

**Boise YMCA Swim Team**  
**Spring Fling Invitational**  
**WEST FAMILY YMCA/BOISE CITY AQUATIC CENTER**  
**May 18, 19 & 20, 2018**

- SPONSOR:** Boise YMCA Swim Team Sanction: 18-12\_\_  
USMS Sanction: 598-S002
- SANCTION:** This meet is held under sanction of USA Swimming, Inc. and Snake River Swimming, Inc.  
"In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet."
- TYPE:** Timed Finals with Split Meet Format
- LOCATION:** West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place, Boise, ID 83713; (208) 377-9622. From I-84, take Eagle Road exit and follow Eagle Road north to Chinden Blvd. Turn right on Chinden. Go approximately ¾ mile to Discovery Place, turn right. Follow Discovery to West YMCA/Aquatic Center. From Highway 55, turn right on Highway 44 (State Street) and travel west through the town of Eagle. Turn left on Eagle Road, travelling south to Chinden Blvd. Turn left on Chinden and follow directions as above to Discovery Place.
- FACILITIES:** 50 meter x 25 yard indoor pool with depth equal to 4 feet or less than 13 feet; Eight 8-foot lanes; Spectrum starting blocks with hand rails and fins at deep end of pool; 6" anti-wave lane lines; 2-lane instructional pool which will be available for warm-ups during the meet; and spectator seating for 800 people. There are no blocks at the shallow end of the pool (4').
- The competition course has been certified with USA Swimming in accordance with 104.2.2C(4). 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.
- The minimum water depth, measured in accordance with Article 103.2.3 is 13' at the start end and 4' at the turn end.
- 200 Meter Relays--Due to the depth of the pool at the shallow end, the YMCA requires swimmers in the 2nd and 4th leg of the relays to start from in the water.**
- TIMING:** Daktronics Omnisport 6000 Timing System with ten lane scoreboard; Hy-Tek Meet Manager for Windows software with Timing Console Interface.
- MEET REFEREE:** **Vicki Marsh (Co-Referee)** Email: [vicki50marsh@gmail.com](mailto:vicki50marsh@gmail.com) **Shannon Tuft (Co-Referee)** Email: [shannonjtuft@gmail.com](mailto:shannonjtuft@gmail.com)
- Protests will be handled in the manner described in Section 102.23 of the USA Swimming Rules and Regulations.
- OFFICIALS:** We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet referee in advance.
- MEET DIRECTOR:** **Tina Akpan** Email: [t\\_akpan@msn.com](mailto:t_akpan@msn.com)
- ELIGIBILITY:** The meet is open to all swimmers, age 6 and above. All age group/senior swimmers must hold a current USA Swimming registration card. Age of the swimmer on the first day of the meet (May 18, 2018) will determine swimmer's age group.

All Masters swimmers must be registered with USMS. For long course meter meets, the eligibility of a Masters swimmer for a particular age group shall be determined by the age as of December 31 of the year of competition." (2014 Masters Rule Book, Article 102.2.2)

|                  |                                   |                         |                  |
|------------------|-----------------------------------|-------------------------|------------------|
| <b>SCHEDULE:</b> | Friday, May 18                    | <b>Warm Up:</b>         | 3:30 - 4:20 p.m. |
|                  |                                   | <b>Start:</b>           | 4:30 p.m.        |
|                  | Saturday, May 19                  | <b>6-8, 9-10, 11-12</b> |                  |
|                  | Sunday, May 20<br>(a.m. sessions) | <b>Warm-up:</b>         | 7:30 - 8:20 a.m. |
|                  |                                   | <b>Start:</b>           | 8:30 a.m.        |

Saturday & Sunday pm Warm-ups for the afternoon session will start immediately at the conclusion of the morning session and run for 50 minutes. The meet timeline showing the projected afternoon start times will be posted on the Boise Y website a week before the meet.

The afternoon officials meeting will be 45 minutes prior to the afternoon start time. The approximate afternoon start time will be posted on the Boise Y website:  
[www.boiseyswimteam.org](http://www.boiseyswimteam.org)

To help the sessions adhere to the projected time line, flyover starts will be used.

Snake River Swimming safety guidelines and warm-up procedures will apply. These are included with the invitation and will also be posted. NO DIVING off the starting blocks or pool during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-up. Open lanes in the Instructional pool will be available for warm-ups during the entire course of the meet for all USA Swimming members. One warm up lane will be reserved for USMS members throughout warm up and cool down sessions.

**MEETINGS:** COACHES: There will be a mandatory meeting for coaches/team representatives 15 minutes before the start of warm-ups on Friday afternoon at 3:15 p.m. and Saturday morning at 7:15 a.m. Team packets (heat sheets and relay cards) will be available at the Friday meeting.

OFFICIALS: There will be an official's meeting 45 minutes prior to the start of each session each day (Friday afternoon at 3:45 p.m., mornings at 7:45 a.m., and afternoons 45 minutes before the afternoon session start time. Please check the Boise Y website for the approximate afternoon start time.

