**** **2022 PIETER CATH MEMORIAL INTER-SQUAD MEET**

**SHORT COURSE YARDS**

 **LAKEWOOD HIGH SCHOOL NATATORIUM**

 **LAKEWOOD, OHIO**

 USMS Sanction # 182-S001

**DATE** Sunday, Jan 23, 2022. Warm-ups start at 8:00 a.m. Event #1 (500 yard freestyle) will start at 9:00 a.m. Event #2 will start at 9:45 a.m. or later. Deck entries should be in no later than 9:00 a.m.

**LOCATION** The Natatorium is attached to Lakewood High School on Robinwood Ave. From I-90 (east or west) exit at Bunts Road. Proceed north on Bunts to Madison Ave. Turn left at Madison and proceed west to Robinwood (first street). Turn right on Robinwood Ave. and proceed to the end where the pool lobby entrance is immediately in front where swimmers can be dropped off.

**POOL** The pool is an 8 lane, 25 yard pool with anti-turbulent lane lines and Colorado system automatic timing. An adjacent separate diving well will be available for warm-up during the meet. 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 107.2.1.

**MOTEL** A Days Inn Motel is near the pool. It is located at 12019 Lake Ave., Lakewood, Ohio, 216-226-4800.

**ELIGIBILITY** 2022 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 Jan. 23, 2022 will determine age group. Age groups are: 19-24, 25-29, 30-34, 35-39, etc. For relays, age group is determined by the age of the youngest swimmer in the team (i.e. 19+, 25+, 35+, 45+, etc.). All relays can be swum with 4 women, 4 men, or mixed (2 women and 2 men).

**AWARDS** Individual events: First-place medal, second and third place ribbons. Relays: first, second, and third-place ribbons. For those who have too many medals and ribbons, we offer alternative awards – coupons – for first, second and third place in individual events and first place in relays. Results will be posted on [www.ohiomasters.com](http://www.ohiomasters.com) usually within a day or two.

**DEADLINE** Online registration is offered on ClubAssistant.com. Online entries will close at noon, Saturday, January 22, 2022. Paper entries must be received by the Meet Director by Wednesday, January 19, 2022.Deck entries will be accepted until 8:50 a.m. on Sunday, except for event 1 (500 yd. Freestyle). Relays are deck entry only.

**ENTRIES ONLINE ENTRIES** **PAPER ENTRIES**

**FEES** $30.00 prior to 11:59, Jan. 15, 2021 $35.00 Mail in entry

$35.00 Sunday Jan. 16, 2021 to noon, Saturday, Jan. 22, 2022. $10.00 Relay only swimmer

 $40.00 All deck entries:

 Note: Swimmers age 80 and over can enter for free. These swimmers must use the mail in form.

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. For mailed entries, make checks payable to **O\*H\*I\*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Cleveland, Ohio 44143.** Online entries are cost effective and strongly recommended. **Swimmers who intend to swim only relay events must officially enter the meet using the paper entry form and pay the $10.00 Relay Only Fee.**

**SOCIAL** Details will be available at the meet. $5.00 donation appreciated at the door.

**MEET DIRECTORS:**  Kevin McCardle, Tom Gorman

**MAIL IN ENTRY FORM**

**2022 PIETER CATH MEMORIAL INTER-SQUAD MEET (SCY)**

**LAKEWOOD HIGH SCHOOL NATATORIUM, LAKEWOOD, OHIO**

**January 23, 2022**

**USMS Sanction # 182-S001**

NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SEX \_\_\_ AGE on Jan. 23, 2022\_\_\_ BIRTHDATE \_\_\_\_\_\_\_\_

ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CITY \_\_\_\_\_\_\_\_\_\_\_\_ STATE \_\_ ZIP \_\_\_\_\_\_\_\_

PHONE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ TEAM \_\_\_\_\_\_\_\_\_ or UNattached \_\_\_ USMS #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (send copy of card)

Event 1 starts 9:00 a.m. Event 2 starts 9:45 or later.

