



Swimming

18 & Over

Session 1

Thursday, June 11, 2015

Warm-up: 8:00 AM Start: 9:00 AM

Session 2

Friday, June 12, 2015

Warm-up: 8:00 AM Start: 9:00 AM

Session 3

Saturday, June 13, 2015

Warm-up: 8:00 AM Start: 9:00 AM

Age Group (18 & Younger)

Session 1

Thursday, June 11, 2015

Warm-up: 1:00 PM Start: 2:00 PM

Session 2

Friday, June 12, 2015

Warm-up: 1:00 PM Start: 2:00 PM

Session 3

Saturday, June 13, 2015

Warm-up: 1:00 PM Start: 2:00 PM

Location: Southern Utah University Campus
J.L. Sorenson Physical Education Building
351 West Center Street
Cedar City, Utah
(435) 586-5431

Course: Seven (7) lane 50 meter indoor pool with non-turbulent lane lines – plus one (1) lane for continuous warm up/warm down. Colorado timing system and touch pads will be used. Pool has bleacher seating for spectators.

Start End Depth: Minimum 7.0 feet @ 1 meter from wall; minimum 7.0 feet @ 5 meters from wall. Turn End Depth: 4.0 feet @ 1 meter from wall; 4.0 feet @ 5 meters from wall. The pool has not been certified in accordance with 104.2.2C(4).

Meet Director: Adam Caldwell (801) 699-3735 adam@binghamsnow.com

Check in & Scratches: A positive check-in is required for the 400 Free, 400 IM, and 1500 meter events – which are due 15 minutes after the start of warm ups. Swimmers who fail to check in will not be allowed to swim. Swimmers in the 1500 are required to provide their own timer and counter – although some limited help will be available for those that cannot do so. The 1500 will be mixed, and swam fastest to slowest. The 1500 will be limited to 3 heats each. In the event more than 21 swimmers sign up for the 1500, priority will be given to the swimmers entry date into the meet (first come, first served). A Negative check-in for all other events. Scratches should be declared at the beginning of warm ups. If a swimmer misses their event they will not be allowed to swim that event. However, they will not be scratched from their subsequent event(s).

Age: Determined by age as of first day of meet for Age Group, but as of December 31st for Masters Swimmers.

Age Group: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18

Masters: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-over

Entries: Each swimmer is limited to competing in five (5) events per day. All entries must go through the USG office to Sports Coordinator. No Deck entries will be accepted. No swimming up into a higher age group will be allowed. There will be no changes made to entry times at the pool.

Rules: All 2015 USA swimming rules will be enforced for age group swimming, Masters rules will be enforced per the 2015 USMS rulebook.

Entry Fees: \$3.50 per event plus the Utah Summer Games entry fee. Swimmers must register through www.utahsummergames.com

Liability: Utah Summer Games requires a waiver of liability before any swimmer participates in any event.

Awards: Medals 1st through 3rd will be awarded per event. There will be an awards ceremony at the end of each session (but before the 1500's).

Warm-up: All warm-ups must be done under the supervision of the officials. Coaches and/or Parents have the responsibility of insuring that all their swimmers are instructed in warm-up procedures and that the swimmers follow all safety procedures. All swimmers will enter the

pool from a 3 point sitting position. There will be no pushing, splashing, running, or any other general horseplay. Swimmers engaging in such activities will be asked to leave the pool. All lanes of the pool will be circle swimming only. During the last (15) minutes of warm-up, lanes 2 and 7 will be open to dive starts.

USA Swimming & USMS Time Recognition: This meet is considered an “observed” meet by USA Swimming – thus times will “count” for USA swimmers. USA Swimmers, for their times to be reported to USA Swimming, must their USA Swimming ID’s when registering or to the computer table before the end of the meet. Swimmers that fail to provide a valid USA ID will not have times reported to USA Swimming.

Masters Swimmers must submit a valid USMS membership number when registering, or to the computer table before the end of the meet, to have times reported to USMS.

