

Nazareth Masters Short Course Meters Meet

Sunday, October 5th, 2014 ---9am Warm-up/ 10am START

Sanctioned by Niagara District Masters Swimming, Inc. for USMS, Inc. **Sanction # 044-S008**

Eligibility: Currently registered with USMS/ MSC Swimmers, 18 years and older.

Unregistered swimmers may join with a "One Event" membership.

Full Membership & One Event Forms can be found at: <http://www.niagaramasters.org/join>

Facility: Nazareth College Pool-- 25m competition pool with 6 lanes and an Automatic Colorado Timing System.

Address is: 4245 East Avenue, Rochester, NY 14618

Directions & Parking: 490 to exit 25 (Route 31F). Take 31F to Route 96/ East Avenue and turn left. Nazareth College on right. Enter campus through the North Entrance and follow road through campus. Open Parking lot on your right just after the new building construction. Pool is located on the lower level of the Otto Shults Community Center.

Entries: Pre-Entry deadline by Monday, September 29th. Deck entries permitted until 9:30am day of competition. Swimmers are limited to 5 individual events and 2 relays. You must be at least 18 years old to compete. *One Day USMS Registration forms will be available on site.*

Seeding: All events will be seeded slowest to fastest by entry times. Ages & sexes will be combined. Swimmers in the 400m & 1500m Freestyles MUST check-in to be seeded.

Relays: Relay swimmers who are not registered for individual events must pay a \$5.00 fee to swim in relays. All relays will be deck entered.

Age Groups Include: 18-24, 25-29, 30-34, Etc. up to 100+

Relay Age Groups (sum of ages): 72-99, 100-119, 120—159, 160-199, 200-239, 240-279, 280-319, and 320-359.

Competition age is the age you will be as of Dec. 31, 2014.

Warm-up/Down Lane: We will run the meet in 5 lanes in order to leave an open lane for continuous warm-up or warm-down during the meet.

Awards: Individual: Ribbons for places 1-3 per age group. Relays: Ribbons for 1st place.

Snack Bar: A snack bar will be held just outside the pool area to sell snacks and drinks.

Entry Fees: \$20.00 per swimmer flat rate fee. Deck entries and entries received after September 30th are a \$25.00 flat rate. **Checks payable to: Nazareth Masters.** Mail entries with a copy of your current USMS/ MSC 2014 card and check to: Nazareth Masters, Attn: Martie Staser, 4245 East Avenue, Rochester, NY 14618.

Questions: Meet Director, Martie Staser (585)-389-2198, mstaser3@naz.edu

Order of Events for SUNDAY, OCTOBER 5th, 2014

Warm up at 9:00am

Start at 10:00am

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| 1. 400 Freestyle (check-in required) | 10. 200m Individual Medley |
| 2. 50m Butterfly | 11. 50m Breaststroke |
| 3. 100m Backstroke | 12. 100m Freestyle |
| 10 min Break/ Warm-up | 10 min Break/ Warm-up |
| 4. 200m Breaststroke | 13. 200m Butterfly |
| 5. 400m Individual Medley | 14. 50m Backstroke |
| 6. 50m Freestyle | 15. 200m Medley Relays (deck entered) |
| 10 min Break/ Warm-up | 10 min Break/ Warm-up |
| 7. 100m Butterfly | 16. 100m Breaststroke |
| 8. 200m Backstroke | 17. 200m Freestyle |
| 9. 200m Freestyle Relay s (deck entered) | 18. 100m Individual Medley |
| 10 min Break/ Warm-up | 10 min Break/ Warm-up |
| | 19. 1500m Freestyle (check-in required) |

Registration Form

(Fill in Completely. Return with your check and copy of your USMS/ CSMA 2014 card)

Name: _____ Birthdate _____ Age _____ Sex _____
Address: _____ 2014 USMS (or MSC)# _____
City: _____ USMS/MSC Club Code (NIAG, BUMS, etc.) _____
State: _____ Zip _____ Phone: _____
Email: _____

EVENT	ENTRY TIME	EVENT	ENTRY TIME
1. 400m FREE	____:____.____	11. 50m Breaststroke	____:____.____
2. 50m Butterfly	____:____.____	12. 100m Freestyle	____:____.____
3. 100m Backstroke	____:____.____	13. 200m Butterfly	____:____.____
4. 200m Breaststroke	____:____.____	14. 50m Backstroke	____:____.____
5. 400m IM	____:____.____	15. 200 Medley Relays (DECK ENTERED)	
6. 50m Freestyle	____:____.____	16. 100m Breaststroke	____:____.____
7. 100m Butterfly	____:____.____	17. 200m Freestyle	____:____.____
8. 200m Backstroke	____:____.____	18. 100m IM	____:____.____
9. 200m Freestyle Relay (DECK ENTERED)		19. 1500m Freestyle	____:____.____
10. 200m IM	____:____.____		

MEET ENTRY FEE: \$20.00 flat rate through Sept. 29th. \$25.00 after the deadline or on the day of competition.

Checks payable to: Nazareth Masters. Mail entries with a copy of your current USMS/ MSC 2013 card and check to: Nazareth Masters, Attn: Martie Staser, 4245 East Avenue, Rochester, NY 14618.



**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	