

2021 Ozark LMSC Short Course Meters Championship

Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM)

Sanctioned by Ozark LMSC for USMS, Inc.

Saturday, October 30, 2021 at 12:00 pm

Location: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025

The pool is 50 meters in length with movable bulkheads; the competition pool will be 25 meters in length. There are 6 SCM competition lanes, one buffer and one warm-up/down lane; a separate 8 lane SCY pool is available for continuous warm-up/down during the meet. The elevated viewing area can seat 499 spectators, the pool level seats 220 coaches and swimmers; there are dedicated men's and women's large size locker rooms. **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 is contingent on verification of bulkhead placement.**

Time: Warm-up starts at 11:00 am, meet begins at 12:00 pm.

Eligibility: Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on December 31, 2021. Participants must be current USMS members; apply for USMS membership online prior to the meet at <http://www.usms.org/reg/>. Select "Ozark" as the LMSC (not Missouri Valley or Illinois).

Conduct: The 2021 USMS rules will govern the conduct of the meet. All events will be timed finals. Participants will be limited to five (5) individual events for the meet. Events will be seeded slowest to fastest; genders may be seeded together at the discretion of the meet referee.

COVID-19 Safety Protocol: Per CDC guidance, all attendees (both vaccinated and unvaccinated) are required to wear a mask covering the nose and mouth at all times while indoors at the event except while swimming. Proof of vaccination is not required. The USMS COVID-19 Safety Plan Addendum for this meet is on the last page of the entry form.

Relays: Due to COVID-19 Safety Protocols, Relays will not be offered at the meet.

Fees: \$35 Mail-In Entry Only (No Online or Deck Entry)

Send completed entry form, signed/dated check & USMS participant waiver to:

Maryanne Barkley, Meet Director, 931 Cherry Lane, Troy, IL 62294

Please make checks payable to **St. Louis Area Masters Swimming, Inc.**

PLEASE CONSIDER MAIL DELIVERY MAY BE DELAYED due to COVID-19

Entry Deadline: If you do not receive email confirmation of your entry by 10/28/21, contact Maryanne Barkley at 618-667-3134 or barkleymaryanne@gmail.com. Entry form, liability waiver & check must be completed, signed, and dated.

✉ Mailed Entry RECEIVED by October 27, 2021. NO DECK ENTRY ALLOWED, NO EXCEPTIONS.

The 800 FR & 1500 FR require positive check-in before Event 13; Heats seeded & swimmers notified at the break.

Driving Directions: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025

I-270 @ Exit #9: Hwy 157 North, continue 3.5 miles; right on Center Grove Rd, right at EHS Sports Complex stoplight.

I-55 @ Exit #23: West 143 to Governors Pkwy 4 miles; left on ESIC Dr, right on Center Grove, left at EHSSC stoplight.

Chuck Fruit Aquatic Center & parking is the first left. A pedestrian tunnel connects the Complex to nearby lodging.

Lodging: Walking Distance to Pool (Edwardsville): Holiday Inn Express, 1000 Plummer Dr, 618-692-7255; Country Hearth Inn & Suites, 1013 Plummer Dr., 616-656-7829; TownePlace Suites, 6101 Center Grove, 618-655-3001.

Within Ten Miles: Comfort Inn & Suites, 3080 S. Hwy 157, Edwardsville, 618-656-4900; Hampton Inn, 5723 Heritage Crossing Dr, Glen Carbon, 618-589-5000.

2021 OZARK LMSC SC Meters Championship ENTRY FORM
Sanctioned by Ozark LMSC for USMS, Inc.
Saturday, October 30, 2021 – Meet starts 12:00 pm

Name (as listed on 2021 USMS card):	Birth Date:	Age (on Dec 31, 2021)	Gender:
Address:	Home Phone		
City:	State:	Zip:	Club Affiliation
2021 USMS Number (attach copy of card)	Email Address:		
Emergency Contact Name:	Emergency Contact Phone:		

SEED TIME REQUIRED – Actual or Estimated SC Meters time; Print Times Legibly

Maximum Entry – 5 events

#	Event-SC meters	Seed Time	#	Event-SC meters	Seed Time
1	100 Free		9	200 Breast	
2	200 Fly		10	50 Back	
3	50 Breast		11	100 Fly	
4	400 Free		12	100 IM	
	10-Minute BREAK			10-Minute BREAK	
5	100 Breast		13	400 IM	
6	200 Back		14	200 Free	
7	50 Fly		15	100 Back	
8	200 IM		16	50 Free	
	10-Minute BREAK			10-Minute BREAK	
			17	800 Free	
			18	1500 Free	

See next page for USMS Participant Waiver; it must be signed, dated & included with entry form.

