



SAN LUIS OBISPO SWIM CLUB

2015 SPRING SPLASH



DATE OF MEET: Friday, Saturday and Sunday, March 20nd – 22nd
SANCTIONED BY: USA Swimming, Southern CA Swimming & Southern Pacific Masters Swimming
SANCTION #: **S15-054 (SCS) and 335-S011 (SPMS)**
SPONSORED BY: San Luis Obispo Swim Club, Coastal Committee, and SPMS

DECK OPENS: Friday 3:30pm/Saturday 7:00am/Sunday 7:00am
WARM-UP START: Friday 3:30pm/Saturday Prelims 7:00am/Saturday Age Group 12:00pm/Sunday Prelims 7:00am/Sunday Age Group 12:00pm/Finals TBD
MEET START: Friday Prelims and Age Group 5:00pm / Friday Finals TBD
Saturday Prelims 8:30pm / Saturday Age Group 1:00pm / Saturday Finals TBD
Sunday Prelims 8:30am / Sunday Age Group 1:00pm / Sunday Finals TBD

ENTRY DEADLINE: Entries must be received by the meet processor **NO LATER THAN 5 PM WEDNESDAY, MARCH 11, 2015**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). Entries will be limited to comply with a 3 hour/session limit, distance entries may be limited to meet session limit.

POOL: San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road. The pool is a 50-meter by 25 yard, 8 lane outdoor heated pool. Six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. For the competition pool the Start End is 13 ft deep in lane 1 to 6 ft deep in lane 6, and the Turn End is 4 ft deep for all lanes. The competition course has been certified in accordance with 104.2.2C(4). Ample deck space is available for structures and seating.

****Bring tie-downs and weights to secure your structures.**

Finals will be swum in 7 lanes.

WARM-UP PROCEDURES: Swimmers warming up or down before, during, and after the meet must be under the direct supervision of a current 2015 USA Swimming coach. Warm-up rules will be announced and enforced. Warm-up lanes will be posted for 10 & under, Masters, and General warm-up, please obey the warm-up posting in the consideration of athlete safety. No diving into the pool except for the sprint lanes directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.

CHECK-IN: Swimmers must check in with the Clerk of Course for each event entered. After an event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must check in at least 30 minutes prior to the start of the appropriate session. Swimmers who check in and fail to swim an event will be scratched from their next individual event.

RULES: USA Swimming rules will govern this **combined** USA-S and USMS meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Swimmers must swim in their actual age group as determined by the age on the first day of the meet (March 20, 2015). Swimmers may swim in only one age group. To compete in OPEN events a swimmer must be at least 11 years old and must meet the minimum time standard.

Entry Limit: Swimmers in **OPEN** events are limited to **3 individual events per day**. Swimmers in **Age Group** events are limited to **5 individual events per day**. Swimmers in **BOTH OPEN and 11 & Up** events are limited to **3 individual events per day**. Entries will be limited to meet the "4 Hour" Rule.

Finals: The National Finals scratch rule will be used. A swimmer must scratch or place an intent to scratch on an event within 30 minutes of announcement of preliminary results. Final: SCRATCH ONLY. Final "no show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. The 50 Free will have a Quarterfinal (Top 28 on Friday)/Semi-Final (Top 14 as the first event of Saturday's Final session)/Final (Top 7 as the first event of Sunday's Final session). In order, the 100 Free will have a Bonus, Bonus Consolation, Consolation and Final. In order, the 100's of stroke, 200 Free and 200 IM will have a Bonus Consolation, Consolation and Final. In order, the 200's of stroke will have a Consolation and Final. The 400 Free and 400 IM will have a Final. The fastest seven (7) checked in 800 swimmers for each gender will swim in finals. You may designate to swim the 800 in the early heats at check in.

Recording Devices & Media Coverage: The uses of audio visual recording devices, including cell phones, are NOT permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swim suit specifications may be worn in any USA Swimming sanctioned or approved competition.

