



# Spring Fling at the IU Natatorium

Sunday, April 18<sup>th</sup>, 2021

Hosted by Indy Aquatic Masters  
Sanctioned by GRIN for USMS:



**LOCATION:** IU Natatorium, 901 West New York Street, Indianapolis, IN 46202. Hourly parking is available in the Riverwalk Garage (entrance is off Wabash Street). Please park on the 5th and 6th floors only. The Sports Garage adjacent to the Natatorium is available for monthly pass holders only.

**FACILITY:** The iconic IU Natatorium is located on the campus of IUPUI and has been a fixture in the community since 1982. The IU Natatorium has hosted hundreds of state, regional, national, and international events, including 14 Olympic Trials. Having just undergone an extensive renovation, the IU Natatorium is poised to be at the forefront of high-level competitive swimming for years to come.

**POOL:** The pool will be set up as a 25 yard course with four lanes for competition. Four outside lanes will be available for warmup/cool down during 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.

**RULES:** Current 2021 U.S. Masters Swimming rules will govern the conduct of this meet.

**ELIGIBILITY:** The meet is open to anyone 18 and older. All entrants must be registered with U.S. Masters Swimming or a member of a FINA-recognized National governing body. Each swimmer is eligible to swim a maximum of five (5) individual events.

**SESSIONS:** There will be two sessions offered: Session 1 (8:00 am – 11:00 am) and Session 2 (12:00 pm – 3:00 pm). Swimmers may choose one session to swim. All events will be offered in both sessions. A maximum of 24 swimmers may enter each session. Only four swimmers will compete in each heat.

**REGISTRATION:** [Online registration](#) through Club Assistant only. NO PAPER ENTRIES. NO DECK ENTRIES. The meet will last only **two hours** in each session. Keep the length of the meet in mind when choosing your events. For assistance completing the online registration process, please contact Michelle C. Harter at [info@indyaquaticmasters.com](mailto:info@indyaquaticmasters.com).

**AGE GROUPS:** The swimmer's age is determined as of the day of competition on April 18<sup>th</sup>, 2021. Age categories are 18-24, 25-29, 30-34, etc.

**ENTRY FEES:** Online entry is a \$35 flat fee (maximum of 5 individual events).

**EVENT DEADLINES:** Online entries must be received by **Tuesday, April 13<sup>th</sup>**, at 11:59 PM EST.

**Online entries link:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=1526&smid=13563](https://www.clubassistant.com/club/meet_information.cfm?c=1526&smid=13563)

**EVENT SEEDING:** All heats will be seeded slowest to fastest. All heats will have a maximum of four swimmers.

**RELAYS:** There will be no relays offered due to COVID-19 safety precautions.

**WARM-UP PROCEDURES:** Swimmers must enter the pool feet first in a cautious and controlled manner. Only **three swimmers per lane during pre-meet warmup** and all swimmers must maintain 5 yards apart while stopped in the pool. Swimmers must maintain at least six feet apart while on deck. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (Rule 102.15.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.

Warmup/cool down during competition will be available in four outside lanes in the competition pool. No more than three swimmers per lane are permitted in the warmup/cool down lanes and swimmers must maintain five yards apart at all times.

**SCORING & AWARDS:** Individual events: 11-9-8-7-6-5-4-3-2-1. There will be no awards.

**RESULTS:** Results will be combined from both the morning and afternoon sessions. Final results will be available after the afternoon session and will be posted on both the Indy Aquatic Masters website and the GRIN website.

### COMPETITION SCHEDULE:

#### **Session One (Maximum 24 swimmers) Please arrive no earlier than 7:45 am:**

8:00am Warm-Up Starts  
8:30am Designated Sprint Lanes Open  
8:50am Warm-Up Ends  
9:00am Competition Begins for Session One  
11:00 am Competition Ends for Session One (*Swimmers are asked to leave facility by 11:30 am*)

#### **11:00 am – 12:00 pm Facility Cleaning**

#### **Session Two (Maximum 24 swimmers) Please arrive no earlier than 11:45 am:**

12:00 pm Warm-Up Starts  
12:30 pm Designated Sprint Lanes Open  
12:50 pm Warm-Up Ends  
1:00 pm Competition Begins for Session Two  
3:00 pm Competition Ends for Session Two (*Swimmers are asked to leave facility by 3:30 pm*)

### ORDER OF EVENTS FOR BOTH SESSIONS ONE AND TWO:

200 IM  
100 Free  
50 Fly  
200 Breast  
50 Back  
100 Fly  
50 Breast  
100 IM  
200 Free  
100 Back  
50 Free  
200 Fly  
100 Breast  
200 Back

### COVID-19 HEALTH AND SAFETY

To maintain the health and safety of our swimmers, officials, volunteers, coaches, and facility staff during the COVID-19 pandemic, we be enforcing the following COVID-19 Health and Safety Policy. Failure to comply with this policy and the procedures will result in disqualification from the meet and you may be asked to leave the facility.

- Swimmers in the morning session are not to arrive before 7:45 am and swimmers for the afternoon session are asked to not arrive before 11:45 am. A facility cleaning will take place before and between sessions.
- All swimmers, volunteers, and officials will complete a USMS COVID-19 Participant Screening Form and a Facility COVID-19 Liability Release upon arrival. No one will be permitted to enter the facility without meeting the screening criteria as indicated.
- Sanitizer will be available on deck to use as needed. Please sanitize your hands often.
- Only three swimmers per lane are permitted for warmup/cool down. Swimmers must maintain 5 yards apart during warmup/cool down.

- No more than four swimmers will be competing in a heat.
- No relays will be offered.
- Swimmers must wear masks at all times unless behind the block preparing for their race or in the water. It is suggested that each swimmer bring a Ziploc bag to place their mask in behind the block while competing. Extra zip loc bags and masks will be available at the check-in table.
- All timers, officials, swimmers, and volunteers must maintain at least six feet distance at all times and wear masks while in the facility and on campus.
- Swimmers may use the locker-rooms for changing/showering/toilet usage. Lockers may not be used for storing belongings. Swimmers must place belongings at least six feet apart on the bleachers on deck.
- Swimmers must sit on bleachers at least six feet apart.
- No spectators are permitted.
- No cheering or congregating on deck at any time.
- No cheering or congregating in the pool during warmup/cool down.
- Facility staff will clean all surfaces between sessions.
- Swimmers must exit the pool after his/her race as quickly as possible and maintain at least six feet distance from timers and the next competitors.

Please complete and bring a [USMS COVID-19 Attendee Screening Form](#) to the meet for Check-In.

**QUESTIONS:** For questions or additional information, please contact Michelle C. Harter at [info@indyaquaticmasters.com](mailto:info@indyaquaticmasters.com).

**EVENT WEBSITE:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=1526&smid=13563](https://www.clubassistant.com/club/meet_information.cfm?c=1526&smid=13563)

**MEET DIRECTORS:** Mel Goldstein - [goldsteinmel@sbcglobal.net](mailto:goldsteinmel@sbcglobal.net) / Michelle Harter - [info@indyaquaticmasters.com](mailto:info@indyaquaticmasters.com)



## 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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. 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.
6. 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