



## Aly Fell Open Water Swim

**SWIM DISTANCE:** 10K, 5K, 2.5K or 800m

**Wetsuit and Non-Wetsuit Divisions**

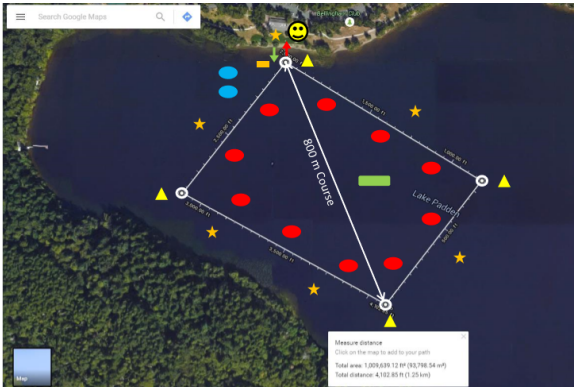
**SANCTIONED BY:** PNA for USMS, Inc #

**DAY & DATE:** Saturday August 29<sup>th</sup>, 2020

**HOSTED BY:** Bellingham Bay Swim Team

**LOCATION:** Lake Padden - West Entrance  
Lake Padden Park, 4882 Samish Way, Bellingham WA

**COURSE:** 1.25Km rectangular Course for 2.5K, 5K & 10K. Out and back for 800m race.



### SCHEDULE:

8:00-8:30am: Check In

8:45am: pre-race **MANDATORY** safety meeting for all swimmers.

9:00am: 10K Race

9:05am: 800m Race

9:20am: 5K Race

9:30am: 2.5K Race

**SAFETY:** Lifeguards, Safety Boats(s), Kayaks and Paddleboards will monitor the entire course and provide assistance in case of an emergency.

**ELIGIBILITY:** Open to all 2020 registered Master's Swimmers (USMS or MSC). Competitors not signed up may sign up for a \$27 One-Event USMS registration.

**RULES:** Current USMS rules will govern this event. Swimmers must wear swim caps, race chip and hand markings given at registration.

### ENTRY FEES:

10K: \$75

5K: \$65

2.5K: \$55

800m: \$35

Early Bird Sign Up Discounts this year! \$10 discount for all registrations before June 1st 2020, \$5 discount for all registrations before July 1st 2020.

Registration includes a souvenir T-Shirt and post-race refreshments. Day of Race Registration will be available for an additional \$10 if space permits. Canadian swimmers will be charged according to the CAD/USD exchange rate.

**ONLINE REGISTRATION:** Registration opens March 1st 2020 on our website: [www.alyfellmemorialopenwaterswim.com](http://www.alyfellmemorialopenwaterswim.com)

**ENTRY DEADLINE:** Online registration ends August 17th, 2020 at 11:59pm, or when the event maximum of 200 swimmers is reached.

**RESULTS:** Posted at the event and available on the website the following day.

**AWARDS:** Medals will be presented to the top 3 finishers in each distance from each gender for both wetsuit and non-wetsuit divisions. Ribbons will be presented for all age group winners.

**ADDITIONAL INFORMATION:** This event is dedicated to Aly Fell, a young swimmer from Bellingham Bay Swim Team, who tragically lost her life in a car crash while on a team trip. Just days prior, Aly had competed in her first open water swim at Lake Padden, and at age 15 took first place in the women's division and third overall - at just 5'2" you can see how she earned the nickname "Swim Felly Fierce".

**DAY OF RACE REGISTRATION:**

**2020 Aly Fell Open Water Swim**

**Saturday August 29, 2020**

**Hosted By Bellingham Bay Swim Team (BBST)**

**Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc.**

**Sanction #**

Name: \_\_\_\_\_

USMS#: \_\_\_\_\_

Street: \_\_\_\_\_

Birth(mm/dd/yy) \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Event choice (circle): 2.5K 5K 10K

Gender (circle) M F

**Fee Calculation:**

Entry Fee (prior to 08/17/20)

2.5K	\$55:00
5.0K	\$65:00
10.0K	\$75:00
Late entry Surcharge	\$10:00
*One-Event USMS fee	\$27:00

Total Fees remitted \_\_\_\_\_

\*USMS, Canadian, or foreign Masters Registration is required. Those without current Masters registration must pay the \$27 One-Event USMS entry fee.

Liability Release: "I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDIITON OF MY PARTICIPATION IN THE MASTER SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERTO, I HEREBY WAIVE ANY AND ALL RIGHT TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTER SWIMMING COMMITTEES, THE CLUBS, HOST FACILITES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



## 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	