



**2020 SCY
State Championship Meet**
Saturday & Sunday, April 4-5, 2020
Jean K. Freeman Aquatic Center
University of Minnesota
1910 University Ave SE, Minneapolis, MN

Schedule: T-shirt registration deadline is March 22nd

	Saturday, April 4th	Sunday, April 5th
Day of Meet Registration	9:00AM - 9:30AM	9:00AM - 9:30AM
Warmup Period	9:00AM - 9:50AM	9:00AM - 9:50AM
Events	10:00AM - 3:00PM	10:00AM - 3:00PM
Note	<i>End times are approximations only End times vary greatly</i>	

Meet Sanction: 300-S003

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

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

Entry Information: Entrant must be a USMS registered member for 2020. No One-Event or Non-Member rates available.

Entry Type	Early Bird	Normal Rate*	Day of Meet**
Deadline	March 22, 11:59 PM	April 1, 11:59 PM	April 4-5, 9:30 AM
1-Day of Competition (Saturday or Sunday)	\$25.00	\$30.00	\$45.00
Both Days of Competition (Saturday or Sunday)	\$40.00	\$50.00	\$70.00

*In order to prepare event seeding and psych sheets, registration is suspended from this date and time until the day of the meet.

** A swimmer may pay the annual USMS registration fee of \$60 plus the corresponding "Day of Meet" fee of either \$45 for 1 day or \$70 for both days on the day of the meet. No non-member registrations are available for this 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 per day. 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 will need to electronically register at the registration desk and need to be prepared to pay by credit card. In the event of electronic malfunction also be prepared to pay by cash or check.**

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.

Meet Conduct: All events will be timed finals. Seeding will take place after pre-registration closes on April 1st. Day of Meet Deck entrants may be placed into open lanes or separate heats. Preregistered swimmers requesting changes to their meet entries will need to notify david.bergquist@minnesotamasters.com by 11:59 PM on Wednesday, April 1st, otherwise, they will be limited to being placed into open lanes of existing heats. No additional heats will be added for preregistered swimmers requesting changes after April 1st.

Event heats will be swum slowest to fastest with the exception of the 500y Free, 1000y Free, and 1650y Free heats will all be seeded fastest to slowest. The 200y Fly, 200y Back, 200y Breast, 200y I.M., 400y I.M, 500y Free, 1000y Free, and 1650y Free will be swum as a mixed gender event. All other events will be swum by gender with the women's heats going first followed by the men's heats.

Positive Check-in: *All Swimmers must check-in by 9:30 AM each day at the registration table or you will be scratched from that day's events.* 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 at the registration table.

Day 1 Positive check-in is also required for the 500y Free, 200y Fly, 50y Breast, and 1000y Free. Day 2 Positive check-in is also required for the 400y I.M., 100y I.M., 200y Back, and 1,650y free. 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 by the announced time will be scratched from the event.

Relays: Relay entries will be accepted up until 20 minutes prior to the respective relay. All relay teams must either e-mail their information to david.bergquist@minnesotamasters.com by 11:59 pm on Wednesday, April 1st 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.

Scoring: At the conclusion of the meet, an Overall Team Champion will be crowned. The "Team Champions" will win bragging rights along with the coveted Minnesota Masters Swimming Loon Trophy. The winning team will be the Minnesota LMSC based Club or Workout Group who has the most cumulative points at the end of the meet. Athletes & Relays will score points for their respective USMS Clubs and workout groups. Points will be awarded as follows; for Individual Events: 9,7,6,5,4,3,2,1; Relays: 18,14,12,10,8,6,4,2. Note: all 4 members of the relay must belong to the same Workout Group for that Workout Group to receive any points. Club MINN Athletes & Relays will not score points towards overall team totals, but workout groups under Club MINN will.



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.

Event T-Shirt: If you register by 11:59PM Sunday, March 22nd, you will have the option while registering to pre-order a MN Masters SCY State Championship Meet 2020 t-shirt. Short sleeve shirts are \$12, and Long sleeve shirts are \$15. Note: The t-shirts are only available via pre-order. They will not be available for purchase at the event. **YOU MUST REGISTER BY SUNDAY MARCH 31st, 11:59PM TO ORDER A MEET T-SHIRT.**

Here is a draft (not final) of the proposed shirt logo:



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)

I plan to attend the following day(s):

- 1 day - Saturday
 1 day - Sunday
 2 days - Both Saturday and Sunday

I would like an event T-shirt

- Short sleeve (\$12) XS L
 Long sleeve (\$15) S XL
 ***Include your shirt size M XXL

Saturday				Sunday			
Event Number		Event	Entry Time	Event Number		Event	Entry Time
W	M			W	M		
Day 1		Saturday - 10:00 a.m. Start		Day 2		Sunday - 10:00 a.m. Start	
1		200 Medley Relay Mixed		21	22	200 Medley Relay W/M	
2	3	100y Free	____:____.____	23	24	200y Free	____:____.____
4	5	50y Fly	____:____.____	25	26	50y Back	____:____.____
6	7	400y Free Relay W/M		27		400y Free Relay Mixed	
8		200y Breast Mixed	____:____.____	28		400y I.M. Mixed	____:____.____
9		200y I.M. Mixed	____:____.____	29	30	100y Fly	____:____.____
10		200y Free Relay Mixed		31	32	200 Free Relay W/M	
11		500y Free Mixed	____:____.____	33	34	100y Breast	____:____.____
12	13	100y Back	____:____.____	35	36	50y Free	____:____.____
14	15	400y Medley Relay W/M		37		400 Medley Relay Mixed	
16		200y Fly Mixed	____:____.____	38	39	100y I.M.	____:____.____
17	18	50y Breast	____:____.____	40		200y Back Mixed	____:____.____
19		800 Free Relay Mixed		41	42	800 Free Relay W/M	
20		1000y Free Mixed	____:____.____	43		1650 Free Mixed	____:____.____

There may be a short pause before relays.

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. We encourage everyone to register online versus paper entry.

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: _____
 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)
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Street Address, City, State, Zip	
Signature of Participant	Date Signed

Revised 07/01/2014