Meet Entry Fee: \$35 Must be Received by October 27, 2021

Checks payable to **St. Louis Area Masters Swimming, Inc.**

Mail Entry Form, Waiver and Check to:

Maryanne Barkley, Meet Director, 931 Cherry Lane, Troy, IL 62294

Phone 618-667-3134 or Email barkleymaryanne@gmail.com if your entry is not confirmed by October 28, 2021

PLEASE CONSIDER MAIL DELIVERY MAY BE DELAYED due to COVID-19

→ **USMS Participant Waiver must be completed, signed, dated and included with ALL entries.**



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



PERSONAL RESPONSIBILITY - 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 meet director immediately.

CAPACITY – St. Louis Area Masters will comply with and enforce existing health and safety guidelines of United States Masters Swimming, Ozark LMSC, the State of Illinois and Madison County. Per state and county guidelines the Chuck Fruit Aquatic Center will be filled to no more than 60% of its capacity and there will be no more than 425 people in the facility during this event. No more than 4 swimmers will be allowed in any of the 16 lanes of the competition and warmup pools at any time; the pool capacity is 64 swimmers.

CLEANING - The bleachers, starting blocks and pool deck will be sanitized before the start of the meet & after the meet ends.

FACILITY - Swimmers will be able to use the locker room bathrooms, changing rooms, and showers. Swimmers are also able to show up in their suits and leave in their suits. Drinking from the water fountain is prohibited but using the water-bottle filler is allowed; swimmers should provide their own water-bottle and snacks.

SCREENING - All attendees should self-screen at home and take their temperature at home. Stay at home if not feeling well or if you have been in contact with anyone who has or may have COVID-19.

FACE COVERINGS - Masks will be worn at all times by all participants except when swimming; swimmers will remove their masks just prior to swimming and reapply them after they leave the pool. The swimmers' masks will be put into zip-lock bags and placed with their towel in a designated basket next to the starting block during their events. Masks will be worn at all times by all volunteer and paid officials, timers and staff for the duration of the event.

REGISTRATION & CHECK-IN - All registration will be conducted online prior to the meet. Swimmers will be assigned lanes and heats for each of their events and space themselves at least 6 feet apart in the bleachers or in portable chairs prior to the meet. Heat sheets will be sent electronically to the swimmers before the meet. Results will be available electronically after the meet.

** No Heat sheets or Results will be posted in the facility during the meet.

Upon arrival to the facility the swimmers will check in by name. They will be advised to space themselves at least 6 feet apart in the seating area for the meet, where they will remain except when swimming their events or going to the bathroom.

SPACING on DECK - Swimmers will space themselves at least 6 feet apart in the bleachers or in a portable chair on deck. Swimmers will remain in their seat except when swimming or using the restroom. When the heat before them gets up on the blocks they will stand against the wall behind the starting blocks at each lane.

Swimmers will stand behind the blocks and place their towels and their zip-lock mask bag in the designated basket just prior to the start of their heat. The next heat will stand at least 6 feet behind the blocks until the swimmers in the heat before them have exited the pool and retrieved their towels and masks.

WARM-UP - Swimmers cannot enter the venue until 15 minutes prior to warmups. Swimmers will space themselves at least 6 feet apart in the bleachers or portable chairs. No more than 4 swimmers will be allowed in each lane of the competition and warmup pools. The total number of swimmers should not exceed the pool space available. Swimmers will keep their masks in their zip-lock bag in the designated basket next to the starting block while warming up and resume wearing their mask as soon as they exit the pool.

RACING - Swimmers will remain in their seats until the heat before theirs steps up on the blocks, then proceed to stand at least 6 feet behind the starting block in their lane. They will remain there until the swimmers in the heat before them exit the pool, retrieve their belongings, and walk to the warm down pool or their seat. They will walk from the wall to stand behind the blocks, remove their masks into a zip-lock bag and put it in the designated basket. After their race they will exit the pool, retrieve their belongings, and walk to the warm down pool or their seat.

AWARDS & RESULTS - There are no awards at this meet. Results will be available online at the Ozark LMSC Facebook page and will be emailed by the meet director to meet participants.

POST-EVENT NOTIFICATION - When registering for the meet, each participant is required to commit to informing Ozark LMSC within 24 hours if they develop symptoms of COVID-19 and/or test positive for COVID-19 within 10 days after the meet. All attendees will be informed of the same requirement; if a positive test result occurs, all meet attendees will receive an email notice.