

Mission Viejo Nadadores & Southern California Swimming
present the
2020 Dolfín Fran Crippen Memorial Swim Meet of Champions

SANCTIONED BY: Southern California Swimming/USA Swimming

DATE OF MEET: June 4-7, 2020

Sanction Number: #S20-079A/Time Trials:#S20-079B/USMS: #330-S008

USA Swimming & FINA Athletes/USMS Athletes: Heats & Finals

SPONSORED BY: Mission Viejo Nadadores

ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, May 27, 2020

START TIME: THURS 5 p.m.; FRI-SUN PRELIMS 8:30 am; FINALS 5 pm

WARM-UP: Pool will open for warm-up at 3:00 pm, THURS; 6:30 am FRI, SAT, and SUN

ELECTRONIC (E-MAIL) ENTRY IS ENCOURAGED.

FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION.

IF SUBMITTING ENTRY VIA THE INTERNET (EMAIL), THE EMAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3) AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH.

SINGLE TEAM CHECK AND SIGNED HARD COPY MUST BE SUBMITTED.

THIS IS A PROOF-OF-TIME-MEET. PROOF OF TIME MUST BE SUBMITTED IF TIMES ARE NOT IN SWIMS.

POOL: Marguerite Recreation Center, 27474 Casta Del Sol, Mission Viejo, CA 92692. Take I-5 to La Paz exit. Turn east on La Paz, left on Marguerite, right on Casta Del Sol. Turn right at first driveway. Swim parking lot is behind the tennis courts on right with the exit being at upper level. Do not park in tennis lot.

COURSE: Competition pool is an outdoor, eight-lane, 50 meter course with adjacent eight-lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Pool Depth Measurement at South End: Lanes 1-8=2M; and North End: Lanes 1-8=3.5M.

ADMISSION: Prelims – Free, Finals - \$7. An all-meet pass (all sessions) is \$20.

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2020 USA Swimming, FINA, or USMS membership. USA Swimming registration application must be received by SCS Office by May 27, 2020. There are substantial penalties for swimmer and club (2020 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

ALL athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.

QUALIFYING TIMES: Team entries may be submitted electronically (signed hard-copy and single team check must be submitted). Individual entries may be made on Southern California Swimming consolidated entry forms. Swimmers must have achieved the time standard after Sept. 1, 2018. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times.

NOTE: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry, only proof of entered time.

NOTE: If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L".

If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by "Y".

If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by "S".

Enter BONUS events with swimmer's actual time: indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS,

indicate "YB" on entry for BONUS time achieved in YARDS,

indicate "SB" on entry for BONUS time achieved in SHORT COURSE METERS.

National Qualifiers may enter at the National meter minimum; please indicate on entry.

THE HOST CLUB & REFEREE RESERVE THE RIGHT TO LIMIT THE MEET TO THE FIRST 850 SWIMMERS (FIRST COME, FIRST SERVED).

**MAKE CHECKS PAYABLE TO:
and MAIL ENTRIES TO:**

**SOUTHERN CALIFORNIA SWIMMING
Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675**

Or E-MAIL ENTRIES TO:

divanj@cox.net

For Information, Call the Mission Viejo Nadadores at (949) 380-2552
-or- e-mail: coachsarah@mvnswim.org

PROOF OF TIME: This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **NOTE:** A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events; a swimmer qualified in three or four events, may enter the qualifying events and up to a total of five events; a swimmer qualified in five or more events must prove all events entered. **EXCEPTIONS:** (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in either the 400M or 1500 M Freestyle. (2) A swimmer may not enter the 1500 M Freestyle as a BONUS event without providing proof of time in either the 400M or 800 M Freestyle. (3) A swimmer may not enter the 400 M Freestyle as a BONUS event without providing proof of time in the 200 M free. (4) A swimmer may not enter the 400M M Individual Medley as a BONUS event without providing proof of time in the 200 M Individual Medley

ENTRY FEES: \$13.00 per individual event plus \$14.00 per swimmer surcharge. E-mail 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 10 PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Scratches will NOT be refunded.

RELAY ENTRY FEES: \$26.00 per relay team; relays may be pre-entered (if pre-entered must be paid with team entry) or deck entered. \$14.00 surcharge for relay-only swimmers (must be prepaid). Deletions will NOT be refunded.

ENTRIES CLOSE: Emailed, postmarked and/or hand-carried entries RECEIVED after 5 PM on May 27, 2020 will be rejected.

RULES AND PROCEDURES

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to **Ron Van Pool**, ronvp@aol.com

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2020 SCS Swim Guide); the National finals' scratch rule will be used. In order, there will be a Bonus Final, Consolation Final and Championship Final for individual events except the 50's (top 24 will swim circle seeded at start of finals with top 8 swimming in a final prior to the relays) and the 800 & 1500 Freestyle. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top 24 places) 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.

