

# 43<sup>d</sup> LEATHERSTOCKING SWIM MEET

## Sunday, November 1, 2015

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. #035-S003  
Dan Wall, Chair
- Host:** Hartwick College & the Hartwick College Swimming and Diving Team
- Location:** Moyer Pool - Binder PE Center at Hartwick College, Oneonta NY. 25 Yard Pool, 8 lanes. The length of the competition course is in compliance without a bulkhead and on file with USMS in accordance with articles 105.1.7 and 107.2.1.
- Directions:** Exit I-88 at exit #15. Enter Oneonta on Maple St. Turn left at Center St. (second light). At the end of Center St., turn right on West St. Take second entrance (left). Go up steep hill past the soccer field. Ample parking available at the top of the hill.
- Time:** Warm-up for the 1650/1000 is at 11:30 AM. The 1650/1000 will be swum at 12:00. There will be another 20 min warm-up after the 1650/1000. The 100 butterfly will start at 1 PM. **Please note that the clocks will change the night before.**
- Meet Director:** Steve Atkins, [slatkings@gmail.com](mailto:slatkings@gmail.com), 518-399-6317
- Eligibility:** Open to all swimmers, 18 & older, as of November 1, 2015. All swimmers must be registered with USMS (or the equivalent FINA organization). If registering for the meet online, your USMS membership will be verified online. If registering for the meet by mail, you must include a copy of your registration card. If you need to join or renew USMS membership, please visit [www.adms.org](http://www.adms.org), and follow the instructions. The age of a swimmer is his or her age on Nov 1, 2015. A swimmer may enter up to FIVE individual events. **Online entries must be completed by 11:59 PM on October 29, 2015. Mailed entries must be postmarked by Saturday, October 24, 2015.** USMS Rules will be in effect.
- Events:** This is a pre-seeded meet with events being swum slowest to fastest. A swimmer may compete in the 1000 freestyle **OR** the 1650 freestyle, but **NOT** both. Swimmers entered in event #1 or event #2, the 1000 and 1650 freestyle or event #22, the 500 freestyle, must check-in by 11:45 PM and 1:30 PM respectively. Swimmers failing to check-in by the stated time will be scratched from the event.
- Rules:** 2015 USMS rules govern this meet. This includes no diving or backstroke starts in warm-up or cool down lanes except in the one-way designated sprint lanes. You must fully cooperate with this requirement. One lane will be available throughout the meet for warm-up and cool-down.
- Results:** Results will be posted at [www.adms.org](http://www.adms.org).
- Entry Fees:** The entry fee is \$5.00 per individual event plus a \$5.00 meet fee. **NO DECK ENTRIES for individual events will be accepted.** Online entries can be performed through Club Assistant [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=1538&smid=7018](https://www.ClubAssistant.com/club/meet_information.cfm?c=1538&smid=7018) If mailing an entry, make your check payable to "AD-LMSC". Mail signed waiver, entry form, a current copy of your USMS or MSC card, and a check to be postmarked by Saturday, October 25, 2015 to: Steve Atkins; 94 Midline Road, Ballston Lake, NY 12019; Ph: 518-399-6317; email: [slatkings@gmail.com](mailto:slatkings@gmail.com)

## 2015 LEATHERSTOCKING Entry Form

<b>Staple legible copy of USMS or MSC card here</b>		<b>Please supply the following information:</b>	
USMS/MSC Number	Club (as stated on USMS/MSC card)	Day Phone (    )	
Name & Address (name EXACTLY as it appears on USMS/MSC card)		Evening Phone (    )	
Gender	Birth date	Age (as of November 1, 2015)	Email

**In case of emergency, contact: Name \_\_\_\_\_ Phone: \_\_\_\_\_**

**11:30 AM WARM-UP 12:00 PM START**

EVENT #	EVENT	ENTRY TIME (Short Course Yds)
1	1000 FREESTYLE	
2	1650 FREESTYLE	
	<b>20 MIN WARM-UP</b>	
3	100 BUTTERFLY	
4	100 BREASTSTROKE	
5	200 BACKSTROKE	
6	25 BACKSTROKE	
7	200 BUTTERFLY	
8	100 INDIVIDUAL MEDLEY	
9	25 BUTTERFLY	
10	50 FREESTYLE	
11	200 BREASTSTROKE	
12	25 BREASTSTROKE	
13	200 INDIVIDUAL MEDLEY	
14	50 BUTTERFLY	
15	200 FREESTYLE	
16	25 FREESTYLE	
17	100 BACKSTROKE	
18	50 BREASTSTROKE	
19	400 INDIVIDUAL MEDLY	
20	100 FREESTYLE	
21	50 BACKSTROKE	
22	500 FREESTYLE	
Total Due: \$5.00 Meet Fee + _____ # of individual events X \$5.00/event = \$ _____ .00 Make checks payable to <b>AD-LMSC</b>		

**FIRST-TIMERS:** If this is your first meet and you are registered as an Adirondack Master, you are eligible for a First-Timers T-shirt: Please circle size: M L XL



**U.S. MASTERS  
SWIMMING**

**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