Deck Changing: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Racing Start Certification: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start, or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY & AFFILIATION: Open to Coastal Committee athletes who hold 2015 USA Swimming registration and USMS athletes who hold 2015 USMS registration. Out of LSC entries will be accepted space available, please submit a copy of registration with entry. Registration applications must be **received by the meet entry deadline (March 11th)** by the meet processor, administrative referee or SCS Office. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III B. **Registration application may be submitted together with entry forms.** In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administration Referee in writing and paying the appropriate fee.

SUBMITTED & QUALIFYING TIMES: Times submitted must be the BEST RECORDED TIMES short course or long course from this or the preceding swim season (NO Workout Times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. NOTE: For "W" Division, "NT" (no time) entries are acceptable.

SEEDING: All preliminary and timed final events will be seeded **FAST to SLOW.**

ENTRY PROCEDURES: Electronic Entry: Email entry (entry .zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for a team entry must be postmarked within 48 hours of the email entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

Entry Card: Submit one SCS consolidated entry card (can be found on page 6 of this meet sheet) per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming or USMS registration number. To avoid concern regarding receipt of entry card, enclose a stamped, self-addressed envelope or postcard. **Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.**

All USMS athletes must sign and date the waiver form.

ENTRY FEE: OPEN HEATS/FINALS EVENTS - \$4.75 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND AGE GROUP TIMED FINAL EVENTS - \$3.25 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER must accompany each individual entry to the address below (not the SCS swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy.

AWARDS: Ribbons 1st thru 6th places in B, R & W divisions for the following age groups: 5/6, 7/8, 9/10, and 11/12. No awards for 13&up or OPEN division.

LANE TIMING: Clubs will be assigned lanes for timing based on the number of entrants.

DISTANCE EVENTS: Swimmers in the 800 Free are requested to provide their own timers and lap counters. The 400 Free, 400 IM and 800 Free will alternate girls and boys heats.

ADMIN REFEREE: Ben Britten

MEET REFEREE: Andy Chen & Ernie Peterson. The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

MEET DIRECTOR: Philip Yoshida

FOR FURTHER INFO: Contact SLO Swim Club at (805) 543-9515 email: office@sloswimclub.org website: www.sloswimclub.org

Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.

Make checks payable to: Southern California Swimming

E-mail for Team Electronic Entries Only:
office@sloswimclub.org

Mail Entries to:
SLO Swim Club Spring Splash
PO Box 142
San Luis Obispo, CA 93406

USA Swimming Disclaimer: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

****DETAILED MASTERS INFORMATION: See Page 5**



2015 SPRING SPLASH EVENTS

FRIDAY - MARCH 20

Warm Up: 3:30 PM, Meet Start: 5:00 PM

| GIRLS | TIME | AGE | EVENT | TIME | BOYS |
|--|--|----------------|--|--|------|
| 1 | 5:47.30L 6:24.60Y | OPEN | 400 FREE | 5:46.60L 6:29.80Y | 2 |
| 3 | 3:07.90L 2:46.20Y | OPEN | 200 IM | 3:08.20L 2:46.50Y | 4 |
| 5 | 34.90L 30.70Y | OPEN | 50 FREE | 34.40L 30.80Y | 6 |
| Short Break Between Prelim Session and BRW Session | | | | | |
| 7 | **3:02.70 L **2:42.00 Y | 9-10, 11&UP | 400 FREE - BRW **9-10 enter with 200 FREE time | **3:02.40 L **2:41.80 Y | 8 |

****The 9-10 400 Free has a 7-10 200 FR Blue Std. Enter with a 200 FR time.**

*Finals for 400 FR, 200 IM, and 50 FR (Quarterfinal) will be held after event 7/8

