0.5 miles, just past the Bozeman High School. OVERNIGHT PARKING OR CAMPING IS NOT PERMITTED IN THE PARKING LOTS ADJACENT TO THE SWIM CENTER.

**Meet Format** This will be a split-session age group meet. Events will be swum 11 & Over in the early morning sessions, and 10 & Under in the mid-day sessions.

The 1650 Free and the 400 IM will be available to 11 & Over swimmers.

The 500 Free will be available for 9 & Over swimmers.

Events will be swum as listed on the schedule of events. All events are timed finals.

Swimmers entered in the 500 Free, the 1650 Free, and the 400 IM must provide their own timers. Swimmers entered in the 500 Free, and the 1650 Free must also provide their own counters.

Positive check-in will be required for all swimmers in these three (3) events.

Relay entries may be girls, boys and/or mixed gender and will be seeded and swum in combined heats.

**Based on the meet timeline and for the benefit of the swimmers, the Meet Referee reserves the right to run all or any portion of the meet with 6, 7, or 8 lanes, or insert warm-up/cool down breaks throughout the meet.**

Formal warm-up times for Sessions 2 and 5 will be limited to 15 minutes.

**Safety** The Montana Swimming Safety guidelines are in effect for this meet and will be enforced. For circle swimming **during warm-ups and cool-downs, swimmers must enter the pool using a three-point entry**. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. A safety marshal will be on deck.

**Racing Starts** Any swimmer who is entered in the meet and is unaccompanied by an USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. Any swimmers who must start in the water shall be listed in a separate document returned with the entries.

**Rules** This meet will be conducted in accordance with the current USA Swimming and Montana Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Visual recording devices, including a cell phone, are not permitted behind the starting blocks.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue.

The USA Swimming Code of Conduct and athlete protection provisions will be enforced.

All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming.

Swimmer, official, and coach registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet.

This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**Eligibility** All swimmers must be registered with USA Swimming Inc., the Canadian equivalent, or US Masters Swimming (USMS) prior to the entry deadline. Masters swimmers are welcome and encouraged to compete. There will be no on-deck USA Swimming registration available at this meet. Teams entering swimmers who are not currently registered USA Swimming athlete members may be fined $25 per swimmer by the Montana Swimming Registration Chair. Age as of the first day of the meet (December 9th, 2017) shall determine the age group in which the swimmer must compete.

**Swimmers with** The Bozeman Barracuda Swim Club welcomes all swimmers with disabilities as described in

**Disabilities** the USA Swimming Rules and Regulations, Article 106, to compete at the meet. Disabled

swimmers or their coaches are required to provide advance notice in writing to the Meet

Referee and Meet Director to arrange for any needed accommodations including personal assistants required and/or registered service animals by the meet entry date. The Meet Referee in his/her sole discretion shall determine whether the needed accommodations can be met. Failure to provide advance notice may limit the Bozeman Barracuda's ability to accommodate all requests.

**Entries** Team entries must be submitted by email to [bozemanbarracudas@yahoo.com](mailto:bozemanbarracudas@yahoo.com) using Hy-Tek or Team Unify software by Thursday, December 5th. Along with your meet entry file, include your team meet entry report (relay and individual entries) and the team entry fee report from Team Manager or Team Unify. Please email all reports. Completed paperwork, a signed waiver/release form, the team entry report and the entry fees must be received by the first day of the meet December 14th.

Entries from individual USA Swimming athletes without access to Hy-Tek or Team Unify software may use the enclosed ‘Individual Entry Sheet’. Email the completed entry sheet to [bozemanbarracudas@yahoo.com](mailto:bozemanbarracudas@yahoo.com). by Thursday, December 5th.

Entries from US Master athletes without access to Hy-Tek or Team Unify software may use the enclosed ‘Master Swimmer Entry Form’. Email the completed entry form to [bozemanbarracudas@yahoo.com](mailto:bozemanbarracudas@yahoo.com). by Thursday, December 5th.