If warranted, the meet will be swum in 'A' and 'B' flights on Friday and Saturday only. Events on Thursday and Sunday will not be flighted. For flighted events, there will be 6 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. All preliminary heats will be swum fastest to slowest. **If warranted, prelims may be conducted with double ended starts.** All heats of the 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle will be swum fastest to slowest, alternating womens and mens heats. Anticipate a flighted meet. Flight decision will be announced Monday, June 1, 2020. **All coaches and officials on deck must have completed the online CDC or NFHS Concussion course. All coaches must have completed the CAT.**

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is 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 acknowledgment and consent to this fact.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. **Any swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.**

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

DECK CHANGES: Deck changes are 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.*

50 of STROKE ENTRIES: (50 Back, 50 Breast, 50 Fly): *Enter with 50 time if available. If swimmer qualifies in 100 of stroke, but has no qualifying 50 time, you may enter the 50 of stroke (Back, Breast, Fly) at MINIMUM*

DISTANCE EVENTS: The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures;

* Thursday: The 1500 Freestyles will be swum fastest to slowest, alternating women's and men's heats;

* Sunday: Fastest 8 entrants checked in for the women's 800 Free will swim after the Event 24 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 26 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

SCRATCH DEADLINES:

Thursday 6/4 4:30 p.m. positive checkin for the 1500 Freestyle;

Scratches: Friday 6/5 8:00 a.m. for Friday events; Friday 6/5 5:30 pm for Saturday's events & Saturday 6/6 5:30 p.m. for Sunday's events.

A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual & relay events for the day and MUST positive check in for all subsequent days individual entries by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.

Positive check-in for the 800 and 1500 Meter Freestyle is required by the day's scratch deadline.

RELAYS: All swimmers entered on Relays must have qualified for at least one individual event in the meet. Relays will be contested at the end of Finals Friday thru Sunday. Relays will be swum in the National format: fastest two heats of women (slow to fast); fastest two heats of men (slow to fast); remaining heats alternating women and men, fast to slow. There will be an option to swim the Medley Relay on Sunday at the conclusion of prelims before the 800 Freestyle. Option must be declared by the scratch deadline (5:30 p.m.) on Saturday.

WARMUP: Friday, Saturday and Sunday, there will be two warmup sessions: 6:30-7:25 and 7:25-8:30. Warmup times and lanes will be assigned. During warmup, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - NO DIVING OR JUMPING. **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision. Practice starts only in the sprint lanes.** No training equipment will be allowed in the competition pool. The diving pool will be available for warm-up/cool down at all times - No diving at any time. **All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.**

AWARDS: Special awards presented to top three places in championship finals and the top three places in relays. There will be a high point award for the top female and the top male swimmer.

MASTERS ENTRY: To swim a dual-sanctioned meet as a Masters swimmer, you must either enter electronically or using a SPMS Consolidated Entry Card (available on https://www.spmasterswim.org/c/8B6A80C/file/meets/consolidated_entry_card.pdf), submit a copy (**BOTH SIDES FILLED OUT**) of the USMS Declaration of Intent to swim a dual-sanctioned meet as a Masters swimmer form https://www.usms.org/admin/lmschb/gto_sanctions_declaration_of_intent.pdf, and a copy of your 2020 USMS Registration. Age on December 31, 2020 determines age group for the meet. You must be registered with USMS and be at least 18 years old to compete. **USMS athletes are permitted to swim prelims only and prelims will be considered timed finals under USMS rule 102.5.5.**

Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1. Relays will score double.

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 meet.

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.

DECK-ENTERED TIME TRIALS - Sanction No: #S20-079B

DATES: June 4-6, 2020

ENTRY: Deck entry

TIME:

Following the Preliminary sessions if time permits.

ENTRY FEE:

\$15.00/event (check/cash buys card at Clerk of Course).
after seeding. No refunds.

EVENTS: Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

ELIGIBILITY: Open to USA-Swimming, or FINA registered, or USMS registered swimmers entered in individual and/or relay events at the meet.

SUNDAY: Time permitting, limited time trials AFTER 800 freestyle heats. Do NOT plan on Sunday Time Trials.

