



2020 Ozark LMSC Short Course Yards Championship

Saturday, March 21 and Sunday, March 22, 2020



Sanctioned by: Ozark Local Masters Swimming Committee for USMS, Inc.

Sponsored by: St. Louis Area Masters Swimming, Inc. (SLAM)

Location: Marquette High School, 2351 Clarkson Rd, Chesterfield, MO 63017-7122

Venue: 8 Lane Competition pool equipped with non-turbulent dividers; six lanes will be used for competition; one lane will be available for warm-up/down. Colorado Automatic Timing System; times may be submitted for USMS records and USMS Top 10 consideration. The length of the competition course without a bulkhead is in compliance and is on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Schedule: Doors open 15 minutes prior to warm-up.

	<u>WARM-UP</u>	<u>POSITIVE CHECK-IN DEADLINE</u>	<u>MEET START</u>
Saturday 3/21	1:00 pm		2:00 pm Saturday 3/21
Sunday 3/22	8:00 am	8:30 am (Event 16 & 17)	9:00 am Sunday 3/22

Eligibility: Persons at least eighteen/18 years of age on March 22, 2020 & all levels of swimming ability are welcome. 2020 USMS registration is required & online at www.usms.org -- we are in **Ozark LMSC**. One-Event USMS registration (OEVT) for \$20 is allowed, but OEVT-USMS registration is restricted to this meet only. OEVT swimmers may neither represent a Club nor swim on relays. OEVT swimmers' times are not submitted to the USMS times database & are not recognized for records or Top Ten consideration. Meet Entry Fees are paid in addition to the \$20 OEVT registration fee.

Conduct: 2020 USMS rules are in effect. Individual event limit is 5 per day, 10 per meet (excluding relays). ALL Events are timed finals with mixed gender heats and will be seeded slowest to fastest. Swimmers are responsible for reporting to the blocks on time in their heat and lane for each event. During warm-up/down, swimmers must enter the pool feet first in a cautious manner. Diving is permitted only in designated lanes. Unattached swimmers are listed as "UC- (LMSC#)" and are not eligible to swim on relays.

Relays: All relays are deck entered and seeded; official relay entry cards require: swimmers' names, in order, plus age and sex; fully completed cards are accepted at the timing console table per the deadline listed below. Official relay cards are available at check-in & by download at OzarkLMSC.org. **Unattached swimmers cannot swim on relays.**

Relay age groups are: 18+, 25+, 35+, 45+, etc & for each team is determined by the youngest swimmer's age. Individuals may swim for only one relay team in each relay event.

★ Relay Event #s 3, 8, 14, 17 & 27 - relay teams are 4 MEN or 4 WOMEN

★ Relay Event #s 2, 13, 18, 23 & 28 - relay teams are MIXED (2 MEN and 2 WOMEN)

✓ Please indicate on your online meet registration which relays (if any) you would be interested in swimming.

Fees: ONLINE ENTRY ONLY via registration link at OZARKLMSC.ORG to Club Assistant

→ Swimmers participating only on relays must register online for the meet, then deck enter relays.

\$30 One Day Fee

\$40 Two Day Fee

Entry DEADLINES: 🕒 INDIVIDUAL ENTRY ONLINE ONLY 🕒 RELAY ENTRY ON DECK ONLY

🕒 Individual Meet Entry Deadline is 11:59 pm, Thursday, March 19, 2020 via registration link: ozarklmsc.org

🕒 Relay Deck Entry Deadline - Saturday, March 21 Event: 2 & 3 @ 1:30 pm and 8, 13 & 14 @ 2:30 pm

🕒 Relay Deck Entry Deadline - Sunday, March 22 Event: 17 & 18 @ 9:00 am and 23, 27 & 28 @ 10:00 am

🕒 Positive Check-in Deadline - Sunday, March 22 for Event #15 (1000Y) & #16 (1650Y) @ 8:30 am

🕒 No extra rest is provided between Event #15 & #16

Meet Director: Lori Payne paynezoo@sbcglobal.net

314-518-8844

Ozark LMSC Membership Meeting: A brief meeting of the Ozark LMSC general membership will be held during the 15-minute break between Event #7 & #8 on Saturday. All Ozark LMSC members are urged to be attentive and vote on the important issues to be decided at this meeting, such as 2021 Ozark LMSC membership fee, specifically addressing the 2021 USMS Unified Fee Proposal. The agenda is available at www.ozarkLMSC.org.

SLAM Membership Meeting: A brief meeting of the SLAM general membership will be held during the 15-minute break between Event #22 & #23 on Sunday. All SLAM members are urged to be attentive at this time and vote on such issues as election of officers and the 2021 SLAM Club fee. More information at swimSLAM.org.

