**The MTSU Blue Wave Raiders SCY Invitational**

**Saturday, March 21, 2015 at Middle Tennessee State University**

**Sanctioned by Southeastern Dixie Zone LMSC for United States Masters Swimming, Inc. (“USMS”), Sanction #**

**Location: The Middle Tennessee State University Campus Recreation Center Pool address is 1848 Blue Raider Drive**. The **Campus Recreation Building** is located near the intersection of Rutherford Blvd. and MTSU Blvd. The Campus Recreation Center’s phone number is 615-898-5569. On weekends, university parking restrictions are not enforced. Visitors may park in any available space, except handicapped. There is a large lot adjacent to the MTSU Campus Recreation Center accessible from Rutherford Blvd. and MTSU Blvd., next to the softball fields.

**Pool:** 10 lanes, 25 yards, non-turbulent dividers. Pool depth is 5-13 ft.  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. Daktronics timing system. 8 lanes, (1-6) will be used for competition. Lanes 9 & 10 shall be reserved throughout the meet for continuous warm-up and cool-down. No smoking is permitted in the pool or elsewhere in the MTSU Campus Recreation Center. Some starting blocks are located in lanes with the depth of 5 ft. Swimmers not trained to start in shallow water will be required to sign a waiver.

**Schedule**

**& Seeding:** Event 1, the 500 freestyle will begin Saturday, March 21, at 9:30 a.m., C.S.T. Warm-up begins at 8:00 a.m. Event 2 will begin no earlier than 10:30 a.m. C.S.T. The meet will probably conclude around 3:00 p.m. Swimmers’ with entries “**no seed time**” indicated, or stating “**NO Time” (or “NT”)**, will be seeded in slower heats. The five heats of the 500 free will be pre-seeded as soon as the heats are filled.

**500**

**Freestyle** The 500 freestyle will be limited to five heats. Lanes in the 500 free will be assigned to the first 40 entries received. After the first 40, entrants in the 500 will be assigned to a waiting list in the order in which their entries are received. The waiting list will be used on the morning of the meet to fill empty lanes due to scratches and no-shows. If you are entering the 500 free, we encourage you to indicate an optional sixth event on the entry form in case you are shut out of the 500 free. If you do, please flag which event is your optional one.

**Eligibility &**

**USMS cards:**

Each entrant may swim in a maximum of five (5) individual events. You may also swim as many 25’s as desired, and two relays, in addition to the five individual events. All participants must be registered in 2015 with United States Masters Swimming, Inc., before the meet starts at 9:30 a.m. Register online for this meet where your 2015 USMS membership will be instantly verified. No need to mail us a copy of your USMS card if you register online for this meet. Please bring your USMS card with you on meet day. If you are entering this meet by paper, you must supply a copy of your 2015 USMS card with your meet entry and you must bring your card with you on meet day.

**Age:** The age reported on your entry form must reflect your actual age as registered with USMS. A swimmer’s age on March 21, 2015, determines his/her age for the meet.

 **NOTE:** Swimmers 18-24 years old competing in U.S.M.S meet may jeopardize their

 N.C.A.A. eligibility.

**Relays:** Relay teams may be Men, Women, or Mixed, but teams of all types will be seeded together in the same heats and then scored separately. Therefore, no swimmer may swim both a mixed-and a same-sex team in the same event. All relays will be deck entered. Official relay cards may be obtained at the meet from the Clerk of Course.

For seeding, cards for the 200 Medley relay should be turned into the computer desk by **9:30 a.m.** Cards for the 200 Free relay should be turned in **before the conclusion of event #13**.

**Entry fee:** $35.00 for up to five events. Online meet entry is preferred. Online entry is paid by credit card to "ClubAssistant.com Events." Paper/mailed entries must be paid by check to “MTSU Masters Swim Club."

Late entries are $40.00. **There are NO deck entries for this meet.**

**Where to** Online entries close at midnight central time on March 18, 2015. Paper/mailed entries must be received (NOT

**Mail/** postmarked) by March 14, 2015. Mail entries to Cheryl Richardson, 908 Shelbyview Dr., Shelbyville,

**Contact us:** TN  37160, Telephone (615) 828-9206, mtsumastersswim@gmail.com Additional copies of paper entry form and information sheet are also available from our website: http://bluewaveraiders.blogspot.com

**Warm-up &**

**Warm-**

**Down:** SWIMMERS MUST ENTER THE POOL FEET FIRST IN A CAUTIOUS MANNER.

Forward or backstroke starts will be permitted only from the blocks in designated one-way sprint lanes. A swimmer may be removed from the meet by the referee if this rule (103.7) is broken. Swimmers in non-sprint lanes will swim in a continuous circle swim, going up the right-hand side of the lane and back down the left-hand side. No

 hand paddles will be permitted in the warm-up or warm-down lanes.