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 present the
2020 Dolfin Fran Crippen Memorial Swim Meet of Champions

SANCTIONED BY: Southern California Swimming/USA Swimming

DATE OF MEET: June 4-7, 2020

Sanction Number: #S20-079A/Time Trials:#S20-079B/USMS: #330-S008

USA Swimming & FINA Athletes/USMS Athletes: Heats & Finals

SPONSORED BY: Mission Viejo Nadadores

ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, May 27, 2020

Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order

Finals for 50 M events: 3 semi-final heats in event order; Final (top 8) before relays

Automatic Timing - Open to 2020 USA Swimming and FINA Athletes and USMS Registered Athletes

WOMEN				MEN				
Event No.	Time LCM	Time SCM	Time SCY	Event Name	Time LCM	Time SCM	Time SCY	Event No.
06/04/20								
1	18:00.78	17:36.77	17:39.59 Enter 1650Y Free Time	1500 Meter Freestyle	16:54.69	16:30.69	16:34.80 Enter 1650Y Free Time	2
06/05/20								
3	32.40	31.79	28.64	50 Meter Backstroke ***	29.43	28.82	25.97	4
5	2:25.80	2:23.00	2:09.00	200 Meter Butterfly	2:16.39	2:13.59	2:00.35	6
7	1:00.49	58.89	53.05	100 Meter Freestyle	55.44	53.83	48.51	8
9	2:49.20	2:45.19	2:28.83	200 Meter Breaststroke	2:34.50	2:30.50	2:15.58	10
11	4:32.60	4:26.20	5:05.43 Enter 500Y Free Time	400 Meter Freestyle	4:17.00	4:10.59	4:47.95 Enter 500Y Free Time	12
13	Deck Entry	Deck Entry	Deck Entry	400 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	14
06/06/20								
15	34.91	33.90	30.54	50 Meter Breaststroke ***	32.24	31.24	28.14	16
17	2:07.50	2:04.29	1:51.98	200 Meter Freestyle	1:58.50	1:55.29	1:43.87	18
19	2:31.09	2:28.69	2:13.95	200 Meter Backstroke	2:18.99	2:16.59	2:03.05	20
21	28.10	27.30	24.60	50 Meter Freestyle	25.59	24.78	22.33	22
23	5:16.09	5:09.68	4:39.00	400 Meter Individual Medley	4:51.84	4:45.43	4:17.15	24
25	Deck Entry	Deck Entry	Deck Entry	800 Meter Freestyle Relay	Deck Entry	Deck Entry	Deck Entry	26
06/07/20								
27	28.93	28.23	25.43	50 Meter Butterfly ***	27.45	26.75	24.09	28
29	1:18.76	1:16.76	1:09.15	100 Meter Breaststroke	1:11.17	1:09.17	1:02.31	30
31	1:10.00	1:08.79	1:01.98	100 Meter Backstroke	1:03.80	1:02.59	56.39	32
33	1:07.97	1:06.56	59.98	100 Meter Butterfly	1:00.80	59.39	53.51	34
35	2:26.00	2:24.00	2:09.72	200 Meter Individual Medley	2:15.50	2:13.50	2:00.27	36
37	9:26.72	9:13.92	10:34.99 Enter 1000Y Free Time	800 Meter Freestyle	08:55.73	08:42.93	10:00.25 Enter 1000Y Free Time	38
39	Deck Entry	Deck Entry	Deck Entry	400 Meter Medley Relay	Deck Entry	Deck Entry	Deck Entry	40

Team entries may be submitted electronically (signed hard copy and single team check must be submitted).

Individual Entries must be made on Southern California Swimming consolidated entry forms.

This is a Proof of Time Meet. Entries will be run through SWIMS Times Recon prior to the meet.

If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by 'Y'.

If Standard is achieved in SHORT COURSE METERS, enter event with SHORT COURSE METER time, indicated on entry by 'S'.

If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by 'L'.

Enter BONUS events with swimmer's ACTUAL time; indicate 'YB' for BONUS time achieved in YARDS,

'SB' for BONUS time achieved in SHORT COURSE METERS, and 'LB' for BONUS time achieved in LONG COURSE METERS.

Nationals Qualifiers may enter at the National meter minimum; please indicate on entry:

***** 50 OF STROKE (50 Back, 50 Breast, 50 Fly): Enter with 50 time if available. If swimmer qualifies in 100 of stroke, but has no qualifying 50 time, you may enter the 50 of stroke (Back, Breast, Fly) at MINIMUM**

NOTE: A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events; a swimmer qualified in three or four events, may enter the qualifying events and up to a total of five events; a swimmer qualified in five or more events must prove all events entered.

Swimmer may swim a maximum of 3 events per day plus relays.

EXCEPTIONS: (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in either the 400M or 1500 M Freestyle.

(2) A swimmer may not enter the 1500 M Freestyle as a BONUS event without providing proof of time in either the 400M or 800 M Freestyle.

(3) A swimmer may not enter the 400 M Freestyle as a BONUS event without providing proof of time in the 200 M Freestyle.