***2020 Breadbasket Zone Virtual Meet:** Results from the 2020 Ozark LMSC SCY Championship meet may be entered into a "Breadbasket Zone Virtual Meet" results-file that combines results from State or Championship meets from LMSCs in the Breadbasket Zone. (*Pending)

Driving Directions:

From Interstate 64, going east or west, take Exit 19 B south onto Clarkson Rd (MO-340).

Drive about 2.5 miles south on Clarkson Rd. Marquette High School is on the right (west). The pool is located in the north wing.

Social: Meet-up with other swimmers; Saturday, March 21 at 5:00 pm after the meet session! The social location will be announced at the meet.

Closest accommodations:

Drury Plaza Hotel Chesterfield - St. Louis
355 Chesterfield Center, Chesterfield, MO
(636) 532-3300 · druryhotels.com

Hampton Inn-Chesterfield
16201 Swingley Ridge Road, Chesterfield, MO
(636) 537-2500 · hampton-inn.com

SpringHill Suites St. Louis Chesterfield
1065 Chesterfield Parkway East, Chesterfield, MO
(636) 519-7500 · marriott.com

Residence Inn St. Louis Chesterfield
15431 Conway Road, Chesterfield, MO
(636) 537-1444 · marriott.com

Homewood Suites St. Louis Chesterfield
840 North Chesterfield Pkwy West, Chesterfield, MO
(636) 530-0305 · homewoodsuites.com

DoubleTree by Hilton Hotel & Conference Center St. Louis
16625 Swingley Ridge Road, Chesterfield, MO
(636) 532-5000 · doubletree.com

Hilton Garden Inn St. Louis/Chesterfield
16631 Chesterfield Grove Road, Chesterfield, MO
(636) 532-9400 · hiltongardeninn.com

2020 Ozark LMSC Short Course Yards Championship ENTRY FORM
Sanctioned by Ozark LMSC for USMS, Inc.
Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM)

March 21, 2020 – Meet starts 2:00 pm

March 22, 2020 – Meet starts 9:00 am

Name (as listed on 2020 USMS card):	Birth Date:	Age (on March 22, 2020)	Gender:
Address:	Home Phone		
City:	State:	Zip:	Club Affiliation
2020 USMS Number	Email Address:		
Emergency Contact Name:	Emergency Contact Phone:		

SEED TIME REQUIRED – Actual or Estimated SC Yards time; Print Times Legibly
 Maximum Entry per day– 5 events, plus relays

Saturday, March 21, 2020 at 2:00 pm

EV#	Sex	Event - YARDS	Seed Time
1	M & W	500 Freestyle	
Break		15 Minute Break	(If Time Permits)
2	MIXED	200 Medley Relay	Deck - 1:30pm
3	M or W	800 Free Relay	Deck - 1:30pm
4	M & W	100 Individual Medley	
5	M & W	200 Backstroke	
6	M & W	50 Freestyle	
7	M & W	100 Butterfly	
Break		15 minute Ozark LMSC Meeting	
8	M or W	400 Free Relay	
9	M & W	100 Freestyle	
10	M & W	50 Backstroke	
11	M & W	100 Breaststroke	
12	M & W	400 Individual Medley	
13	MIXED	200 Free Relay	Deck - 2:30pm
14	M or W	400 Medley Relay	Deck - 2:30pm

Sunday, March 22, 2020 at 9:00 am

EV#	Sex	Event - YARDS	Seed Time
15	M & W	1000 Freestyle	
16	M & W	1650 Freestyle	
Break		15 Minute Break	(If Time Permits)
17	M or W	200 Medley Relay	Deck - 9:00am
18	MIXED	800 Free Relay	Deck - 9:00am
19	M & W	50 Breaststroke	
20	M & W	100 Backstroke	
21	M & W	200 Butterfly	
22	M & W	200 Individual Medley	
Break		15 minute SLAM Meeting	
23	MIXED	400 Free Relay	Deck - 10:00am
24	M & W	200 Breaststroke	
25	M & W	50 Butterfly	
26	M & W	200 Freestyle	
27	M or W	200 Free Relay	Deck - 10:00am
28	MIXED	400 Medley Relay	Deck - 10:00am

Meet Entry Fee:

\$30 One Day

\$40 Two Day

Registration link for Club Assistant at ozarkLMSC.org

Deadline by 11:59 pm, Thursday, March 19

Online credit card charge from **"Club Assistant"**



USMS Participant Waiver must be completed, signed, dated and included with ALL entries.
Online Entry Includes Signing Participant 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