SATURDAY - MARCH 21

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

| GIRLS | TIME | AGE | EVENT | TIME | BOYS |
|-------|----------------------|------|------------|----------------------|------|
| 9 | 6:31.20L 5:48.20Y | OPEN | 400 IM | 6:32.30L 5:48.90Y | 10 |
| 11 | 1:29.40L 1:17.90Y | OPEN | 100 BACK | 1:30.70L 1:20.50Y | 12 |
| 13 | 2:42.90L 2:24.10Y | OPEN | 200 FREE | 2:43.60L 2:24.60Y | 14 |
| 15 | 1:40.00L 1:28.90Y | OPEN | 100 BREAST | 1:40.10L 1:29.00Y | 16 |
| 17 | 1:27.30L 1:16.10Y | OPEN | 100 FLY | 1:28.10L 1:18.20Y | 18 |

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

| GIRLS | TIME | AGE | EVENT | TIME | BOYS |
|-------|------|-----------------------------|-----------|------|------|
| 19 | BRW | 5-6, 7-8, 9-10, 11&UP | 50 BREAST | BRW | 20 |
| 21 | BRW | 5-6, 7-8, 9-10, 11&UP | 50 FREE | BRW | 22 |
| 23 | BRW | 9-10, 11&UP | 100 FLY | BRW | 24 |
| 25 | BRW | 5-6, 7-8, 9-10, 11&UP | 50 BACK | BRW | 26 |
| 27 | BRW | 9-10, 11&UP | 200 FREE | BRW | 28 |

ENTRIES IN THE BRW SESSION WILL BE LIMITED TO 3 HOURS

SUNDAY - MARCH 22

Prelims Session - Warm Up: 7:00 AM, Meet Start: 8:30 AM

| GIRLS | TIME | AGE | EVENT | TIME | BOYS |
|--|------------------------|------|------------|------------------------|------|
| 31 | 3:09.20L 2:46.20Y | OPEN | 200 BACK | 3:11.80L 2:51.40Y | 32 |
| 33 | 1:15.60L 1:06.70Y | OPEN | 100 FREE | 1:15.10L 1:06.20Y | 34 |
| 35 | 3:31.00L 3:08.80Y | OPEN | 200 BREAST | 3:31.20L 3:09.00Y | 36 |
| 37 | 3:05.70L 2:43.20Y | OPEN | 200 FLY | 3:07.20L 2:47.40Y | 38 |
| 15 Minute Break before timed final 800 Free. Fastest 7 that checked in will swim in finals unless declared AM swim. | | | | | |
| 29 | 11:44.20L 12:58.60Y | OPEN | 800 FREE | 11:43.70L 13:09.80Y | 30 |

BRW Session - Warm Up: 12:00 PM, Meet Start: 1:00 PM

| GIRLS | TIME | AGE | EVENT | TIME | BOYS |
|-------|------|-----------------------------|------------|------|------|
| 39 | BRW | 5-6, 7-8, 9-10, 11&UP | 50 FLY | BRW | 40 |
| 41 | BRW | 9-10, 11&UP | 100 BREAST | BRW | 42 |
| 43 | BRW | 5-6, 7-8, 9-10, 11&UP | 100 FREE | BRW | 44 |
| 45 | BRW | 9-10, 11&UP | 200 IM | BRW | 46 |
| 47 | BRW | 9-10, 11&UP | 100 BACK | BRW | 48 |

ENTRIES IN THE BRW SESSION WILL BE LIMITED TO 3 HOURS

Special Format for 50 Free Championship!

- 1) All 50 Free entrants will swim in Round 1 (Prelims) with fastest 6 heats circle seeded.
- 2) The top 28 finishers will swim in the Quarterfinal on Friday evening with all 4 heats circle seeded.
- 3) The top 14 finishers will swim in the Semifinal as the first event of Saturday's Finals Session with both heats circle seeded. The 400 IM Finals will follow.
- 4) The top 7 finishers will swim in the Final as the first event of Sunday's Finals Session. The top heat of Women's 800 Free will follow.

