

28th Annual “Super” Swim Meet

Presented by the Ford Athletic Swim & Triathlon Club

This meet will be swim in short course meters (SCM). 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.



- What:** 1st Short Course Meters (SCM) meet of the season.
Date: Sunday, February 1, 2015
Location: Brighton High School, 7878 Brighton Rd. Brighton, MI 48116
Entries: \$25 if postmarked by Jan. 27 or \$35 after Jan 28.
Sanction # 195-S004
All relays will be deck entered. Swimmers may swim a maximum of 4 individual events and 2 relays. Only pre-entries will be accepted for the 1500m and 400m freestyle. Relay cards are due 30 minutes prior to each relay event. You must be entered in the meet to swim on a relay team.

Include a **copy of your current 2015 USMS card with entry**.
Make checks payable to FAST.

FINA rules apply to SCM meets. Your age on 12/31/2015 determines your age group.

Contact: Jenny & Noah Birmelin
Phone: 248.939.4046
E-mail: FASTswimmeet@yahoo.com

Schedule: Session I Check-in and warm up 7:30-8:00 am
1500m starts at 8:00 am and will consist of the first 18 entries received.

Deck registration closes 9:30 am, no exceptions.

Session II Warm up 9:30-10:00; Warm up / cool down area available at all times.
400m starts immediately after the 200 Relay and will consist of the first 12 entries received.

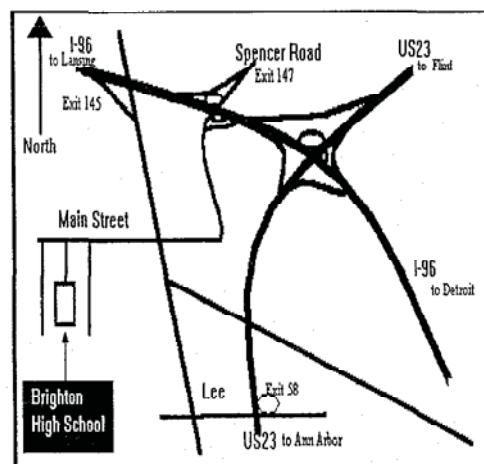
Eligibility: Only current 2015 USMS members will be allowed to compete. USMS registrations will not be offered at the door. See Michigan Masters website (www.michiganmasters.com) for registration information.

Extras:

- Meet snacks will be provided by FAST.
- Tri-Coverly Massage & Fitness of Novi will be on deck offering massages for a fee.
- We will also be collecting new or lightly used swim suits, towels, caps, goggles, etc. for “Detroit Swims,” offering learn-to-swim programs and water safety lessons for children in urban communities.

Directions: Brighton High School is on Sage Street. Sage is off Main Street past 7th, about one mile west of Grand River.

- **From Lansing:** I-96 south to Grand River (Exit 145); Grand River south to Main Street; turn right onto Main Street.
- **From Ann Arbor:** US-23 north to Lee Road (Exit 58); Lee Road west to Rickett Road; turn right and merge onto Grand River north; Grand River to Main Street; turn left.
- **From Flint:** US-23 south to I-96 west, then follow Detroit directions below.
- **From Detroit:** I-96 west to Spencer Road (Exit 147); turn right onto Spencer Road, traveling west, wind around numerous curves and go past Grand River; Spencer Road turns into Main Street.



FAST and Michigan Masters Swimming present the

28th Annual Super Swim Meet

Sanction #195-S004

ATTACH MASTERS CARD

HERE

Name:		
Street Address:		
City/State/Zip:		
Phone:	Date of Birth:	Sex:
USMS#:	Email:	

EVENT #	EVENT	SEED TIME (YARDS/METERS)
Session I	Warm up 7:30 - 8:00 am	*****
1	1500m Freestyle (No deck entries / 1st 12 entries received)	circle (yd / m)
*****	Deck registration closes 9:30 am	*****
Session II	Warm up from 9:30 - 10:00 am	*****
2	200m Breaststroke	circle (yd / m)
3	200m Freestyle	circle (yd / m)
4	100m Backstroke	circle (yd / m)
5	50m Butterfly	circle (yd / m)
6	200m Medley Relay	Relay Deck Entered
7	100m IM	circle (yd / m)
8	100m Breaststroke	circle (yd / m)
9	50m Freestyle	circle (yd / m)
10	200m Butterfly	circle (yd / m)
11	200m IM	circle (yd / m)
12	200m Backstroke	circle (yd / m)
13	100m Freestyle	circle (yd / m)
14	50m Breaststroke	circle (yd / m)
15	100m Butterfly	circle (yd / m)
16	50m Backstroke	circle (yd / m)
17	200m Freestyle Relay	Relay Deck Entered
18	400m Freestyle	circle (yd / m)

ATHLETE'S RELEASE: I P P C S / U

Signature: _____ Date: _____

Emergency (phone #) _____

Make Checks Payable to: **FAST**
Mail to: Birmelin
22736 Glenmoor Heights
Farmington Hills, MI 48336

FORD ATHLETIC SWIM & TRIATHLON CLUB





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