**Denver Masters/CMS SCY Short and Sweet Swimming Meet**

Hosted by Denver Masters at Denver University in Denver, Colorado  
  
Sunday, March 1, 2020  
Warm Up: 8:30am

Start: 9:30am

Expected finish: 12:30pm  
  
Denver Masters Swim Team invites you to the 2020 Denver Masters CMS SCY Short and Sweet Swimming Meet, to be held at El Pomar Natatorium in the Ritchie Center of the University of Denver in Denver, Colorado, which is located at 2201 East Asbury Avenue, Denver, CO 80210.  The pool is 25 yards by 50 meters, and will be set up with 6, 25 yard SCY competition lanes and two lanes for warm up and cool down.  A Colorado Electronic Timing System with backup timing will be used.  On-deck seating space will be available. We recommend bringing your own chairs if you plan to make use of on-deck seating areas.  
  
**SANCTION:**Sanctioned by COMSA (Colorado Masters Swimming Association) for USMS, Inc. (United States Masters Swimming, Inc) (#320-S007)  
  
**TIMING:**Electronic timing will be used for all events, with back-up pickles and hand-timing.  
  
**ELIGIBILITY:**Only Masters Swimmers with 2020 USMS Registration or foreign equivalent may participate. Verification of your current (2020) USMS card or card from foreign master's equivalent must accompany your registration. A one-day USMS registration will be available for $15 on the day of the meet. Online USMS registration is available prior to the meet at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar at [marcia.anziano@gmail.com](mailto:marcia.anziano@gmail.com) with questions.  
  
**RULES:** Current USMS Rules govern the competition, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. Age on 3/1/2020 determines competition age.  Seeding will be done from slow to fast by time. Men and women will be seeded separately, and event results will be separated. Be sure to enter Short Course Yards times on your registration.  All events are timed finals. No paddles, kick boards, or pull buoys are allowed during warm-ups.  
  
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 107.2.1  
  
**NUMBER OF ENTRIES:** Entries are limited to 5 events.  All entries are to be submitted via the Swim Meet Registration system (no individual time cards are required). A heat sheet and meet program will be available on the day of the meet.  
  
**SCORING:**Scoring will not be tallied.  
  
**RESULTS:**Results will be posted by the Meet Director at the swim meet as soon as possible after each event. Final results will be posted on the COMSA.org websites.  
  
**AWARDS:** No awards will be presented  
  
**DEADLINES:**  
Recommended: Early registration closes on 2/25/2020  
Final online registration closes at 11:59pm Mountain time on 2/28/2020  
  
**REGISTRATION:**Preferred method for receiving entries is online at on Club Assistant. Click on the registration button and follow the prompts. Online entries are processed with a credit card by ClubAssistant.com Events. <https://www.clubassistant.com/club/meet_information.cfm?c=2307&smid=13094>

We will not be accepting mail in or paper entries.

**ON DECK ENTRIES:**

On deck entries and late entries will be accepted: Contact the Meet Director, Andrew Le Vasseur at [swimmasters@du.edu](mailto:swimmasters@du.edu) if you wish to swim in the meet but missed the on-line registration deadline. A late fee of $15.00 in addition to the $15.00 swim meet administrative surcharge and a $5.00 charge per event will apply to late entries or deck entries. Swimmers wishing to deck enter or late enter should be at the pool no later than 8:30am on Sunday, March 1, 2020 and need to start the process of entering in the pool office by 8:45am. You can only enter events that have open lanes we will not be able add any heats to events to accommodate your event choices. Be sure to have your USMS# and birth date ready for verification.

**ENTRY CONFRIMATIONS:**Your online entries will provide you with email verification of your entries.  

**MEET SCHEDULE:**

Warm up:  
8:30-9:30am    
Meet start:

9:30am

Estimated end of competition:  
12:30pm

**ORDER OF EVENTS:**

2020 Denver Masters SCY Short and Sweet Swimming Meet  
  
**Sunday, March 1, 2020 - Session 1 - Events 1-12**

Warm-ups start at 8:30 AM

Meet Session starts at 9:30 AM

| **#** | **Sex** | **Event** | |
| --- | --- | --- | --- |
| 1 | Women | 200 Y | IM |
| 2 | Men | 200 Y | IM |
| 3 | Women | 50 Y | Fly |
| 4 | Men | 50 Y | Fly |
| 5 | Women | 200 Y | Free |
| 6 | Men | 200 Y | Free |
| 7 | Women | 100 Y | Breast |
| 8 | Men | 100 Y | Breast |
| 9 | Women | 50 Y | Back |
| 10 | Men | 50 Y | Back |
| 11 | Women | 200 Y | Fly |
| 12 | Men | 200 Y | Fly |

**Sunday, March 1, 2020 - Session 2 - Event 18-33 after 10 minute break**

| **#** | **Sex** | **Event** | |
| --- | --- | --- | --- |
| 18 | Women | 100 Y | Free |
| 19 | Men | 100 Y | Free |
| 20 | Women | 50 Y | Breast |
| 21 | Men | 50 Y | Breast |
| 22 | Women | 200 Y | Back |
| 23 | Men | 200 Y | Back |
| 24 | Women | 100 Y | Fly |
| 25 | Men | 100 Y | Fly |
| 26 | Women | 50 Y | Free |
| 27 | Men | 50 Y | Free |
| 28 | Women | 200 Y | Breast |
| 29 | Men | 200 Y | Breast |
| 30 | Women | 100 Y | Back |
| 31 | Men | 100 Y | Back |
| 32 | Women | 100 Y | IM |
| 33 | Men | 100 Y | IM |

ENTRIES AND FEES WORKSHEET: <https://www.clubassistant.com/club/meet_information.cfm?c=2307&smid=13094>

Swim Meet:  
$15 Swimming meet administrative surcharge per swimmer.  
$5 per individual event (max 5 events)  
Enter event numbers 1)\_\_\_\_\_  2)\_\_\_\_\_ 3)\_\_\_\_\_4)\_\_\_\_\_5)\_\_\_\_\_  
Swim Meet Sub Total: $\_\_\_\_\_\_\_\_\_\_  
  
Grand Total $\_\_\_\_\_\_\_\_\_\_\_\_\_

LIABILITY WAIVER:  
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 | | |

For more information regarding the  
2020 Denver Masters CMS SCY Short and Sweet Swimming Meet  
  
Please contact:  
Andrew Le Vasseur  
Denver Masters Head Coach/Meet Organizer  
CMS representative to COMSA  
USMS Level IV Coach  
USMS Adult Learn to Swim Instructor  
[swimmasters@du.edu](mailto:swimmasters@du.edu)

(303) 968-6464