**ENTRIES:** As prescribed in Article 205.3.1 F of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours.

**11-12 YEAR OLD SWIMMERS MAY SWIM A TOTAL OF 9 INDIVIDUAL EVENTS AND 2 RELAYS WITH NO MORE THAN 3 EVENTS PER DAY AND 1 RELAY ON SATURDAY AND 1 RELAY ON SUNDAY. ALL OTHER SWIMMERS MAY ENTER 2 EVENTS ON FRIDAY AND NO MORE THAN 3 EVENTS PLUS 1 RELAY ON SATURDAY AND 3 EVENTS PLUS 1 RELAY ON SUNDAY.**

- Entries must include swimmer's name, age, event name and number. Swimmers may enter with LCM, SCM, or SCY times. However, short course meter or short course yard times will be seeded after all long course meter times (LCM/SCM/SCY).
- Swimmers entering the 400 M Individual Medley and 400, 800, and 1500 M Freestyles must have a LCM, SCM, or SCY time in order to enter these events.
- Please include coach's name, phone, and address. Coach's signature will be verification that all swimmers entered are currently registered members of USA. **DECK REGISTRATION WILL NOT BE ACCEPTED. Any swimmer entered in the meet who is not registered with USMS will be subject to a \$50.00 fine.**
- Masters must send a copy of their USMS card with their entry and fees. **NO LATE ENTRIES WILL BE ACCEPTED after the deadline.**

- Relay Only swimmers must be entered in the meet and pay the meet surcharge.
- Submit team entries via email using Hy-Tek TEAM MANAGER software or submitting a TeamUnify SDIF file.
- Email entries as an attachment to the following email address: [splitterpart@gmail.com](mailto:splitterpart@gmail.com). We require the following files: Meet Entry File with individual and relay entries, Meet Entry Report, including Relays, and Meet Entry Fee Report. These reports can be generated in Team Unify or in TEAM MANAGER.

**FEES:** \$2.75 per event; \$6.00 per relay; \$20.00 per swimmer (\$1.75 pool rental, \$3.25 lifeguard fee, \$2.00 timing equipment rental, \$4.00 Hospitality Fees, \$9.00 LSC Surcharge).

**All fees must accompany entries and reach the entry address by the deadline.** Do not plan on bringing the check to the meet—it must be received by the entry deadline in order for your entries to be accepted. **ONE CHECK PER TEAM! Make checks payable to Boise YMCA Swim Team.**

**DEADLINE:** Entries AND Payment must be postmarked by **Monday, May 7, 2018** or received/emailed no later than 6:00 p.m. on **Wednesday, May 9, 2018**. **LATE ENTRIES WILL NOT BE ACCEPTED.**

Mail Entries and Entry Fees to: Kathy Kapuscinski  
1898 Raintree Drive  
Boise, ID 83712

Email Entries to: **E-Mail:** [splitterpart@gmail.com](mailto:splitterpart@gmail.com)

**RULES:** All events will be governed by current USA Swimming rules and will be swum as timed finals.

If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. If we do not receive verification signed by the swimmer's coach with the entries, the swimmers will be required to start from the water.

**THIS IS A NO CARD MEET EXCEPT FOR RELAY EVENTS. ALL OTHER SWIMMERS SHOULD BE ON DECK AT THE DESIGNATED HEAT AND LANE FOR THEIR EVENTS.**

Relay cards will be given to coaches in their packets Friday night at the Coaches' Meeting. All relay cards must have the first and last names and ages of the swimmers, in relay order, written on the card. Please turn in any relay scratches to the meet referee.

Both the 12 & Under and 13 & Over portions of the meet will be pre-seeded, except for the 400, 800 and 1500 meter freestyles and the 400 IM.

13 & Over individual events will be awarded 13-14 and 15 & Over. 13 & Over Relay events will be awarded as 13 and Over.

Events for 13 & Over swimmers will include both Masters and USA Swimming members, seeded together according to entered times.

The 800 Meter Freestyle is **limited to 6 total heats**. Swimmers slower than the fastest 48 swimmers will be contacted. Every effort will be made to contact the swimmer's coach no later than Thursday, May 10, 2018 at which time the coach may select an alternate event for said swimmer(s) who does not make it into the fastest 6 heats. **A psych sheet for the 800 Meter freestyle will be posted on the Boise YMCA Swim Team website ([www.boiseyswimteam.org](http://www.boiseyswimteam.org)) as soon as it is available, showing which swimmers are entered into the event.**

The 1500 Meter Freestyle is **limited to 4 total heats**. Swimmers slower than the fastest 32 swimmers will be contacted. Every effort will be made to contact the swimmer's coach no later than Thursday, May 10, 2018 at which time the coach may select an alternate event for said swimmer(s) who does not make it into the fastest 4 heats. **A psych sheet for the 1500 Meter freestyle will be posted on the Boise YMCA Swim Team website ([www.boiseyswimteam.org](http://www.boiseyswimteam.org)) as soon as it is available, showing which swimmers are entered into the event.**

**In order to be seeded, the 400M IM, 400M Freestyle, 800M Freestyle, and 1500M Freestyle swimmers must check in at the computer table by the check-in times listed on the Order of Events page. These are the only events which require a positive check-in.** Swimmers not checked in will not be scratched but will be seeded last.

