

Mission Viejo Nadadores & Southern California Swimming
present the
2025 MVN Fran Crippen Memorial Swim Meet of Champions

SANCTIONED BY: Southern California Swimming/USA Swimming

SANCTIONED BY: Southern Pacific LMSC for USMS, Inc.

Sanction Number: #S25-057/Time Trials:#S25058/USMS:#335-S005

SPONSORED BY: Mission Viejo Nadadores

Open to: USA Swimming/World Aquatics (AQUA) Athletes/USMS Athletes

DATE OF MEET: April 10-13, 2025

ENTRIES MUST BE RECEIVED BY: 5:00 PM Wednesday, April 2, 2025

START TIME: THURS 4:00 PM; FRI-SUN PRELIMS 9:00 AM; FINALS-NO SOONER THAN 5 PM (At least 2 hours after conclusion of prelims)

WARM-UP: Pool will open for warm-up at 3:00 PM, THURS; 7:00 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=2 M; and North End: Lanes 1-8=3.5 M. 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 106.2.1

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2025 USA Swimming, World Aquatics (AQUA), or USMS membership. For USA Swimming athletes, online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. All USA Swimming athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete. Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0.

USMS (MASTERS) ENTRY: To swim a dual-sanctioned meet as a Masters swimmer, you must either enter electronically or using an SCS entry card (available on www.socalswim.org), submit a copy of the USMS Declaration of Intent to swim a dual-sanctioned meet as a Masters swimmer, and a copy of your 2025 USMS Registration. Age on December 31, 2025 determines age group for the meet. You must be registered with USMS and be at least 18 years old on April 10, 2025 to compete. Times achieved by USMS members competing in a USA Swimming sanctioned meet as USA Swimming athletes may not be submitted for World Aquatics (AQUA) world record consideration. Only swimmers who compete in USMS sanctioned events as USMS members are eligible to submit times for World Aquatics (AQUA) world record consideration.

USMS athletes are permitted to swim prelims only and prelims will be considered timed finals under USMS rule 102.5.5.

USMS does not permit time trials in 25 Meter and 50 Meter pools.

THE HOST CLUB & REFEREE RESERVE THE RIGHT TO LIMIT THE MEET TO THE FIRST 1000 SWIMMERS

MAKE CHECKS PAYABLE TO:
and MAIL ENTRIES TO:

MISSION VIEJO NADADORES
Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
divanj@cox.net

Or E-MAIL ENTRIES TO:

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

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, 2023. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times. **Swimmer may swim a maximum of 3 events per day plus relays. If more than 3 events per day are entered, only the first 3 events entered for that day will be accepted. No exceptions or refunds.**

NOTE: Proof of time is required through SWIMS, the National Times database, or recognized World Aquatics (AQUA) 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 World Aquatics (AQUA) 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.

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 individual event may enter the qualifying event and up to a total of three events; a swimmer qualified in two, three, or four events, may enter the qualifying events and one bonus event; 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 400 M 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 400 M 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 400 M Individual Medley as a BONUS event without providing proof of time in the 200 M Individual Medley

ENTRY FEES: \$13.50 per individual event in addition to a \$25.00 per swimmer surcharge must accompany electronic or individual entry. 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. (5:00 PM postmark would queue before a 10:00 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. **Outreach athletes are \$15.00 for the meet. Outreach status must be proven upon entry by team sending a copy of USA Swimming registration showing OUTREACH status together with entries.**

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. Deletions will NOT be refunded.

ENTRIES CLOSE: Emailed, postmarked and/or hand-carried entries RECEIVED after 5:00 PM on April 2, 2025 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 Jason Rothlein. jtrothlein@gmail.com

RULES: USA Swimming Rules, including MAAPP 2.0, will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2025 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 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. **All coaches and officials on deck must complete the CDC or NFHS Concussion course. All Coaches must have completed the CAT and the CANRA** All coaches and officials on deck must hold current coach registration memberships with USA Swimming, USMS, or World Aquatics (AQUA)

This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19.

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, April 7, 2025.

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. **Only swimsuits complying with World Aquatics (AQUA) swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits may not be worn by 12-Un swimmers at this meet.**

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

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

- * Thursday: The 1500 M 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 M Freestyle will swim after the Event 30 "A" Final; fastest 8 entrants checked in for the men's 800 M Freestyle 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.

SCRATCH DEADLINES:

Thursday 4/10 4:30 PM positive checkin for the 1500 M Freestyle;

Scratches: Friday 4/11 8:00 AM for Friday events; Friday 4/11 5:30 PM for Saturday's events & Saturday 4/12 5:30 PM 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 M and 1500 M Freestyle is required by the day's scratch deadline.

Coaches may declare scratches by the scratch deadline.

RELAYS: 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 PM) on Saturday.

WARMUP: Warmup times and lanes will be assigned. Further information will be available prior to the start date of the meet. 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.

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

DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

MEET 360: Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report.

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.

DECK-ENTERED TIME TRIALS - Sanction No: #S25-058

DATES: April 11-13, 2025

TIME:

Following the Preliminary sessions if time permits.

ENTRY:

ENTRY FEE:

\$20.00/event (check/cash buys card at Clerk of Course).

No refunds after seeding.

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 swimmers entered in individual and/or relay events at the meet.

