



SCY Sprint Meet & MN LMSC Annual Meeting

Saturday, November 2, 2019

Minnetonka Middle School East

17000 Lake Street Extension, Minnetonka, MN 55345

***Sprints Only and Free Food
What more could you ask for!***

Format: 25s, 50s and 100s only with 200 Free and 200 Medley Relays. 25-yard events are not eligible for USMS Top 10 or Minnesota LMSC State records; however, they are recorded at the USMS national level and your individual rankings can be viewed at: <https://www.usms.org/comp/meets/toptimes.php>

Annual Meeting: The Minnesota Masters Annual Meeting will be held in the cafeteria after the conclusion of the Sprint Meet. All Minnesota Masters registered swimmers are eligible and encouraged to attend. The Awards Dinner, Board Member Elections and Hall of Fame introductions are also conducted during the Annual Meeting which is free for registered Minnesota Masters swimmers. Nevertheless, we need swimmers to preregister for the Annual Meeting so that we can get an accurate count for the caterer. The Annual Meeting registration will be a selection option along with swimming events. .

Schedule:
Deck Registration – 2:00PM - 2:30PM
Warmup Period – 2:00PM - 2:50PM
Events – 3:00PM - 5:30PM (approximately)

Meet Sanction: 309-S006

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

Entry Changes: David Bergquist (david.bergquist@minnesotamasters.com)

Entry Information: Must be a USMS registered member.

Entry Type	Early Bird	Normal Rate*	Day of Meet**
Deadline	October 20, 11:59PM	October 30, 11:59PM	November 2, 2:30PM
USMS Member	\$15	\$20	\$30

*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 \$56 and enter on the day of the meet for a total fee of \$86. No one-event registrations are available for this meet.

We strongly encourage all swimmers to pre-register with USMS and pre-register for the meet prior to the Normal Rate deadline.

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. Deck entries to be paid by check or cash only. No credit cards on day of meet.

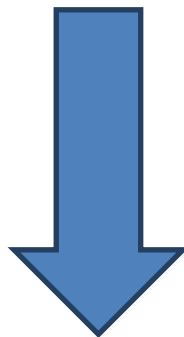
Positive Check-in: Positive check-in is not required for this meet.

Course: 8 lane, 25yd pool, using 8 lanes for competition. There is a diving well that can be used 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.

Relays: Relay entries will be accepted up until 20 minutes prior to the respective relay. All relays teams must either e-mail their information to david.bergquist@minnesotamasters.com by 8:00 PM on October 30th 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, none of the four members may be “unattached,” or One-Event swimmers. All relay members 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.

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 LMSC records. Times swum by One-Event swimmers are not eligible for USMS Top 10 or records consideration, and are also not eligible for Minnesota LMSC records.

Order of Events and Paper Entry: Please see the next page for order of events and the process to submit a paper entry. If you are going to attend the annual meeting and are registering via paper only, please include a note in your registration to indicate your attendance.



Paper Entry (2 pages)

Event Number		Event	Entry Time	Event Number		Event	Entry Time		
Group 1			2:00 PM Start		Group 3			5 Minute Break	
1	2	200y Free Relays Women/Men	____:____.____	11	200y Free Relays Mixed		____:____.____		
3		100y Backstroke	____:____.____	12	100y Freestyle		____:____.____		
4		50y Butterfly	____:____.____	13	50y Breaststroke		____:____.____		
5		25y Breaststroke	____:____.____	14	25y Butterfly		____:____.____		
Group 2			5 Minute Break		Group 4			5 Minute Break	
6		200y Medley Relay Mixed	____:____.____	15	16	200y Medley Relays Women/Men	____:____.____		
7		100y Butterfly	____:____.____	17	100y Breaststroke		____:____.____		
8		50y Freestyle	____:____.____	18	50y Backstroke		____:____.____		
9		25y Backstroke	____:____.____	19	25y Freestyle		____:____.____		
10		100y I.M.	____:____.____	Women's Relays				1,15	
20: Annual Meeting and Dinner [] please check				Men's Relays				2,16	
				Mixed Relays				6,11	

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 Swimming
- (c) A copy of your USMS card
- (d) Paper entries must be received by the Normal Rate Deadline. The Swim Meet Committee takes no responsibility for lost or late mail.

Mail 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 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");

- 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.
- 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.
- 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.
- 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.
- 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	