



2020 YNS Masters LCM Mini Meet

Sunday, May 31st 2020

Warm-Up: 8:30am Start Time: 9:30pm



Hosted by YMCA of the North Shore Masters
254 Essex St, Beverly MA 01915

Facilities: The Sterling YMCA Pool is a 6-lane, 50-meter pool with seven-foot-wide lanes and non-turbulent lane lines. Fully automatic Colorado Time Systems electronic timing with touch pads at the finish end of the pool with electronic display. There are touch pads at the turn end of the pool. Attached to the main pool is a warmup/warm-down area that is approximately 42x20 feet in size. The start end of the pool is 5 feet deep. Turn end depth is 5 feet. There is spectator seating for 300. The pool is located inside the Sterling YMCA, 254 Essex Street, Beverly, MA 01915. Telephone number is 978-927-6855. Please enter through the main entrance. Directions may be found later in this document.

The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).

Eligibility: Open to all 2020 registered United States Masters Swimming (USMS) members 18 years or older as of May 5, 2019.

Rules: 2020 USMS rules apply.

Entries: Maximum of six individual events, plus two relays.

Deadline: On-line entries close 11:59PM May 16th. On-line entries as well as paper entries will be accepted

Information: Contact Caitlin Clark Phone: (978) 562-3904 E-Mail: clarkc@northshoreymca.org

Seeding: All events are pre-seeded and timed finals. Heats are seeded and swum from slowest to fastest, with men and women seeded together.

Awards: Awards for 1st through 3rd places by age group and men and women for individual events.

Fees: \$20.00 flat fee for participation. Payments can be made by check or cash. Please bring your payment to check in on the day of the meet.

Warm-Up: The pool will be available for warm-up from 8:30am to 9:30am. There will be one 23 yard open warm-up or warm down lane while the meet is in session. Diving permitted ONLY in designated 1- way sprint lanes, which will be announced during warm-up.

Event List:

1	200 Medley Relay
2	400 Freestyle
3,4,5	200 Back 200 Breast 200 Fly (all run simultaneously)
6	200 IM
7	50 Back
8	50 Breast
9	100 Fly
10	100 Free
11	50 Fly
12	50 Free
13	100 Breast
14	100 Back
15	200 Free
16	200 Free Relay

Entry Form
 YMCA of the Northshore Masters
 LCM Mini Meet
 Sanctioned by New England Masters Swimming

Name: _____ Age (as of 5/18/19) _____

DOB: _____ Sex: _____

Email Address: _____

Address: _____

USMS# _____ Team Name: _____

*Circle desired event numbers and list seedtime in meters (if you do not have a seed time please estimate based on a practice swim.) Limit of 6 individual events. Relays will be deck entered.

Mixed	Event	Seed Time
1	200 Medley Relay	XXXXXXXX
2	400 Freestyle	
3,4,5	200 Back,Breast,Fly (all run simultaneously)	
6	200 IM	
7	50 Back	
8	50 Breast	
9	100 Fly	
10	100 Free	
11	50 Fly	
12	50 Free	
13	100 Breast	
14	100 Back	
15	200 Free	
16	200 Free Relay	XXXXXXXX

Forms can be sent to:



Street, Beverly MA 01915

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