(4) A swimmer may not enter the 400M M Individual Medley as a BONUS event without providing proof of time in the 200 M Individual Medley

DISTANCE EVENTS:

The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures.

Thursday: The 1500 Freestyle will be swum fastest to slowest, alternating women's and men's heats.

Sunday: Fastest 8 entrants checked in for the women's 800 Free will swim after the Event 30 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 34 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

The host club and referee reserve the right to limit the meet to the available time (first come, first served).

For information, call the Mission Viejo Nadadores at (949) 380-2552 or e-mail coachsarah@mvnswim.org

2020 Mission Viejo Nadadores Swim Meet of Champions

Hotels	Block Dates	Rate (average rate + taxes & fees)	Cut Off Date	Reservation Link Contact Block Code
Ayres Hotel & Spa 28951 Los Alisos Blvd. Mission Viejo 4 miles	June 3-7 (Check Out Sunday)	Single Kings: \$129 Queen Double: \$139	05/04/20	Book Here 949-305-7200 Mention- MVN Swim Meet of Champions Group Code- MVNF
Ayres Suite 28941 Los Alisos Blvd. Mission Viejo 4 miles	June 3-7 (Check Out Sunday)	Queen Doubles \$139	05/04/20	Book Here 949-455-2545 Mention- MVN Swim Meet of Champions Group Code- MVNF
Fairfield Inn by Marriott 26328 Oso Parkway Mission Viejo 4 miles	June 3-8 (Check Out Monday)	Double/\$139	05/15/20	Book Here 949-582-7100 Mention- MVN Swim Meet of Champions
Hampton Inn & Suites 28682 Marguerite Parkway Mission Viejo 5 miles	No Block Dates Use Discount Code	Discount with MVN Corporate code		Book Here 949-429-5222 Mention- MVN Swim Meet of Champions
The Hills Hotel 25205 La Paz Rd, Laguna Hills, CA 92653 3 miles	June 4-7 (Check Out Sunday)	Queen Doubles: \$124 King: \$124	05/10/20	Book Here 949-586-5000 Mention- MVN Swim Meet of Champions

SOUTHERN PACIFIC MASTERS ASSOCIATION • CONSOLIDATED ENTRY CARD

Name _____ Male Female USMS # _____

Birthdate ____/____/____ Age _____ Club _____ Phone (____) _____

Event No.	FREESTYLE (Submitted Time)	Event No.	BACKSTROKE (Submitted Time)	Event No.	BREASTSTROKE (Submitted Time)	Event No.	BUTTERFLY (Submitted Time)	Event No.	INDIV. MEDLEY (Submitted Time)
	50 • •		50 • •		50 • •		50 • •		100 • •
	100 • •		100 • •		100 • •		100 • •		200 • •
	200 • •		200 • •		200 • •		200 • •		400 • •
	400/500 • •								
	800/1000 • •								
	1500/1650 • •								

Meet _____
 No. of events _____ × \$ _____ = \$ _____
 Surcharge \$ _____
 Total \$ _____

FOR OFFICE USE ONLY
Amt Rec'd _____
Date _____

Include a copy of USMS card

Maximum 5 individual events per day

Include a copy of USMS card

Late or incomplete entries (no fee, incomplete entry card, incomplete entry data) or entries postmarked after due date **MAY BE REJECTED!**

ALL MASTERS swimmers are required to send a photo-copy of their USMS card with their entry card. ALL Masters swimmers may be asked to show their USMS card if requested at the meet.

" I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

PLEASE SIGN: _____ **DATE** _____

Is this your first Masters Meet? Yes No

Read the meet information sheet carefully. Make your check payable as shown on the meet information sheet and mail it to the address shown.

Non-SPMA swimmers please include your address:

Street: _____

City, State, Zip: _____

06/09

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**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	



DECLARATION OF INTENT To swim a dual-sanctioned meet as a Masters swimmer

MEET INFORMATION

Name _____

Location _____

Dates _____

USMS Sanction Number _____

SWIMMER INFORMATION

Name _____

USMS Number _____

USMS Club _____

Events entered _____

<p>Instructions</p> <p>This form (BOTH sides) must be completed prior to competition.</p> <p>Complete two copies. Give one copy to the meet director prior to competition and one copy to the LMSC Top Ten Recorder.</p> <p>It is the responsibility of the swimmer to complete and submit this paperwork.</p>

I hereby declare my intent to swim this dual sanctioned meet as a Masters swimmer.

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



DECLARATION OF INTENT

To swim a dual-sanctioned meet as a Masters swimmer

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 (print)	First Name (print)	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Waiver revised 07/01/2014