



Minnesota Masters Swimming

Icebreaker SCY Meet

Sunday, January 26, 2020

Jean K. Freeman Aquatic Center

University of Minnesota

1910 University Ave SE, Minneapolis, MN 55455

Schedule: Registration – 9:00 AM - 9:30 AM
Warmup Period – 9:00 AM - 9:50 AM
Events – 10:00 AM - 3:00 PM approximately (end times can vary greatly)

Meet Sanction: 300-S001

Meet Director: Shannon Swartz (shannonswartz@comcast.net)

Entry Changes: David Bergquist (david.bergquist@minnesotamasters.com)

Entry Information: Must be a USMS registered member or pay the special “One-Event” fee.
New members can register at usms.org prior to the meet and register at below reduced rates.

Entry Type	Early Bird	Normal Rate	Day of Meet*
Deadline	January 9, 11:59 PM	January 23, 11:59 PM	January 26, 9:30 AM
USMS Member	\$20	\$30	\$45
One-Event	\$55	\$60	N/A

* A swimmer may pay the 2020 USMS registration fee of \$60 and enter on the day of the meet for a total fee of \$105. No one-event registrations are available on the day of the meet.

We strongly encourage all swimmers to pre-register with USMS and pre-register for the meet prior to the Normal Rate deadline.

Registration: Participants may enter a maximum of 6 individual events. A swimmer may enter either the 1000 Free or 1650 Free but not both. Entry fees are non-refundable. Online entries are paid by credit card to ClubAssistant.com Events. Deck entries on the day of the meet are limited to new or existing USMS members. Deck entries to be paid by check or cash only. No credit cards on day of meet.

Course: 8 lane, 25 yard pool, using 8 lanes for competition. 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.

Positive Check-in: ***All Swimmers must check-in by 9:45am at the registration desk.*** In order to reduce the number of open lanes and thus reduce the length of the meet, all swimmers are required to positively check-in. ***Positive check-in is required for the 500 Free by 9:45 am. Positive check-in is also required for all Group 4 individual events (200 Free, 100 Back, 50 Breast, 1000 Free, and 1650 Free).*** Positive check-in for Group 4 events will be made available after the conclusion of Group 2 (100 Fly). Check-in deadline times for these events will be announced at the meet. Swimmers who do not positive check-in at the registration table for these events will be scratched from the event.

Results: Will be posted at the meet and online at www.minnesotamasters.com within one week. Times swum by non-USMS Members are not eligible for USMS Top 10 or records consideration. (Article 201.1.3B). Times swum by non-Minnesota LMSC members are not eligible for Minnesota LMSC records. Times swum by One-Event swimmers are not eligible for USMS Top 10 or records consideration, and are also not eligible for Minnesota LMSC records.

Relays: Relay entries will be accepted up until 20 minutes prior to the respective relay. All relays teams must either e-mail their information to david.bergquist@minnesotamasters.com by 11:59 PM on Thursday, January 23rd or submit a relay entry card at the Meet complete with first and last name, age and gender of each swimmer. Each card or e-mail must include the club/workout group name. For the relay to be official, none of the four members may be “unattached,” or One-Event swimmers. All relay members must be registered with the same club but may be from different workout groups. The distance and type of relay must be circled or otherwise indicated. Participants may only compete once in each relay. Women’s, Men’s, and Mixed relay heats may be combined depending on entries.

Seeding: Event seeding for Event Groups 1, 2 and 3 will be generated after the 9:45 AM Positive Check-in deadline for all swimmers. Event seeding for Event Group 4 will be generated after the to be announced Positive Check-in deadline for those events following the completion of Event Group 2. Please see the following page for the listing of Event Groups. Heats for the 500 Free, 1000 Free and 1650 Free will be seeded fast to slow.

Order of Events and Paper Entry: Please see the following page for order of events along with the process to submit a paper entry.



Paper Entry (2 pages)

Event Number			Event	Entry Time		Event Number			Event	Entry Time	
Group 1						Group 3			Short Break		
1	2	3	200y Free Relay W/M/X				13	14	15	200y Medley Relay W/M/X	
4			100y IM	____:____.____			16			50y Free	____:____.____
5			200y Fly	____:____.____			17			100y Breast	____:____.____
6			50y Back	____:____.____			18			200y IM	____:____.____
7			500y Free	____:____.____			19			50y Fly	____:____.____
Group 2						Group 4			Short Break		
8			200y Breast	____:____.____			20	21	22	400y Free Relay W/M/X	
9			100y Free	____:____.____			23			200y Free	____:____.____
10			400y IM	____:____.____			24			100y Back	____:____.____
11			200y Back	____:____.____			25			50y Breast	____:____.____
12			100y Fly	____:____.____			26			1000y Free**	____:____.____
							27			1650y Free**	: .

Relays that are grouped together may be combined into single heats depending on number of entries.

**** Heats for the 500 Free, 1000 Free and 1650 Free will be seeded fast to slow.**

A swimmer may enter either the 1000 Free or 1650 Free but not both.

Paper Entry (USMS members only), mail

- (a) This page and the following Waiver page
- (b) A check for the correct amount made payable to Minnesota Masters Swimming
- (c) A copy of your USMS card
- (d) Paper entries must be received by the Normal Rate Deadline. The Swim Meet Committee takes no responsibility for lost or late mail.

Mail To:

David Bergquist c/o Recruit Masters
Suite 300, 8200 Humboldt Ave. So.
Bloomington, MN 55431

PLEASE PRINT

Print Name: _____ ☐ Male ☐ Female

Birthdate: ____/____/____ Age: ____ Phone: ____-____-____

USMS #: ____-____ Club: ____ Workout Group: _____

Email Address: _____

Signature required on following page (please mail both pages and funds with your registration)



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