



# Minnesota Masters Swimming

## LCM "State" Meet

Saturday, June 23, 2018

Jean K. Freeman Aquatic Center

University of Minnesota

1910 University Ave SE, Minneapolis 55455



**Schedule:** Registration – 10:00AM - 10:30AM  
Warmup Period – 10:00AM - 10:50AM  
Events – 11:00AM - 3:00PM (approximately)

**Meet Sanction:** 308-S004

**Meet Director:** Shannon Swartz ([shannonswartz@comcast.net](mailto:shannonswartz@comcast.net))

**Entry Changes:** David Bergquist ([david.bergquist@minnesotamasters.com](mailto:david.bergquist@minnesotamasters.com))

**Entry Information:** Must be a USMS registered member or pay the special "One-Event" fee.

Entry Type	Early Bird	Normal Rate*	Day of Meet**
<b>Deadline</b>	June 3, 11:59 PM	June 21, 11:59 PM	June 23, 10:30 AM
USMS Member	\$20	\$25	\$35
One-Event	\$40	\$50	N/A

\*In order to prepare event seeding and psych sheets, registration is suspended from this date and time until the day of the meet.

\*\* A swimmer may pay the annual USMS registration fee of \$54 and enter on the day of the meet for a total fee of \$84. No one-event registrations are available on the day of the meet.

**Registration:** Participants may enter a maximum of 6 individual events. Entry fees are non-refundable. Online entries are paid by credit card to ClubAssistant.com Events. Deck entries on the day of the meet are limited to new or existing USMS members.

**Course:** 8 lane, 50 meter pool, using 8 lanes for competition. Additional Lanes in adjoining pool will be available throughout the meet for warm-up and cool down. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course is subject to length confirmation

**Positive Check-in:** Positive check-in is required for the 400 free, 800 free, and 1,500 free. Check-in times will be announced at the meet. Swimmers who do not check-in at the registration table will be scratched from the event.

**Relays:** Relay entries will be accepted up until the start of the Group before the respective relay. All relays teams must either e-mail their information to [david.bergquist@minnesotamasters.com](mailto:david.bergquist@minnesotamasters.com) by June 22nd or complete a relay entry card complete with first and last name, age and gender of each swimmer. Each card or e-mail must include the club/workout group name. For the relay to be official all four members may not be "unattached," must be registered with the same club but may be from different workout groups. The distance and type of relay must be circled or otherwise indicated. Participants may only compete once in each relay. Women's, Men's, and Mixed relay heats may be combined depending on entries.

**“Overall Champions to be Determined for Two Events”:** For the 100M backstroke and 200M Free events an “Overall Champion” will be calculated for each event. Each swimmer’s time will be adjusted accordingly by a formula that takes into account the current national record for that swimmer’s age and gender. The Overall Champion will be the swimmer with the lowest adjusted time. Adjusted times for all swimmers participating in these events will be posted after the meet.

**Results:** Will be posted at the meet and online at [www.minnesotamasters.com](http://www.minnesotamasters.com) within one week. Times swum by non-USMS Members are not eligible for USMS Top 10 or records consideration. (Article 201.1.3B). Times swum by non-Minnesota LMSC members are not eligible for Minnesota LMSC records.

**Paper Entry (2 pages)**

Event Number			Event	Entry Time	Event Number			Event	Entry Time
<b>Group 1</b>			<b>11:00 a.m. Start</b>						
<b>1</b>	<b>2</b>	<b>3</b>	<b>200m Free Relay W/M/X</b>			<b>Group 4</b>			
						<b>Maximum 5 Minute Break</b>			
4			100m Back	____:____.____	21	22	23	<b>400m Medley Relay W/M/X</b>	
5			200m I.M.	____:____.____	24			50m Breast	
6			50m Butterfly	____:____.____	25			200m Butterfly	
7			400m Free	____:____.____	26			100m Free	
<b>Group 2</b>			<b>Maximum 5 Minute Break</b>			<b>Group 5</b>			
						<b>Maximum 5 Minute Break</b>			
8	9	10	<b>400m Free Relay W/M/X</b>			27	28	29	<b>800m Free Relay W/M/X</b>
11			100m Butterfly	____:____.____	30			200m Breast	
12			50m Free	____:____.____	31			800m Free	
13			200m Back	____:____.____	32			1500m Free	
14			400m I.M.	____:____.____					
<b>Group 3</b>			<b>Maximum 5 Minute Break</b>						
15	16	17	<b>200m Medley Relay W/M/X</b>						
18			200m Free	____:____.____					
19			100m Breast	____:____.____					
20			50m Back	____:____.____					

*Relays that are grouped together may be combined into single heats depending on number of entries.*

**Paper Entry (USMS members only), mail**

- (a) This page and the following Waiver page
- (b) A check for the correct amount made payable to Minnesota Masters
- (c) A copy of your USMS card

To:  
David Bergquist c/o Recruit Masters  
Suite 300, 8200 Humboldt Ave. So.  
Bloomington, MN 55431

**PLEASE PRINT**

Print Name: \_\_\_\_\_  Male  Female  
 Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Phone: \_\_\_\_-\_\_\_\_-\_\_\_\_  
 USMS #: \_\_\_\_-\_\_\_\_ Club: \_\_\_\_\_ Workout Group: \_\_\_\_\_  
 Email Address: \_\_\_\_\_

**Signature required on following page** (please mail both pages and funds with your registration)

# **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.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