**Entry Limits** Each swimmer may compete in a maximum of eight (8) individual events, with a maximum of four (4) individual events plus one (1) relay on Saturday and four (4) individual events plus one (1) relay on Sunday.

**Entry Verification** An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

**Entry Deadline** All entries must be received in Bozeman no later than Thursday, December 5, 2019

**All entry fees and paperwork must be received by the beginning of the first day of the meet December 14th.**

E-mail entries to: [bozemanbarracudas@yahoo.com](mailto:bozemanbarracudas@yahoo.com)

Mail paperwork and entry fees to: Bozeman Swim Club

attn: Sara Gram

P.O. Box 804

Bozeman, MT 59771

Entries must be made through the swimmer’s club with a team check.

Unattached swimmers may make direct entries by email.

Phone entries will not be accepted.

Late entries, if accepted, will require double entry fees.

**Entry Fees** An entry fee of $20.00 plus $3.00 per event will be charged. The relay fee for each relay is $6.00. Make checks payable to the ‘**Bozeman Swim Club’**. No entries will be accepted without payment of fees. There will be no refunds.

**Seeding** Each swimmer will be seeded according to the age group and submitted times in short course yards. Failure to convert meter times before submitting could result in a swimmer being incorrectly seeded**. Meter times will be entered as submitted and will not be converted*.*** “No time” entries will be accepted. Deck seeding may be provided if there are open lanes, at the discretion of the Meet Referee.

The 1650 Free, 400 IM, and 500 Free will be seeded and swum fastest to slowest alternating between girls’ and boys’ heats.

The Meet Referee may modify the seeding of the 1650 Free, the 400 IM and the 500 Free based on entries, check-in and anticipated meet timeline.

**Positive Check-in** Positive check-in, located at the announcer's table is **required** for the following events:

* **11 & Over 1650 Free** swimmers must check in prior to the start of Event 7
* **11 & Over 400 IM** swimmers must check in 15 minutes prior to the end of warmups for Session 4
* **9 & Over 500 Free** swimmers must check in prior to Event 55

**Failure to check in for these events by the stated deadline will result in the swimmer being scratched from the event and not seeded.**

**Swimmers entered in the 500 Free, the 1650 Free, and the 400 IM must provide two timers. Swimmers in the 500 Free and the 1650 Free must also provide their own counters.**

**Scratches** Coaches should report scratches on the scratch sheet or to the Meet Referee prior to the start of every session. There will be no penalty for swimmers who fail to scratch from an event.

**Scoring** Individual 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

**Awards** High point "Teddy Bear" awards will be given for 1st - 16th places for the following age groups:

8&U, 9-10, 11-12, 13-14, and 15 & Over. Swimmers’ points for all events swum in the meet will be summed and ranked by age group and gender for high point awards.

**Results** Meet results will be posted to the Montana Swimming website at: [www.mtswimming.com](http://www.mtswimming.com)

**Warm Ups** In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Safety Marshal will ensure that all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change general warm-up times and general meet-start times according to the number of entries or other appropriate logistical considerations. Check your program or the Montana Swimming website (www.mtswimming.com) after **Wednesday, December 11, 2019**, for the actual warm-up and start times.

**Officials/Timers** To the extent possible, teams are asked to provide timers and other certified meet officials. On-deck training time will be available for those wishing to train as an official. E-mail the Meet Referee prior to the meet if you plan to officiate and sign in at the officials’ meeting each day in the hospitality room. Trainees should attend the pre-meet officials’ meetings daily and sign in. All officials on deck must be registered and certified with USA Swimming and registrations will be verified by the MT Swimming Registration Chair. Any assistance by officials will be greatly appreciated and will help ensure a great meet for the swimmers.

Each club will be responsible for providing timers to the best of their ability based on their athlete numbers. A sign-up sheet will be posted at the announcer's table.

**The officials’ meetings will be held in the hospitality room during warmups for each session on both Saturday and Sunday**.

**Coaches** All coaches on deck must be registered and certified with USA Swimming. Coach registration will be verified by the MT Swimming Registration Chair.