Session: 1 - Masters - Thursday, June 11, 2015

Warm-up: 8:00 AM - Start: 9:00 AM

Event # Female	Event	Event # Male
1	18 & Over 200 Freestyle	2
3	18 & Over 50 Breaststroke	4
5	18 & Over 100 Butterfly	6
7	18 & Over 200 Backstroke	8
Award Presentation		
9	18 & Over 1500 Freestyle	10

Session: 2 - Masters - Friday, June 12, 2015

Warm-up: 8:00 AM - Start: 9:00 AM

Event # Female	Event	Event # Male
11	18 & Over 400 Freestyle	12
13	18 & Over 100 Breaststroke	14
15	18 & Over 50 Butterfly	16
17	18 & Over 50 Backstroke	18
19	18 & Over 400 IM	20
Award Presentation		

Session: 3 - Masters - Saturday, June 13, 2015

Warm-up: 8:00 AM - Start: 9:00 AM

Event # Female	Event	Event # Male
21	18 & Over 100 Freestyle	22
23	18 & Over 200 Butterfly	24
25	18 & Over 100 Backstroke	26
27	18 & Over 200 Breaststroke	28
29	18 & Over 50 Freestyle	30
31	18 & Over 200 IM	32
Award Presentation		

Session: 1 - Age Group - Thursday, June 11, 2015

Warm-up: 1:00 PM - Starts: 2:00 PM

Event # Female	Event	Event # Male
1	8 & Under 200 Freestyle	2
3	9-10 200 Freestyle	4
5	11-12 200 Freestyle	6
7	13-14 200 Freestyle	8
9	15-16 200 Freestyle	10
11	17-18 200 Freestyle	12
13	8 & Under 100 Butterfly	14
15	9-10 100 Butterfly	16
17	11-12 100 Butterfly	18
19	13-14 100 Butterfly	20
21	15-16 100 Butterfly	22
23	17-18 100 Butterfly	24
25	8 & Under 200 IM	26
27	9-10 200 IM	28
29	11-12 200 IM	30
31	13-14 200 IM	32
33	15-16 200 IM	34
35	17-18 200 IM	36
37	8 & Under 50 Breaststroke	38
39	9-10 50 Breaststroke	40
41	11-12 50 Breaststroke	42
43	13-14 50 Breaststroke	44
45	15-16 50 Breaststroke	46
47	17-18 50 Breaststroke	48
49	9-10 200 Backstroke	50
51	11-12 200 Backstroke	52
53	13-14 200 Backstroke	54
55	15-16 200 Backstroke	56
57	17-18 200 Backstroke	58
Award Presentation		

Session: 2 - Age Group - Friday, June 12, 2015

Warm-up: 1:00 PM – Start: 2:00 PM

Event # Female	Event	Event # Male
59	8 & Under 100 Backstroke	60
61	9-10 100 Backstroke	62
63	11-12 100 Backstroke	64
65	13-14 100 Backstroke	66
67	15-16 100 Backstroke	68
69	17-18 100 Backstroke	70
71	8 & Under 50 Freestyle	72
73	9-10 50 Freestyle	74
75	11-12 50 Freestyle	76
77	13-14 50 Freestyle	78
79	15-16 50 Freestyle	80
81	17-18 50 Freestyle	82
83	8 & Under 50 Butterfly	84
85	9-10 50 Butterfly	86
87	11-12 50 Butterfly	88
89	13-14 50 Butterfly	90
91	15-16 50 Butterfly	92
93	17-18 50 Butterfly	94
95	9-10 200 Breaststroke	96
97	11-12 200 Breaststroke	98
99	13-14 200 Breaststroke	100
101	15-16 200 Breaststroke	102
103	17-18 200 Breaststroke	104
Award Presentation		
105	Mixed (all ages) 1500 Freestyle	106

Session: 3 - Age Group - Saturday, June 13, 2015

Warm-up: 1:00 PM – Start: 2:00 PM

Event # Female	Event	Event # Male
107	8 & Under 400 Freestyle	110
109	9-10 400 Freestyle	110
111	11-12 400 Freestyle	112
113	13-14 400 Freestyle	114
115	15-16 400 Freestyle	116
117	17-18 400 Freestyle	118
119	8 & Under 100 Breaststroke	120
121	9-10 100 Breaststroke	122
123	11-12 100 Breaststroke	124
125	13-14 100 Breaststroke	126
127	15-16 100 Breaststroke	128
129	17-18 100 Breaststroke	130
131	8 & Under 50 Backstroke	132
133	9-10 50 Backstroke	134
135	11-12 50 Backstroke	136
137	13-14 50 Backstroke	138
139	15-16 50 Backstroke	140
141	17-18 50 Backstroke	142
143	9-10 200 Butterfly	144
145	11-12 200 Butterfly	146
147	13-14 200 Butterfly	148
149	15-16 200 Butterfly	150
151	17-18 200 Butterfly	152
153	8 & Under 100 Freestyle	154
155	9-10 100 Freestyle	156
157	11-12 100 Freestyle	158
159	13-14 100 Freestyle	160
161	15-16 100 Freestyle	162
163	17-18 100 Freestyle	164
165	Mixed (all ages) 400 IM	166
Award Presentation		



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	