

# 2020 Nickel City Spring Splash

Saturday, March 21, 2020

Hosted by Nickel City Splash Masters Swim Team

**Sanction:** Sanctioned by Niagara District Masters Swimming

**Location:** Alumni Arena Pool located at University at Buffalo's North Campus. If using a GPS, enter "University at Buffalo Flint Entrance, Amherst, NY 14260". The facility is a 16-lane by 25 yard venue with separate diving well. *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.* The competition will take place in eight short course yards lanes. Separate warm-up space will be available throughout the duration of the meet. Heats for the 1000 and 1650 free events will be run concurrently in two separate courses with a delay of 1 minute between heats. Meet warm up will be available during the 1000 in the 22.5 yard diving well with lane lines.

**Time:** Meet registration will begin at 9:00 am. Meet warm-up will begin at 9:30 am followed by a 10:30 am Meet Start. **Meet Director:** Brandi Bashor [brandibashor@gmail.com](mailto:brandibashor@gmail.com) (732)757-6288

**Eligibility:** Open to all currently registered USMS/MSC swimmers 18 years of age and older as of March 21, 2020. Registration can be completed at <http://www.usms.org/reg/>. Same-day USMS registration will **NOT** be offered or accepted.

**Fees:** Each swimmer must pay a \$35 entry fee.

**Entries:** Each swimmer may enter up to six individual events and one relay. **This meet will only accept online meet entries.** The entry deadline is Thursday, March 19, 2020 at 11:59pm. **No deck entries will be accepted** with the exception of relays. The primary timing system will be automatic timing (Colorado Timing System). Times will be submitted for USMS records and USMS Top 10 consideration. **Seeding:** Events will be swum slowest to fastest, **EXCEPT** 400 IM, 1000 and 1650 Free will be seeding FASTEST to SLOWEST. All swimmers must check-in upon arrival, and positive check-in is required for the 1000 freestyle, 400 IM, 500 Freestyle and 1650 Freestyle. Relays will be deck-seeded and must be entered by the start of the 100 breaststroke. Men's and Women's heats will be combined for all events. Online entries:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2258&smid=12771](https://www.clubassistant.com/club/meet_information.cfm?c=2258&smid=12771) Prizes: The top 3 finishers for each event for men & women will be awarded a prize. There will be a special award for the fastest woman and man in the 1650 Freestyle.

**Entry Procedure: Online entries ONLY: \*\*\*clubassistant link posted here\*\*\* Your credit card will be charged by "Club Assistant.com Events"**

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2020**

**Warm-up begins: 9:30am**

**Event begins: 10:30am**

1. 1000 yard freestyle  
(there will be warm up time available during the 1000 - also we have the availability of running 16 lanes of competition for the 1000)
2. 50 Backstroke
3. 400 Individual Medley
4. 50 Butterfly
5. 100 Breaststroke
6. 100 Backstroke
7. 100 Freestyle
8. 200 Butterfly
9. 200 Individual Medley
10. 200 Medley Relay (**10 Minute Break before relay**) DECK SEED
11. 500 Freestyle
12. 100 Butterfly
13. 50 Breaststroke
14. 50 Freestyle (**10 Minute break before 200 Backstroke**)
15. 200 Backstroke

16. 200 Breaststroke
17. 200 Freestyle
18. 100 Individual Medley
19. 1650 Freestyle

#### **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.

Name (please print)

Birth  
(mm/dd/yy)

**PARTICIPANT WAIVER AND RELEASE OF  
LIABILITY,**

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Address, City, State, Zip

Signature of Participant Signed