EVENTS OFFERED (BY AGE GROUP)

Friday, March 20, 2014

| 5-6 | 7-8 | 9-10 | 11 & UP | OPEN (P/F) |
|-----|-----|----------------------------------|----------|------------|
| | | 400 FREE *ENTER W/200 TIME | 400 FREE | 400 FREE |
| | | | | 200 IM |
| | | | | 50 FREE |

Saturday, March 21, 2014

| 5-6 | 7-8 | 9-10 | 11 & Up | OPEN (P/F) |
|-----------|-----------|-----------|-----------|------------|
| 50 BREAST | 50 BREAST | 50 BREAST | 50 BREAST | 400 IM |
| 50 FREE | 50 FREE | 50 FREE | 50 FREE | 100 BACK |
| 50 BACK | 50 BACK | 100 FLY | 100 FLY | 200 FREE |
| | | 50 BACK | 50 BACK | 100 BREAST |
| | | 200 FREE | 200 FREE | 100 FLY |

Sunday, March 22, 2014

| 5-6 | 7-8 | 9-10 | 11 & Up | OPEN (P/F) |
|----------|----------|------------|------------|------------|
| 50 FLY | 50 FLY | 50 FLY | 50 FLY | 800 FREE |
| 100 FREE | 100 FREE | 100 BREAST | 100 BREAST | 200 BACK |
| | | 100 FREE | 100 FREE | 100 FREE |
| | | 200 IM | 200 IM | 200 BREAST |
| | | 100 BACK | 100 BACK | 200 FLY |



Entry Limit:

Swimmers in **OPEN** events are limited to **3 individual events per day.**

Swimmers in **AGE GROUP** events are limited to **5 individual events per day.**

Swimmers in **BOTH** OPEN and 11 & Up events are limited to 3 individual events per day.



SAN LUIS OBISPO SWIM CLUB

Masters Meet



DETAILED INFORMATION

Sanctioned by Southern Pacific Masters Swimming for USMS, Inc.

Sanction #: 335-S011

Location: San Luis Obispo Swim Center (Sinsheimer Pool), 900 Southwood Drive, San Luis Obispo, CA 93401. Outdoor 50 meter x 25 yard, six or seven lanes (depending on entries) will be used for the competition and at least one lane will be used for warm-up/warm down. Ample deck space is available for structures and seating. If you use a canopy/tent please bring tie-downs and weights to secure your structures. 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.

Directions: From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road.

Seeding: This is a "combined" USA-S and USMS event. All events will be deck seeded **FASTEST to SLOWEST** by entered time, all combined. Check-in will be required for all events.

Awards: There will be no awards. Individual printed results are available upon request.

Entries: Fill out a SCS Consolidated entry card (can be found on page 6 of this meet sheet) AND the USMS waiver (found on page 7 of this meet sheet). Include a copy of your 2015 USMS registration. The ENTRY deadline is **Wednesday, March 11th**. There will be NO deck entries. Age on December 31, 2015 determines age group for the meet, you must be at least 18 years old to compete. You must be registered with USMS to compete.

Entry Limit: Masters Swimmers are eligible to enter the OPEN events (as long as they have achieved the qualifying time) and all 11 & UP events (no qualifying time needed). Masters Swimmers entered in OPEN events are limited to 3 individual events per day. Masters Swimmers entered in 11 & UP events are limited to 5 individual events per day. Masters Swimmers entered in BOTH Open and 11 & Up events are limited to 3 individual events per day.

Entry Fees: **OPEN HEATS/FINALS EVENTS - \$4.75 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER AND 11&UP TIMED FINAL EVENTS - \$3.25 for each INDIVIDUAL EVENT plus a \$10.00 surcharge PER SWIMMER** must accompany each individual entry to the address below (not the swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy.

Checks payable to: Southern California Swimming

Mail consolidated entry card, a copy of your 2015 USMS card, USMS waiver and check to:
San Luis Obispo Spring Splash, P. O. Box 142, San Luis Obispo, CA 93406.

Questions: Meet Director, Philip Yoshida, (805) 543-9515 or office@sloswimclub.org.



A complete meet event list is available above.