 Two lanes will be reserved throughout the meet for continuous warm-up and warm-down.

 In these lanes, there will be no standing on the bottom of the pool or leaning on the lane

 rope, while the meet is in progress.

**Computer Online meet registration URL address:**

 **Entries:**

**Awards:** A Team trophy will be awarded to the highest-scoring club (men and women combined). Event ribbons will be awarded for individual swimmers in first through sixth places. Points are awarded 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relays.

**Whistle**

**Starts:** This meet will employ whistle starts, as required by USMS rules. The referee will

blow whistle signals that you will be expected to know. They are as follows:

|  |  |  |
| --- | --- | --- |
| **Signal** | **Backstrokers** | **All Others** |
| Several short whistles | Stand ready at edge of pool | Stand ready behind the blocks |
| One long whistle | Enter water, feet first | Step up on the starting block |
| Second long whistle | Return to starting blocks and be ready for start. |  |

After the whistle signals, the starter will take over with vocal commands.

**Lodging:** There are numerous hotels, motels, and restaurants along Interstate I-24 at exit 78.

 Nearly all familiar chains are represented there. For additional information or

 Recommendations, contact the meet director(s).

**Inclement If Middle Tennessee State University is closed due to inclement weather, the meet will be rescheduled.**

**Order of**

**Events:** We suggest that you use this area to copy, for your own reference, the seed times from

 your entry form.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Event in Yards | Seed Time |  |  | Seed Time |
|   | 1. 500 Freestyle
 |  |  | 12. 25 yd Freestyle |  |
|  | 1. 200 Medley Relay
 |  |  | **15 MINUTE BREAK** |  |
|  | 1. 50 Butterfly
 |  |  | 13. 200 yd. Individual Medley |  |
|  | 1. 200 Backstroke
 |  |  | 14. 100 yd. Freestyle |  |
|  | 1. 50 Freestyle
 |  |  | 15. 200 yd. Breaststroke |  |
|  | 1. 100 Breaststroke
 |  |  | 16. 50 yd. Backstroke |  |
|  | 1. 100 Backstroke
 |  |  | 17. 200 yd. Butterfly |  |
|  | 1. 100 Butterfly
 |  |  | 18. 50 yd. Breaststroke |  |
|  | 1. 25 yd. Backstroke
 |  |  | 19. 200 yd. Freestyle |  |
|  | 1. 25 yd. Breaststroke
 |  |  | 20. 100 yd. Individual Medley |  |
|  | 1. 25 yd. Butterfly
 |  |  | 21. 200 yd. Freestyle Relay |  |

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**Saturday, March 21, 2015**

Sanctioned by Southeastern LMSC for United States Masters Swimming, Inc., Sanction # \_\_\_\_\_\_\_\_\_

**Entry Form -- Please print:**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex\_\_\_\_\_\_ Club/Team\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(as shown on your USMS card)

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City/ST/ZIP\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth Date \_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle best time to call: **day** **evening** **any time**

**NOTE:** Entries including a correct, **legible** e-mail address will be acknowledged by e-mail. Last-minute information and free meet resultswill also be posted by e-mail. **\*\*500 free entrants: Please flag your optional sixth event in some fashion\*\***

|  |  |  |  |
| --- | --- | --- | --- |
| **Event no.** | **Event** | **(Select a maximum of 5)** | **Seed Time** |
| 1. | 500 yd. | Freestyle (see meet info) |  |
|  |  | BREAK/WARMUP |  |
| 2. | 200 yd | Medley Relay | Deck Entered |
| 3. | 50 yd. | Butterfly |  |
| 4. | 200 yd. | Backstroke |  |
| 5. | 50 yd. | Freestyle |  |
| 6. | 100 yd. | Breaststroke |  |
| 7. | 100 yd. | Backstroke |  |
| 8. | 100 yd. | Butterfly |  |
| 9. | 25 yd. | Backstroke |  |
| 10. | 25 yd.  | Breaststroke |  |
| 11. | 25 yd. | Butterfly |  |
| 12. | 25 yd.  | Freestyle |  |
| **15 minutes** |  | **BREAK** |  |
| 13. | 200 yd. | Individual Medley |  |
| 14. | 100 yd. | Freestyle |  |
| 15. | 200 yd. | Breaststroke |  |
| 16. | 50 yd. | Backstroke |  |
| 17. | 200 yd. | Butterfly |  |
| 18. | 50 yd. | Breaststroke |  |
| 19. | 200 yd. | Freestyle |  |
| 20. | 100 yd. | Individual Medley |  |
| 21. | 200 yd. | Freestyle Relay | Deck Entered |

**Water Depth Request**

**I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ am requesting an entry depth for my start of over (5) feet.**

**\*\*IMPORTANT**: PLEASE ATTACH A COPY OF YOUR **2015 USMS MEMBERSHIP CARD**

 **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 |

 ***Revised 07/01/2014***