Mission Viejo Nadadores & Southern California Swimming present the 2025 MVN Fran Crippen Memorial Swim Meet of Champions

Date of Meet: April 10-13, 2025

ENTRIES MUST BE RECEIVED BY: Wednesday, April 2, 2025 - 5:00 PM

Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order
Automatic Timing - Open to 2025 USA Swimming, World Aquatics (AQUA), and USMS Registered Athletes

WOMEN				MEN				
Event No.	Time LCM	Time SCM	Time SCY	Event Name	Time LCM	Time SCM	Time SCY	Event No.
04/10/25								
1	2:13.39	2:10.99	1:56.29	200 Meter Medley Relay	1:59.69	1:55.50	1:44.69	2
3	18:22.99	17:58.99	17:46.59 Enter 1650Y Free Time	1500 Meter Freestyle	17:13.49	16:49.49	16:43.89 Enter 1650Y Free Time	4
5	1:59.29	1:56.89	1:44.69	200 Meter Freestyle Relay	1:46.89	1:43.78	1:32.99	6
04/11/25								
7	32.69	32.09	28.99	50 Meter Backstroke ***	29.09	28.49	25.69	8
9	2:27.99	2:25.19	2:10.09	200 Meter Butterfly	2:15.89	2:13.09	1:58.89	10
11	1:01.89	1:00.29	53.99	100 Meter Freestyle	56.09	54.49	48.19	12
13	2:49.69	2:45.69	2:28.19	200 Meter Breaststroke	2:35.79	2:31.79	2:13.29	14
15	4:39.69	4:33.29	5:10.69 Enter 500Y Free Time	400 Meter Freestyle	4:21.09	4:14.69	4:47.79 Enter 500Y Free Time	16
17	4:17.29	4:12.14	3:49.09	400 Meter Freestyle Relay	3:54.59	3:46.85	3:25.49	18
04/12/25								
19	36.09	35.09	31.69	50 Meter Breaststroke ***	33.69	32.69	29.49	20
21	2:12.99	2:09.79	1:56.29	200 Meter Freestyle	2:03.09	1:59.89	1:45.79	22
23	2:29.19	2:26.79	2:08.59	200 Meter Backstroke	2:17.39	2:14.99	1:57.29	24
25	29.59	28.89	26.09	50 Meter Butterfly ***	27.49	26.79	24.19	26
27	5:20.09	5:13.69	4:39.09	400 Meter Individual Medley	4:55.09	4:49.69	4:14.69	28
29	9:21.69	9:10.46	8:14.49	800 Meter Freestyle Relay	8:43.99	8:26.70	7:38.69	30
04/13/25								
31	28.69	27.89	24.89	50 Meter Freestyle	25.89	25.09	22.19	32
33	1:18.79	1:16.79	1:07.59	100 Meter Breaststroke	1:11.29	1:09.29	1:00.89	34
35	1:09.49	1:08.29	59.49	100 Meter Backstroke	1:03.29	1:02.09	53.89	36
37	1:07.19	1:05.79	59.19	100 Meter Butterfly	1:00.89	59.49	52.89	38
39	2:31.09	2:27.89	2:10.49	200 Meter Individual Medley	2:18.39	2:15.19	1:58.19	40
41	9:36.09	9:23.29	10:39.89 Enter 1000Y Free Time	800 Meter Freestyle	9:04.69	8:51.89	9:59.49 Enter 1000Y Free Time	42
43	4:48.39	4:44.93	4:09.49	400 Meter Medley Relay	4:23.39	4:15.75	3:47.49	44

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 validated 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 swimmer qualifies in 100 of stroke, but has no qualifying 50 time, you may enter the 50 of stroke (Back, Breast, Fly) at 50 meter MINIMUM**

NOTE: A swimmer qualified in one individual event may enter the qualifying event and up to a total of three events; a swimmer qualified in two, three or four events, may enter the qualifying events and a single bonus event; 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.

If more than 3 events per day are entered, only the first 3 events entered for that day will be accepted. No exceptions or refunds.

EXCEPTIONS: (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in either the 400 M 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 400 M 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 400 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 first 1000 swimmers. First Come, First Served.

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



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 _____

Instructions

This form (ALL pages) must be completed prior to competition.

Complete two copies. Give one copy to the meet director prior to competition and one copy to the LMSC Top Ten Recorder.

It is the responsibility of the swimmer to complete and submit this paperwork.

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/or 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, including the [Code of Conduct](#) and any safety regulations established by USMS. 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 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, 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/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023

SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING ENTRY CARD

SWIMMER'S NAME (Last Name, First Name, M.I.) _____ TEAM: _____

USA SWIMMING NUMBER: _____ ☐ Male ☐ Female

DOB (MM/DD/YY): _____ AGE: _____

MEET ENTERING: _____

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 : .	COACH: _____ PHONE: _____ PARENT/GUARDIAN: _____ PHONE: _____ PARENTS EMAIL: _____ # OF EVENTS: _____ X \$ _____ + SURCHARGE \$ _____ = TOTAL \$ _____							
	800/1000 : .								
	1500/1650 : .								

----- cut here ----- cut here ----- cut here ----- cut here ----- cut here ----- cut here ----- cut here ----- cut here -----

SOUTHERN CALIFORNIA SWIMMING/USA SWIMMING ENTRY CARD

SWIMMER'S NAME (Last Name, First Name, M.I.) _____ TEAM: _____

USA SWIMMING NUMBER: _____ ☐ Male ☐ Female

DOB (MM/DD/YY): _____ AGE: _____

MEET ENTERING: _____

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 : .	COACH: _____ PHONE: _____ PARENT/GUARDIAN: _____ PHONE: _____ PARENTS EMAIL: _____ # OF EVENTS: _____ X \$ _____ + SURCHARGE \$ _____ = TOTAL \$ _____							
	800/1000 : .								
	1500/1650 : .								