

Riverbend Mighty Master Narwhals

Short-Course Yards Long-Distance Meet

February 27, 2016

Sanctioned by Ozark LMSC for USMS, Inc.

Location: Lewis and Clark Community College, 5800 Godfrey Road, Godfrey, Illinois 62035

Time: February 27, 2016; Warm-ups begin promptly at 3:00pm. Events start at 4:00pm. Deck entries close at 3:30 pm for both the 1000 and the 1650.

Eligibility: Persons eighteen (18) years old and older are welcome. Participants must have a valid 2016 USMS registration card to participate. You may register at the meet if you so desire, but we prefer you apply for USMS membership online, prior to the meet. Go to the www.usms.org website. We are in the Ozark LMSC. All levels of swimming ability are welcome.

For non-USMS members, a USMS "One Event Registration" OEVT application is available at the check-in desk for \$20, in addition to the Meet Entry Fee. A separate OEVT form must be completed at the meet and a separate check made out to Ozark LMSC. OEVT times are not submitted to the USMS database and do not count for Ozark LMSC records.

Conduct: The 2016 USMS rules will govern the conduct of the meet. All events will be timed finals. Events will be seeded **fastest to slowest**, men and women combined, Event 1 - 1000 freestyle, Event 2 - 1650 freestyle. Results will be submitted for USMS Top Ten consideration and to the USMS database.

Fees: \$25 meet entry for entries received by February 24th. Fee for Deck Entry will be \$30. Please make checks payable to Lewis and Clark Community College DO NOT OFFER CASH; we will not have change and we need to identify who paid.

Entry: In order to be seeded in proper heats, entries must be received by **2/24/16** (the "Entry Deadline") with seed times. All entries received after the Entry Deadline will be considered deck entries and will be accepted on a "first come, first-served, space available" basis. Mail entries to:

Kristen Orban / The Mighty Narwhals
1001 E. Broadway, Alton, IL 62002

You may submit your entry form by e-mail to koswimmer827@yahoo.com. If you enter electronically, please arrive at the meet early enough to sign your "Liability Release Form" and submit your payment to the Meet Director on site.

Facility: The pool is 25 yards with 6 lanes equipped with non-turbulent lane lines. Stopwatch timing will be used. 5 lanes will be used for competition; one outside lane available for warm-up and cool-down. **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.**

Info: Meet director Kristen Orban at Kristen.orban@yahoo.com 618.917.4326



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	