**A coaches' meeting will be held 15 minutes prior to the start of the first session of warm-ups on Saturday.** Other meetings may be held at the Meet Referee’s discretion.

Meet Management requests that at least one coach representative from each team attend all coaches’ meetings.

**Protests** All protests should be given to the meet referee.

**Hospitality** A hospitality room will be available for all coaches and officials.

**Concessions** Concessions will be available. *Absolutely no glass containers are allowed in the locker rooms or deck areas.*

**Swim Shop** T-shirts and/or clothing will be available for sale as well as an array of swim items at the Swim Shop.

**Spectators** The west and north sides of the deck (coaches side and start end) and the bulkhead will be a "Closed Deck" area.

It will be open to coaches, swimmers, and meet officials only.

Spectrum Xcellerator Starting Blocks:



Hotel Information

**The Element, 582-4972**

**Best Western, 587-5261**

**City Center Inn, 587-3158**

**Comfort Inn, 587-2322**

**Comfort Suites, 587-0800**

**C’Mon Inn, 587-3555**

**Days Inn, 587-5251**

**Fairfield Inn, 587-2222**

**Hampton Inn, 522-8000**

**Hilton Garden Inn, 582-9900**

**Holiday Inn, 587-4561**

**Holiday Inn Express, 582-4995**

**Homewood Suites, 587-8180**

**La Quinta Inn and Suites, 585-9300**

**My Place, 586-8228**

**Super 8, 586-1521**

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| **Saturday, December 14, 2019** | | | | | | |  | **Sunday, December 15, 2019** | | | | | | |
| Girls | **Session 1** | | | | | Boys |  | Girls | **Session 4** | | | | | Boys |
| 1 | 11 & Over 200 IM | | | | | 2 |  | 43 | \* 11 & Over 400 IM | | | | | 44 |
| 3 | 11& Over 100 Back | | | | | 4 |  | 45 | 11 & 12 50 Back | | | | | 46 |
| 5 | 11 & 12 50 Fly | | | | | 6 |  | 47 | 11 & Over 100 Fly | | | | | 48 |
| 7 | 11 & Over 200 Free | | | | | 8 |  | 49 | 11 & Over 200 Breast | | | | | 50 |
| 9 | 11 & Over 200 Fly | | | | | 10 |  | 51 | 11 & Over 100 Free | | | | | 52 |
| 11 | 11 & Over 50 Free | | | | | 12 |  | 53 | 11 & 12 50 Breast | | | | | 54 |
| 13 | 11 & Over 100 Breast | | | | | 14 |  | 55 | 11 & Over 200 Back | | | | | 56 |
| 15 | 11 & O 200 Medley RELAY | | | | | 16 |  | 57 | 11 & Over 200 Free RELAY | | | | | 58 |
| 17 | \*\* 11 & Over Mixed 200 Medley RELAY | | | | | -- |  | 59 | \*\*11 &. Over Mixed 200 Free RELAY | | | | | -- |
|  | **Session 2** | | | | |  |  |  | **Session 5** | | | | |  |
| 19 | \*11 & Over 1650 Free | | | | | 20 |  | 61 | \* 9 & Over 500 Free | | | | | 62 |
|  |  | | | | |  |  |  |  | | | | |  |
|  | **Session 3** | | | | |  |  |  | **Session 6** | | | | |  |
| 21 | 10 & U 200 Free | | | | | 22 |  | 63 | 10 & U 200 IM | | | | | 64 |
| 23 |  | 8 & U 25 Back | | |  | 24 |  | 65 |  | 8 & U 25 Free | | |  | 66 |
| 25 | 10 & U 100 Back | | | | | 26 |  | 67 | 10 & U 100 Free | | | | | 68 |
| 27 | 10 & U 50 Free | | | | | 28 |  | 69 | 10 & U 50 Back | | | | | 70 |
| 29 | 10 & U 50 Fly | | | | | 30 |  | 71 |  | | 8 & U 25 Fly |  | | 72 |
| 31 |  | | 10 & U 100 IM |  | | 32 |  | 73 | 10 & U 100 Fly | | | | | 74 |
| 33 | 8 & U 25 Breast | | | | | 34 |  | 75 | 10 & U 50 Breast | | | | | 76 |
| 35 | 10 & U 100 Breast | | | | | 36 |  | 77 | 8& U Mixed 100 Medley  RELAY \*\* | | | | |  |
| 37 | 8 & U Mixed 100 Free  RELAY  RELAY \*\* | | | | |  |  | 79 | 10 & U 200 Medley  RELAY | | | | | 80 |
| 39 | 10 & U 200 Free  RELAY | | | | | 40 |  | 81 | 10 & U Mixed 200 Medley  RELAY \*\* | | | | |  |
| 41 | \*\* 10 & U Mixed 200 Free  RELAY \*\* | | | | |  |  |  |  | | | | |  |

