



DSMY MASTERS LCM INVITATIONAL

Sunday, August 8th, 2021

U.S. Masters Swimming Sanction Number: _____

DSMY and the Wellmark YMCA have taken enhanced health and safety measures – for you, our other guests, volunteers and our athletes. You must follow all posted instructions while attending our 2021 DSMY Masters LCM Invitational. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the 2021 DSMY Masters LCM Invitational, you voluntarily assume all risks related to exposure to COVID-19.

Hosted by: DSMY Marlins Masters

Location: Wellmark YMCA, 501 Grand Ave. Des Moines, IA 50309

Date: Sunday Morning, August 8th, 2021

Timeline: The **Skywalk** entrance to the MidAmerican Energy Company Aquatic Center will open at 10:30am Sunday. All meet spectators, volunteers and participants should use this entrance.

10:30am Pool Doors Open

11:00am Warm-ups begin

11:05pm Officials Meeting (wet classroom)

11:30pm Lanes opening for starts & one-way swims

11:45pm Timers meeting by Admin table

11:50pm <pool(s) cleared>

11:56pm National Anthem

12:00pm Competition Begins

Sanction: Sanctioned by USMS Inc. and Iowa Masters Swimming.

Pool: The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems and Colorado Backstroke Starting Devices will be used in all configurations.

The 4 lane, 25 yard program pool may be made available for warm-up and cool down.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

Awards: No Awards will be presented at this meet.

Team: Generally your "team" is the city or town where you live. See "team definition" below.

Rules: 2021 USMS rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of July 31, 2021 determines age for the meet. Relay age groups are: 18+, 25+, 35+, etc. The age of the youngest swimmer determines the age of the relay.

Event Limit: Swimmers may enter a maximum of four (4) individual and two (2) relay events. Sign-ups for relays will be at the admin table. Teams can enter or they can be randomly assigned with other meet participants.

Cost: \$29.00 entry fee + 1.00 splash fee = \$30.00.

(A late fee of \$10.00 will be added to all entries after Tuesday August 3, 2021) Make check payable to Greater Des Moines YMCA. The splash fee is for the promotion of Masters Swimming in Iowa.

Entry Deadline: Tuesday, August 3, 2021. After this date, deck entries will be accepted, but will be assessed a \$10.00 late fee. We do want to encourage all entries including deck entries. However, late entries must be received by 11:15 a.m. on the day of the meet.

A minimum of 40 swimmers are needed to host the meet. If the number of swimmers is less than 40 at the early entry deadline, the meet will be canceled, and all entry fees will be returned.

Seed Times: Submit latest times for 50-meter course. Enter "NT" for no time.

Eligibility: Open to all swimmers with current U.S. Masters swimming memberships.

USMS Registration: REQUIRED! It is strongly recommended that you complete your 2021 USMS registration prior to entering the meet. You may do so any time at usms.org. Please attach a photo copy of your 2021 USMS card with entry form and check.

Scratches: Swimmers not reporting for events will be scratched. No refunds.

Meet Director: James Lawson james.lawson@dmymca.org 515-229-0677

Meet Referee: John Van Meter john.vanmeter@dmymca.org 515-471-8560

Safety Director: Ann Peterson ann.peterson@dmymca.org 515-471-8546

Mail entries and check to:

Wellmark YMCA (checks payable to: **Greater Des Moines YMCA**)
Attn: John Van Meter
501 Grand Avenue
Des Moines, IA 50309

ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A CHECK. PLEASE MAKE SURE THAT ALL ENTRIES ARE WRITTEN LEGIBLY. ANY ENTRIES THAT CANNOT BE READ WILL BE DISCARDED AND RETURNED TO SENDER.

Team Definitions: All USMS swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. A "Team" is defined as follows:

1. A team must have a designated City or Town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly (at least 20 times per year) at a pool within 25 miles of the designated city or town.
3. Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
4. Teams outside the state of Iowa are welcome

OFFICIAL ENTRY FORM

2021 DSMY MASTERS LONG COURSE INVITATIONAL

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic Center
Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309

Sunday, August 8, 2021

Sanctioned by: USMS, Inc. and Iowa Masters Swimming.

Sanction Number: _____

NAME _____ GENDER ____ AGE ____ (age on date: August 8, 2021)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-mail ADDRESS _____

US Masters Swimming Number _____ AGE GROUP _____ TEAM _____

Money enclosed: Meet entry and splash fee: \$30.00 (before August 3)

Late entry and splash fee: \$40.00 (on/after August 3)

Mail form to:

Wellmark YMCA
Attn: John Van Meter
501 Grand Ave
Des Moines, IA 50309

Total enclosed \$ _____

(checks payable to: **Greater Des Moines YMCA**)

EVENTS: limit of 4 individual & 2 relay events (please circle event number and enter seed time for individual events, Yes or No if you wish to be entered into a relay)

Women	Event	Men
1 (Y) (N)	200 Medley Relay	2 (Y) (N)
3 _____	200 Freestyle	4 _____
5 _____	100 Butterfly	6 _____
7 _____	200 Individual Medley	8 _____
9 _____	50 Freestyle	10 _____
11 _____	400 Freestyle	12 _____
13 _____	50 Breaststroke	14 _____
15 _____	100 Backstroke	16 _____
17 _____	50 Butterfly	18 _____
19 (Y) (N)	200 Freestyle Relay	20 (Y) (N)
21 _____	100 Freestyle	22 _____
23 _____	50 Backstroke	24 _____
25 _____	100 Breaststroke	26 _____
27 _____	800 Freestyle	28 _____



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