



**Minnesota Masters Short Course
Yards State Meet
April 14th and 15th 2018
University of Minnesota
1910 University Ave SE, Minneapolis, MN**



Schedule: Please note different start times for Saturday and Sunday

SCHEDULE	Saturday, April 14th	Sunday, April 15th
Registration	10:00AM - 10:30AM	9:00AM - 9:30AM
Warmup Period	10:00AM - 10:50AM	9:00AM - 9:50AM
Events <i>(End Times are Approximate)</i>	11:00AM - 4:00PM	10:00AM - 3:00PM

Meet Sanction: 308-S003

Meet Director: Shannon Swartz (shannonswartz@comcast.net)

Entry Changes: David Berquist david.bergquist@minnesotamasters.com

Entry Information: Must be a USMS registered member to participate (\$54 annual fee).

Entry Type	Early Bird	Normal Rate*	Day of Meet
Deadline	March 25, 11:59 PM	April 11, 11:59 PM	April 14 10:30 AM April 15, 9:30 AM
1-day	\$20	\$25	\$30
2-day	\$40	\$50	\$60

*In order to prepare event seeding and psych sheets, registration is suspended from this date and time until the day of the meet. Events will be pre-seeded and heat sheets published in the online meet program.

Registration: Participants may enter a maximum of 6 individual events per day. 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. No one-event registrations are available for this meet.

Course: 8 lane, 25 yard 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.

Meet Conduct: All events will be timed finals. Events will be swum slowest to fastest by gender with the women's heats going first followed by the men's heats. Seeding will take place after pre-registration closes on April 12th. Deck entrants may be placed into open lanes or separate heats. The 1000 free and 1650 free will be swum as mixed gender events. The 500 free may be swum as a mixed gender event depending on the projected timeline.

Positive Check-in: **Positive check-in is required for the 500 free, 1,000 free, and 1,650 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 5 minutes prior to the respective relay. All relays teams must either e-mail their information to david.bergquist@minnesotamasters.com by **April 12th** or complete a relay entry card on the day of the meet 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.

Results: Will be posted at the meet and online at 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 records.

"Overall State Champions to be Determined for Three Events": For the 100-yard freestyle, 50-yard freestyle and the 100-yard individual medley 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.

Event T-Shirt: If you register by end-of-day Sunday, April 1, you will have the option to pre-order a Minnesota Masters 2018 Short Course Yards State Meet t-shirt. Short sleeve shirts are \$12, and Long sleeve shirts are \$18. Note: The t-shirts are only available via pre-order. They will not be available for purchase at the event. **YOU MUST REGISTER BY SUNDAY APRIL 1st, 11:59PM TO ORDER A MEET T-SHIRT.**



Paper Entry (2 pages)

I plan to attend the following day(s):

- 1 day - Saturday
 1 day - Sunday
 2 days - Both Saturday and Sunday

I would like an event t-shirt (mail form by 4/1)

- Short sleeve (\$12) XS/YL L
 Long sleeve (\$18) S XL
 Include your shirt size M XXL

Saturday				Sunday			
Event Number		Event	Entry Time	Event Number		Event	Entry Time
W	M			W	M		
Group 1		Saturday - 11:00 a.m. Start		Group 6		Sunday - 10:00 a.m. Start	
1	2	200y Breast	____:____.____	26	27	100y Fly	____:____.____
3	4	500y Free	____:____.____	28	29	200y Free	____:____.____
5	6	400y Medley Relay W/M		30		200y Free Relay Mixed	
Group 2		Maximum 5 Minute Break		Group 7		Maximum 5 Minute Break	
7	8	200y I.M.	____:____.____	31		400y Medley Relay Mixed	
9	10	50y Fly	____:____.____	32	33	50y Back	____:____.____
11		800 Free Relay Mixed		34	35	800y Free Relay W/M	
Group 3		Maximum 5 Minute Break		Group 8		Maximum 5 Minute Break	
12	13	200y Free Relay W/M		36	37	100y Breast	____:____.____
14	15	100y Free	____:____.____	38	39	400y I.M.	____:____.____
Group 4		Maximum 5 Minute Break		Group 9		Maximum 5 Minute Break	
16		200 Medley Relay Mixed		40	41	200y Medley Relay W/M	
17	18	200y Fly	____:____.____	42	43	50y Free	____:____.____
19	20	100y Back	____:____.____	44	45	200y Back	____:____.____
Group 5		Maximum 5 Minute Break		Group 10		Maximum 5 Minute Break	
21		400 Free Relay Mixed		46	47	400y Free Relay W/M	
22	23	50y Breast	____:____.____	48	49	100y I.M.	____:____.____
24	25	1000y Free	____:____.____	50	51	1650y Free	____:____.____

*There will be a Maximum of a 5 minute break between groups.
 Participants may enter a maximum of 6 individual events per day.*

Paper Entry (USMS members Only), please 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: _____
 Email Address: _____

Signature Required on following Page (please mail both pages 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: _____