\* These longer events will be run FASTEST to SLOWEST alternating heats between girls and boys

\*\* Girls, Boys and Mixed Relays will be swum in combined heats for each session. Relay entries desiring official times must comply with age and gender requirements for the event entered and must submit official relay cards during the meet.

Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to **Bozeman Swim Club**).

Mail entries to: **Bozeman Swim Club** Email entries to: [bozemanbarracudas@yahoo.com](mailto:bozemanbarracudas@yahoo.com)

**attn: Sara Gram**

**P.O. Box 804**

**Bozeman, MT 59771**

|  |  |
| --- | --- |
| Team Name |  |
| Club Code |  |
| Coach |  |
| Coach Phone |  |
| Coach Email |  |
| Team Address |  |

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| Item | Total Number | Cost per | Total |
| Swimmer Surcharge |  | $20.00 |  |
| Individual Entries |  | $3.00 / swimmer event |  |
| Relay Entries |  | $6.00 per relay |  |
| Total Fees Due |  |  |  |

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. Swimmer and coach registration will be verified. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Montana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Bozeman Barracuda Swim Club, Bozeman Swim Center, Montana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

We hereby submit our team’s entry sheets and fees for your upcoming meet and verify that the above named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming; Red Cross Safety Training for Swim Coaches or Lifeguard Training, First Aid and CPR.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SIGNATURE (Coach or Club Representative)** **CLUB**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TITLE**  **DATE**

**Individual Entry Sheet**

Club:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age Group\_\_\_\_\_\_\_\_\_\_ Coach:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Name | | Age    Sex | USA # | Event # | Event # | Event # | Event # | Event # | Event # | Event # | Fees |
| Time | Time | Time | Time | Time | Time | Time |
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Swimmers this sheet X $20.00= $\_\_\_\_\_\_\_\_. Total $ this sheet. $\_\_\_\_\_\_\_\_\_\_\_\_

Events this sheet X $ 3.00= $\_\_\_\_\_\_\_\_

**Master Swimmer Entry Form**

Master swimmers, please include full payment with this completed form.

Make checks payable to ‘**Bozeman Swim Club’**.

All entries must be received via email no later than **Thursday December 5, 2019**

Mail entries to: **Bozeman Swim Club**

**attn: Sara Gram**

**P.O. Box 804**

**Bozeman, MT 59771**

**Swimmer's Full Name**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please refer to Sessions 1, 3, 4, and 6 on page 7 of the contract for Event Numbers.

**Events (max of 4 per day) Seed Times**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

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5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

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8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Date of Birth** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Masters #** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone Number** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fees:**

**Swimmer surcharge: $20.00\_\_\_\_\_**

**$3.00 per Individual Event:$\_\_\_\_\_\_\_\_\_\_**

**$6.00 per Relay: $\_\_\_\_\_\_\_\_\_\_**

**TOTAL: $\_\_\_\_\_\_\_\_\_\_**

http://www.usms.org/logos/USMS_Logo_Horz_tm_200x38.jpg **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 | | | | |