Swimmers in the 800 Free are responsible for providing their own timers and lap counters.

Consolidated Meet Entry Cards

Entry Deadline: Received by March 11, 2015

Mail All Entries to: SLO Swim Club Spring Splash, PO Box 142, SLO, CA 93406

****Masters: Be sure to include a copy of your USMS Card AND Sign the USMS Waiver Form (on the next page)**

AGE GROUP EVENTS ENTRY CARD

Event Limit 5 events per day.
 Fee: \$3.25 per event AND \$10.00 per swimmer

SWIMMER'S _____ AGE _____ MALE
 NAME _____ LAST NAME _____ FIRST NAME _____ M.I. _____ FEMALE

| EVT NO. | FREE (SUBMITTED TIME) | EVT NO. | BACK (SUBMITTED TIME) | EVT NO. | BREAST (SUBMITTED TIME) | EVT NO. | FLY (SUBMITTED TIME) | EVT NO. | IND. MEDLEY (SUBMITTED TIME) |
|---------|-----------------------|---------|-----------------------|---------|-------------------------|---------|----------------------|---------|------------------------------|
| | 25 : . | | 25 : . | | 25 : . | | 25 : . | | 100 : . |
| | 50 : . | | 50 : . | | 50 : . | | 50 : . | | 200 : . |
| | 100 : . | | 100 : . | | 100 : . | | 100 : . | | 400 : . |
| | 200 : . | | 200 : . | | 200 : . | | 200 : . | | |
| | 400/500 : . | | | | | | | | |
| | 800/1000 : . | | | | | | | | |
| | 1500/1650 : . | | | | | | | | |

NO. OF EVENTS _____ X \$3.25 \$ _____
 PLUS SURCHARGE \$ \$10.00
 PAY THIS AMOUNT \$ _____

USAS NUMBER: _____
 MEET ENTERING: _____
 TEAM: _____
 COACH: _____ PHONE _____
 PARENT/GUARDIAN: _____ PHONE _____
 PARENTS EMAIL: _____

PLEASE DO NOT FOLD

Entry Card MUST be RECEIVED by Wed, March 11, 2015

OPEN EVENTS (Heats/Finals) ENTRY CARD

**** Also use this entry card if you are entering BOTH Age-Group & Open Events**

Event Limit 3 events per day.
 Fee: \$4.75 per event AND \$10.00 per swimmer

SWIMMER'S _____ AGE _____ MALE
 NAME _____ LAST NAME _____ FIRST NAME _____ M.I. _____ FEMALE

| EVT NO. | FREE (SUBMITTED TIME) | EVT NO. | BACK (SUBMITTED TIME) | EVT NO. | BREAST (SUBMITTED TIME) | EVT NO. | FLY (SUBMITTED TIME) | EVT NO. | IND. MEDLEY (SUBMITTED TIME) |
|---------|-----------------------|---------|-----------------------|---------|-------------------------|---------|----------------------|---------|------------------------------|
| | 25 : . | | 25 : . | | 25 : . | | 25 : . | | 100 : . |
| | 50 : . | | 50 : . | | 50 : . | | 50 : . | | 200 : . |
| | 100 : . | | 100 : . | | 100 : . | | 100 : . | | 400 : . |
| | 200 : . | | 200 : . | | 200 : . | | 200 : . | | |
| | 400/500 : . | | | | | | | | |
| | 800/1000 : . | | | | | | | | |
| | 1500/1650 : . | | | | | | | | |

NO. OF EVENTS _____ X \$4.75 \$ _____
 PLUS SURCHARGE \$ \$10.00
 PAY THIS AMOUNT \$ _____

USAS NUMBER: _____
 MEET ENTERING: _____
 TEAM: _____
 COACH: _____ PHONE _____
 PARENT/GUARDIAN: _____ PHONE _____
 PARENTS EMAIL: _____

PLEASE DO NOT FOLD

Entry Card MUST be RECEIVED by Wed, March 11, 2015



**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 | |