1. 500 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_ 12. 50 YD. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_

(No deck entries for this event) 13. 400 YD. FREE RELAY XXXXXXXXXX

2. 200 YD. BUTTERFLY \_\_\_\_\_\_\_\_\_\_ 14. 400 YD. I.M. RELAY XXXXXXXXXX

3. 200 YD. MEDLEY RELAY XXXXXXXXXX

4. 200 YD. BACKSTROKE RELAY XXXXXXXXXX 15. 50 YD. BUTTERFLY \_\_\_\_\_\_\_\_\_\_

5. 50 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_ 16. 100 YD. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_

6. 200 YD. BREASTSTROKE \_\_\_\_\_\_\_\_\_\_ 17. 200 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_

7. 50 YD. BACKSTROKE \_\_\_\_\_\_\_\_\_\_ 18. 100 YD. INDIV MEDLEY \_\_\_\_\_\_\_\_\_\_

8. 100 YD. BUTTERFLY \_\_\_\_\_\_\_\_\_\_ 19. 100 YD. BACKSTROKE \_\_\_\_\_\_\_\_\_\_

9. 200 YD. INDIV MEDLEY \_\_\_\_\_\_\_\_\_\_ 20. 200 YD. FREE RELAY XXXXXXXXXX

 21. 200 YD. BREAST RELAY XXXXXXXXXX

10. 100 YD. FREESTYLE \_\_\_\_\_\_\_\_\_\_ 22. 200 YD. FLY RELAY XXXXXXXXXX

11. 200 YD. BACKSTROKE \_\_\_\_\_\_\_\_\_\_

**Entry Fees:** Paper Entry $35.00 = \_\_\_\_\_\_\_\_\_\_\_

 All Deck Entries $40.00 = \_\_\_\_\_\_\_\_\_

 Relay Only Swimmers $10.00 = \_\_\_\_\_\_\_\_\_\_\_

□ I am a swimmer 80 years of age or over and am entering the swim meet at no cost.

□ This is my first time entering a U.S. Masters Swim Meet. Please select t-shirt size below…

 □ Medium

 □ Large

 □ Extra Large

**Deadline**: Deadline for Online Entries is noon., Saturday, January 22, 2022. Paper entries must be received by Wednesday, January 19, 2022.For paper entries make checks payable to: **O\*H\*I\*O MASTERS SWIM CLUB.** Mail to: Meet Director, P.O. Box 43824, Cleveland, Ohio 44143

**Please read and sign the “Participant Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement” on the next page.**

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sanctioned by Lake Erie LMSC for USMS, Inc. # 182-S001



**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 |

***Revised 5/26/2020***

SWIM MEET PROCEDURES IN COVID 19 ENVIRONMENT

USMS encourages members to be vaccinated for COVID-19, but it is understood to be a personal decision based on individual factors. USMS is not requiring COVID-19 vaccination to participate in this event. Attendees who have not been vaccinated must wear a mask covering the nose and mouth inside the facility at all times except while swimming. Disposable masks will be available at the facility for swimmers who have forgotten their mask. Note that USMS liability insurance does not cover transmission of viral or bacterial infections.

Swimmers who must wear a mask should bring a Ziploc bag with their name written on it to keep the mask clean and dry while the swimmer is in the water. Ziploc bags and magic markers will be available at the facility. Swimmers should remove their mask just before entering the water and put the mask on as soon as the race is completed.

Persons exhibiting COVID-19 like symptoms are not permitted to compete or enter the facility.

Work with the facility to ensure enhanced sanitation practices are followed. Hand sanitizers or hand washing stations will be available.

Swimmers should limit spectators and nonessential attendees.

Bathroom access may be limited to avoid crowding in the bathroom. Swimmers should arrive and leave in their suits.

No food and drinks will be provided. Swimmers should bring snacks, water, etc in individually wrapped or sealed containers.

Swimmers and guests should space out seating areas. Do not congregate behind the blocks before or after races. Swimmers should not congregate on the side or at the end of the pool to cheer for friends.

Swimmers will not be required to check in. Swimmers deck entering should submit their application at the check in table, taking care to maintain social distancing.

A schedule of events will be posted on site. Swimmers should avoid gathering closely to review their assigned heats and lanes. Listen closely for when you are being called to the starting block.

If possible, relay events will use every other lane. Relay swimmers should avoid crowding behind the starting block.

Each lane will have only one timer. Timers will keep ample space from the blocks at the start of the race and only move up to the pool’s edge at the end of the race to stop their watch and/or push their button. They then will move back to their original position.

At the end of each race, swimmer should clear the area quickly to avoid crowding behind the blocks.

Swimmer should not linger to ask for times once a race is completed.

Swimmers in the next heat should be positioned near the starting blocks and not move up to the blocks until instructed to do so. Additional time will be allowed between heats and events to avoid crowding behind the blocks.

Once the races are completed, swimmers should leave the facility without lingering to socialize or cheer on teammates.