

**The Monmouth University Hawks Swim Team Presents:**

**Hawks Masters Spring Splash**

**Sunday, March 29, 2020**

**Monmouth University Steadman Natatorium,  
400 Cedar Ave., West Long Branch, NJ 07764**

- Approval: Recognized by the NJ LMSC for USMS, Inc. Recognition:
- Facility: The Monmouth University 6 lane 25 yard competition pool.  
The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7.
- Times: **9:00 AM Warm Up, 10:00 Start**
- Eligibility: Open to all teams and swimmers. Competitors must be 18 years of age or older and may compete in a maximum of 6 individual events. **Note: Swimmers who are not current USMS members may compete in this meet.**
- Awards: Medals for first through third place in each age group. Team scoring will be kept but no team awards will be given.
- Registration: **See Entry Fees.** Sorry, Deck entries will only be accepted if room permits.
- Timing: Electronic Colorado system. In the unlikely event that a malfunction occurs, the meet will continue on schedule with the use of hand held stopwatch times.
- Seeding: Heats will be seeded slow to fast, regardless of sex or age. If you do not have a time, please give us a best estimate. Do not enter NT.
- Age Groups: Individuals; 18-24, 25-29, 30-34, etc. through 90+  
Relays 18-24, 25-34, 35-44, 45-54, 55-64, 65+
- Entry Fees: Surcharge: \$15.00. Individual events cost \$5.00 per event. Relays are **Free**.

**Online Meet Entries** close at midnight eastern time on March 27th, 2020. Entry fees are paid by credit card to "ClubAssistant.com Events." Online entry link is [https://www.clubassistant.com/club/meet\\_information.cfm?c=1563&smid=12815](https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=12815)

**When registering please be aware of the workout and club groups. Scoring will be decided by the workout group you register with not club affiliation.**

**There will be no refunds.**

Cancellations:

In case of severe weather conditions or other emergency situations, which force cancellations of any portion of this meet - no refunds will be made on any fees or swimmer surcharges. Every attempt will be made to reschedule the meet to another day if there is a cancellation of any kind.

Relays: Relays must consist of two women and two men; the age of the youngest team member shall determine the age group. **Relays must be declared before the start of the meet for the Medley Relay and the final heat of the 500 Free for the Free Relay.**

Events:

- |                              |                     |                                |
|------------------------------|---------------------|--------------------------------|
| 1) <b>COED 200 Med Relay</b> | 7) MIXED 50 BACK    | 13) MIXED 100 BACK             |
| 2) MIXED 200 Free            | 8) MIXED 100 FLY    | <b>10 Minute Break</b>         |
| 3) MIXED 100 IM              | 9) MIXED 200 IM     | 14) MIXED 50 FREE              |
| 4) MIXED 50 FLY              | 10) MIXED 200 BACK  | 15) MIXED 200 FLY              |
| 5) MIXED 200 BREAST          | 11) MIXED 50 BREAST | 16) MIXED 100 BREAST           |
| 6) MIXED 100 FREE            | 12) MIXED 500 FREE  | 17) <b>COED 200 Free Relay</b> |
- 15 Minute Break**

Scoring: First Through Sixth. Individual: 7,5,4,3,2,1 points. Relays: 14,10,8,6,4,2 Points.

Entry Limits. The meet will be limited to 150 swimmers to maintain an appropriate timeline. Also the 500 will be limited to 5 heats. Entries will be accepted on a first come first serve basis in the order that they are received.

Meet Info: The psych sheet will be posted at [www.justintiming.com](http://www.justintiming.com) on Friday after entries close. Results will be posted within one week of the meet.

**Any Questions Contact,**

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## 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)<br>M      F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                          |                          |
| Signature of Participant         |            |    | Date Signed              |                          |