



9th Bearcat Masters SC Meter Invitational
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # ___
Saturday, October 24, 2015

Facility	Baruch College, 55 Lexington Avenue, New York, NY 10010 Six-lane, 25 Meter pool. Competition will be conducted in 5 SC Meter lanes, with 1 lane designated for continuous warm-up and cool down throughout the meet. (a) 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.
Warm-up	Diving IS NOT permitted during general warm-up. Starting blocks will be available for diving during designated period when lane(s) are opened for one-way sprints.
Eligibility	Open to all current USMS-registered swimmers age 18 and older. Age determination date for this meet is age as of December 31, 2015.
Schedule	General Warm-up 2:00pm to 3:00pm * Meet Starts 3:15PM
Parking	There are 4 Parking facilities on E. 24 th Street between Park Ave South and 2 nd Avenue. The cost will range between \$10 and \$30 depending on the facility.
Relays	All relays are to be deck-entered at meet at least 45 minutes prior to the event.
Seeding	Events will be run in heats, slowest to fastest, regardless of age or gender, and strictly based on entry time ("NT" entries will be seeded in the first/slowest heat).
Entry Limit	Swimmers are permitted to enter a total of Four (4) individual events and two (2) relays for a MAXIMUM of Six (6) events.
Entry Times	Entry times must be submitted in short course meters (SCM) for all events.
Entry Fees	The meet entry fee is \$33.00 per swimmer. Make check or money order payable to: BEARCAT MASTERS. Entry fees are NON-REFUNDABLE and non-transferable.
Entry Deadline	Individual mail-in entries must be RECEIVED (not postmarked) by Thursday October 1, 2015. Online meet registration CLOSSES at 11PM ET October 23, 2015. Swimmers are strongly urged to register online for speed and accuracy at: https://www.clubassistant.com/club/meet_information.cfm?c=1507&smid=6962 No telephone, fax or late entries will be accepted. Include all personal contact information on entry form so we can resolve any entry discrepancy. Include meet entry fee via check or money order payable to Bearcat Masters, executed entry form and signed/dated liability release, and a legible copy of your 2013 USMS registration card.
Mail To	Joel Abreu, 2493 Arthur Avenue Bronx, NY 10458
Questions	All inquiries should be directed to Joel Abreu, Meet Director at 917-202-8235 or joel@bearcatmasters.org
Directions	Baruch College is located at 55 Lexington Avenue, New York, NY 10010 By subway: Take the 6, N/W, R, F, V, 1 or 9 trains to the 23 rd Street stop and walk east to Lexington Avenue. Turn left on Lexington and walk north one block. Baruch College is located on the northeast corner of Lexington Avenue and East 24 th Street.

9th Bearcat Masters SC Meter Invitational

Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # _____

Saturday, October 24, 2015

General Warm-Up 2:00-2:55PM
Meet Start 3:15PM

# Event Description	Entry Time	# Event Description	Entry Time
1. Women 200 SCM Medley Relay	<i>deck enter at meet</i>	11. Men's 200 SCM Freestyle Relay	<i>deck enter at meet</i>
2. Men 200 SCM Medley Relay	<i>deck enter at meet</i>	12. Mixed 200 SCM Freestyle Relay	<i>deck enter at meet</i>
3. Mixed 200 SCM Medley Relay	<i>deck enter at meet</i>	13. Mixed 200 SCM Backstroke	_____
4. Mixed 200 SCM Freestyle	_____	14. Mixed 100 SCM Breaststroke	_____
5. Mixed 100 SCM Backstroke	_____	15. Mixed 50 SCM Backstroke	_____
6. Mixed 50 SCM Freestyle	_____	16. Mixed 200 SCM Butterfly	_____
7. Mixed 200 SCM Individual Medley	_____	17. Mixed 100 SCM Freestyle	_____
8. Mixed 100 SCM Butterfly	_____	18. Mixed 50 SCM Butterfly	_____
9. Mixed 50 SCM Breaststroke	_____	19. Mixed 200 SCM Breaststroke	_____
10. Women 200 SCM Freestyle Relay	<i>deck enter at meet</i>	20. Mixed 100 SCM Individual Medley	_____

= = = = =

Online meet registration CLOSSES at 11PM ET October 22, 2015. Swimmers are strongly urged to register online for speed and accuracy at https://www.clubassistant.com/club/meet_information.cfm?c=1507&smid=6962

Individual mail-in entry must be RECEIVED (not postmarked) by Thursday October 1, 2015. Make check or money order payable to Bearcat Masters. Mail entry with legible copy of 2015 USMS card to: Joel Abreu, 2493 Arthur Avenue Bronx, NY 10458

SIGNATURE _____ DATE: _____

PRINT FIRST _____ LAST NAME _____

DOB ____ / ____ / ____ GENDER (circle one): M F CLUB ABBREVIATION _____
MM DD YYYY

USMS REG # _____ - _____ E-MAIL _____

DAY TEL (_____) _____ - _____ EVE TEL (_____) _____ - _____

9th Bearcat Masters SC Meter Invitational
Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction # _____
Saturday, October 24, 2015

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 (BEARCAT MASTERS) and promoters, sponsors and advertisers; pool facility (BARUCH COLLEGE), 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.

PRINT FIRST _____ LAST NAME _____ SEX M___ F___

ADDRESS _____

SIGNATURE _____ DATE: _____