

Joliet Blue Tides Covid Championships
Sanctioned by the Illinois LMSC for USMS, Inc.

DATE & TIME: May 1, 2021
Check in – 10:45
Warm Up, Group 1 – 11:00-11:20
Warm Up, Group 2 – 11:20-11:40
Starts and one way sprints – 11:40-11:55
Meet Begins– 12:00

FACILITY: Inwood Athletic Club, 3000 W Jefferson St., Joliet, IL 60435
8 lane, 25 yard indoor pool with Colorado timing system at starting end. All 8 lanes will be available for warm up. During the meet, lanes 2-6 will be used for individual events, with lane 8 as a continuous cool down and warm up lane and lanes 1 and 7 to be used as warm up/cool down overflow.

POOL LENGTH CERTIFICATION: The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

ELIGIBILITY: The meet is open to all Joliet Blue Tides members and they have priority sign up through April 21. Starting Thursday, April 22nd, any ILMSA members may sign up for remaining spots. Current USMS rules will govern the meet. All participants must be age 18 or older as of the last day of the meet, and be currently registered members of U.S. Masters Swimming.

ENTRIES: Online entry must be completed by 11:59pm Central Time on Thursday, April 29, 2021.
Blue Tides members will be emailed an online sign up to be completed before April 22. Beginning at 8am on April 22, any remaining spots are up for grabs for any ILMSA members. ILMSA swimmers can add their name to this list and they are counted as being in the meet.
<https://www.signupgenius.com/go/9040F4DAAAC28A1FD0-blue3> **The number of spots on the list is the number of spots still open at that time. Once the list is full, swimmers can add their name to the wait list if they wish.**

An entry form will be emailed to everyone on the list around noon on April 22. Those should be returned as soon as possible but no later than April 29. If you are on the waiting list and a spot opens up for you, we will email you an entry form at that time.

***We encourage swimmers to use a seed time for each event entered. Heat winner awards will be given based on the closest entry time to actual time. We will accept a NT for an entry time, but those swimmers would not be eligible for an award. So take your best guess and let's have some fun!**

ENTRY FEES: Entry fees are due upon arrival at the facility on May 1. There is a flat fee of \$15 per Blue Tides swimmer or \$20 for a non-Blue Tides swimmer. Swimmers may pay by credit card, check or cash at the front desk at the Inwood Athletic Club.

ENTRY LIMITS: Swimmers may enter a maximum of 5 individual events and 3 relays. The 400 IM and 500 free will be limited to the first 8 entries.

CHECK-IN: Check in for all swimmers will take place in the Inwood Athletic Club lobby outside of the pool. At this time, swimmers will have a temperature check, turn in their self-screening form, waiver, and confirm events. **Participants will then pay their meet fee at the front desk.**

SEEDING: Events will be seeded according to time, slowest to fastest. Men and women will be combined for

all events.

SCRATCHES: There is no penalty for scratches. Scratches are non-refundable.

RELAYS: Relays will be deck entered and seeded prior to each race. There is no extra charge for relays, however only team members registered for the meet may participate. Mixed relays consist of two women and two men.

To help with social distancing, relays will be handled in the following manner. Only relay members in the current heat should be behind the blocks. Lanes 2,4,6,8 will be used with the other lanes open, so swimmers have room to space themselves on deck. After swimming a relay segment, the swimmers can climb out the end of their lane and put on their mask, or move to the lane below (so racing in lane 2 would move to lane 1, etc.) and float or stand in the shallow end while the relay continues. Please spread out while you wait for your relay to finish. Once all relays are complete swimmers can make their way to a ladder or end and climb out.

There will be no ongoing warm up or cool down lanes during relays, but there will always be a 5 minute break after a relay event so swimmers can cool down then in any lane with 3 or less people.

AWARDS: Each heat will have a swimmer earn the “best guesser” award. Winners will be decided based on how close their final time is to their entry time. The swimmer with the closest entry time will receive the award for that heat.

SPECTATORS: Spectators will not be allowed on deck or in the bleachers for this meet. They may sit in the lobby and watch through the windows, or they are welcome to be volunteer timers (and have the best seat in the house!) Please email mhoover@jolietpark.org if you have someone who would like to volunteer at the meet.

HOSPITALITY: There will be a small grab and go hospitality room for volunteers. Swimmers are expected to bring their own snacks and drinks. Water fountains are unavailable, so please bring your own water.

MEET DIRECTOR: Molly Hoover, mhoover@jolietpark.org, 815-557-6853

ORDER OF EVENTS:

1. 400 IM - (first 8 to sign up)
2. 50 Free
3. 100 Fly
4. 200 Breast
5. 50 Back
6. 200 Free Relay
(short break)
7. 100 Free
8. 100 IM
9. 200 Fly
10. 50 Breast
11. 400 Medley Relay
(short break)
12. 200 Free
13. 50 Fly
14. 100 Back
15. 200 IM
16. 200 Medley Relay
(short break)
17. 100 Breast
18. 200 Back
19. 500 Free (first 8 to sign up)
20. 400 Free Relay



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	



USMS COVID-19 Attendee Screening Form

The following form is based on CDC guidance and must be completed by all attendees (swimmers, volunteers, officials, and facility staff) in the 24 hours prior to the event and submitted prior to entering the facility. If the answer to any of these questions is yes, the participant shall not attend the event unless clearance is given by their medical provider.

Name Printed		Date	
Name Signature		Temperature	
In the past 48 hours, have you had any of the following symptoms?			
Yes <input type="checkbox"/> No <input type="checkbox"/>	Fever of 100.4 F (38 C) or above	Yes <input type="checkbox"/> No <input type="checkbox"/>	Cough
Yes <input type="checkbox"/> No <input type="checkbox"/>	Trouble breathing, shortness of breath, or severe wheezing	Yes <input type="checkbox"/> No <input type="checkbox"/>	Muscle aches
Yes <input type="checkbox"/> No <input type="checkbox"/>	Chills or repeated shaking with chills	Yes <input type="checkbox"/> No <input type="checkbox"/>	Sore throat
Yes <input type="checkbox"/> No <input type="checkbox"/>	Loss of sense of smell or taste, or a change in taste	Yes <input type="checkbox"/> No <input type="checkbox"/>	Headache
Yes <input type="checkbox"/> No <input type="checkbox"/>	Nausea, vomiting, or diarrhea		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Within the past 14 days, have you been in close proximity (6 feet or closer for a cumulative total of 15 minutes) to any individual who tested positive for COVID-19 or has symptoms consistent with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you isolating or quarantining because you may have been exposed to a person with COVID-19 or are worried that you may be sick with COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you currently waiting on the results of a COVID-19 test?		

The event host shall keep all original USMS COVID-19 Attendee Screening Forms for no less than 90 days following the completion of the event or until directed by USMS to dispose of them.