**2021 NEW ALBANY** **SWIM MEET & PENTATHLON**

**SHORT COURSE YARDS**

**NEW ALBANY HIGH SCHOOL NATATORIUM**

**7600 FODOR ROAD**

**NEW ALBANY, OHIO 43054**

**(RIGHT OUTSIDE OF COLUMBUS, OH)**

Sanctioned by the Ohio LMSC for USMS, Inc. ()

\*\*FORMAT – 3 SWIM PENTATHLONS PLUS OTHER EVENTS\*\*

**IMPORTANT ANNOUNCEMENT:**

**We will be following COVID protocols set forth by the New Albany High School.  There have been many high school, middle school and USA swimming meets at the pool since end of December.**

**DATE** Saturday, March 20th, 2021. Warm-ups start at 10:00 a.m. Event #1 (1,000 yard freestyle) will start at 11:00 a.m. Event #2 (50-yard freestyle) will start at 11:20 a.m. or later. Deck entries should be in no later than 10:00 a.m. (except for the 1,000 and 500 yard freestyles; no deck entries accepted).

**LOCATION** The Natatorium is attached to New Albany High School on Fodor Road. **From Cincinnati on I-71 North:** exit 101A toward I-670W, take exit 109A toward I-670 toward airport, take US-62E toward Gahanna/Cleveland, turn left onto US-62/Mill St. Travel about 5 miles to second roundabout and take third exit onto Market St. Market St. becomes Fodor Rd after the next traffic light. HS is on the right immediately after the traffic light intersection. **From Cleveland on I-71-South:** Take Exit 119A or I-270E towards Wheeling, take OHI-161, Exit 30 toward new Albany/Worthington, Take the OH-161 Exit 30B, merge onto OH-161 New Albany Exchange, Take the Hamilton Rd. exit keeping right onto Hamilton Rd. Go one block and turn left onto E. Dublin Granville Rd and turn left at the second traffic signal. HS is on the right immediately after the turn. Parking available in the school lot.

**POOL** The pool is a 6-lane, 25-yard pool with anti-turbulent lane lines and automatic timing. Lane 6 will be available for warm-up during the meet. The length of the competition course has been measured and is NOT in compliance with USMS articles 105.1.7 and 106.2.1: Times achieved in the meet will NOT be eligible for USMS Top 10 and records.

**HOTELS** A Courtyard by Marriott hotel is located within 3 miles of the pool. Its address is 5211 Forest Drive, New Albany, OH 43054 and its phone is 614-855-1505. There is also a Hampton Inn & Suites located next door at 5220 Forest Drive and its phone is 614-855-8335.

**ELIGIBILITY** 2021 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance regulations, all swimmers must be registered U.S. Masters Swimmers. If not registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events. The USMS Release of Liability must be signed electronically during online meet entry or must be signed on paper for mailed entries. Please send a copy of your USMS card with your mailed entry. Only swimmers entered in the meet can participate in relays.

**AGE GROUPS** Age of competitors on March 20, 2021 will determine age group. Age groups for individual events will be: 19-24, 25-29, 30-34, 35-39, etc. Age groups for the pentathlons will be in 10-year age increments: 19-24, 25-34, 35-44, 45-54, etc.

**DEADLINE** Online meet entry is offered on ClubAssistant.com.  Online entries will close at 6pm, Friday, March 19, 2021.  Deck entries will be accepted until 9:50 a.m. on Saturday, except for event 1 (1000 Freestyle).



**WHERE TO** For online entry, please go to:

**ENTER:** <https://www.clubassistant.com/club/meet_information.cfm?c=2261&smid=12828>

**ENTRY** Online Pre-Entered Entries: $45

**FEES** All Deck Entries: $50

Online entries are paid by credit card to ClubAssistant.com and your credit card will be charged by "ClubAssistant.com Event Billing" for this swim meet.

**ENTRIES** Swimmers can enter any event individually and/or do one of the pentathlons.

**PENTATHLONS** There will be THREE swim pentathlons at this meet, but they’re not something you have to enter. You may enter any individual event(S) you like:

* Mini (50 of each stroke, plus a 100IM)
* Sprint (100 of each stroke, plus a 200IM)
* Distance (200 of each stroke, plus a 400IM)

**MEET** Chris Birnbrich

**DIRECTORS**

**CONTACT** Pete Tarnapoll

 614-563-1905

 pete.tarnapoll@gmail.com

**SEEDING &** Each event will be seeded by the pre-entered seedtime of each swimmer, with the slower heats first (except

**LANE** the 500, which will be swum fastest to slowest). The meet will be seeded according to times submitted,

**ASSIGNMENTS** regardless of age and gender. No Time (NT) will be seeded in the slower heats. Swimmers are responsible for reporting to the blocks on time for their appropriate heat and lane for each event. Heat and lane assignments for all events will be posted by 10:45 on the day of the competition.

**STARTING** A – When the simmers and officials are ready, the referee shall signal with an outstretched arm to the

**PROCEDURE** starter that the swimmers are under the starter’s control.

B – on the starter’s command “Take your mark,” the swimmers shall immediately assume their starting position with at least one foot at the front of the starting platform. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal

 C – for backstroke event starts, the starter may give the command “Place Your Feet” after the referee’s whistle.

**WARM-UP &** A – the pool is available for warming up beginning at 10am and will be cleared at 10:50.

**COOL-DOWN** B – lane 6 will be open for warm-up and cool-down throughout the meet and there will be multiple break periods in between events when the whole pool will be available for warm-up/cool-down.

C – we ask that swimmers in the warm-up/cool-down lane (#6) be considerate and stop/tread water during the start of each subsequent event.

**ORDER OF** 1. 1,000 Freestyle (limited to the first 6 entries)

**EVENTS** 2. 50 Yard Freestyle

**10 MINUTE BREAK**

3. 100 Back

4. 200 Breast

5. 50 Fly

**10 MINUTE BREAK**

6. 100 Fly

7. 200 Back

8. 50 Breaststroke

**10 MINUTE BREAK**

9. 200 Free

10. 500 Freestyle (limited to the first 15 entries)

11. 100 Freestyle

**10 MINUTE BREAK**

12. 200 Fly

13. 50 Back

14. 100 Breast

**10 MINUTE BREAK**

15. 100 Individual Medley

16. 400 Individual Medley

17. 200 Individual Medley

 **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.

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| --- | --- | --- | --- | --- |
| 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 |

Sanctioned by the Ohio LMSC for USMS, Inc.