The 400M IM and 400M Freestyle will be seeded fastest to slowest and will be swum alternating women and men. At the Meet Referee's discretion, these events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events. The Referee may waive the empty lane requirement with the concurrence of the coaches of the affected swimmers.

The 800M Freestyle (Event 53) and 1500M Freestyle (Event 101) will be swum mixed gender and age group, seeded by time, and swum fastest to slowest. These events will be awarded 13-14 and 15 & over, female and male.

**AWARDS:** Individual Events: Medals: 1<sup>st</sup>–8<sup>th</sup> Ribbons: 9<sup>th</sup> to 16<sup>th</sup>  
Relay Events: Ribbons: 1<sup>st</sup> – 4<sup>th</sup>  
**Each meet participant will receive a participant award**

**TIME TRIALS:** At the referee's discretion and if time permits, time trials will be offered at the end of the afternoon session on both Saturday and Sunday. Time trials will be limited to one time trial per swimmer per day and will be limited to those events no greater than 400 meters in distance for those swimmers 11 and Over and 200 meters for those swimmers 10 and Under. Time trials do not count toward the daily limit of events. Sign-ups for time trials each day will close approximately one hour before the conclusion of that day's events. Time Trial sign-ups must be accompanied with the \$5.00 fee. Swimmers must be entered in the meet and must have paid the meet surcharge in order to swim in time trials. Sign up for Time Trials will be at the computer table.

**HEAT SHEETS:** Heat sheets will be available for \$6.00. Heat sheets will also be posted. Results will not be mailed but are available as noted below.

**RESULTS:** Meet Mobile will be active dependent upon Y internet access. Realtime Results will also be available at [www.boiseyswimteam.org](http://www.boiseyswimteam.org). Complete Meet Results, including the Meet Results File and Meet Backup, will be available on the Boise Y Swim Team website after the conclusion of the meet.

**MISC:** **THERE WILL BE A SIGN-UP SHEET FOR TIMING SHIFTS FOR ALL TEAMS UNDERNEATH THE SCOREBOARD. TEAMS WILL BE EXPECTED TO SIGN-UP BEFORE THE MEET BEGINS.** A schedule of assigned lanes will be posted and listed in the heat sheet. The visiting team's timing lane assignments will be included in the heat sheet and posted on the team web site: [www.boiseyswimteam.org](http://www.boiseyswimteam.org).

**Friday 400 Meter Free swimmers must provide their own timers. Saturday 800 Freestyle and Sunday 1500 Meter Freestyle swimmers must provide their own counters and timers.**

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**

Swimmers are asked to use the Aquatic Dressing Rooms only. Day passes for the YMCA facility will be available for purchase by visiting teams and families.

**DECK CHANGES:** Changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited at USA Swimming sanctioned and approved meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**CONCESSIONS:** Concessions will be provided by contracted food trucks which will be parked on the south side of the Y, just outside the fence.

Teams are also encouraged to contact team sponsor Jimmy Johns at 12505 W. Chinden (208-322-2559) for team food orders. Jimmy Johns, located 3 blocks from the YMCA, will deliver to the pool.

No food will be allowed on deck. All food must be confined to the bleacher areas. Coolers will be allowed in the bleacher area only.

**VENDORS:** Swim & Sun Shop will be selling aquatic supplies.

**HOSPITALITY:** A hospitality room will be provided for coaches and officials.

**BOISE YMCA SPRING FLING  
LONG COURSE INVITATIONAL  
ORDER OF EVENTS**

**Friday, May 18, 2018**

**Warm-Ups - 3:30 - 4:20 p.m. Start – 4:30 p.m.**

| <u>Girls</u> | <u>Age</u> | <u>Event</u>          | <u>Age</u> | <u>Boys</u> |
|--------------|------------|-----------------------|------------|-------------|
| 1            | 9-10       | 200 Meter Ind. Medley | 9-10       | 2           |
| 3            | 11 & O     | 400 Meter Ind. Medley | 11 & O     | 4           |
| 5            | 9-10       | 200 Meter Freestyle   | 9-10       | 6           |
| 7            | 11-12      | 200 Meter Freestyle   | 11-12      | 8           |
| 9            | 11 & O     | 400 Meter Freestyle   | 11 & O     | 10          |

Check-In for 400 IM No Later Than 3:45 pm

Check-In for 400 Free No Later Than 4:45 pm

Friday 400 Freestyle swimmers must provide their own timers

**Saturday, Morning - May 19, 2018**

**Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.**

| <u>Girls</u> | <u>Age</u> | <u>Event</u>           | <u>Age</u> | <u>Boys</u> |
|--------------|------------|------------------------|------------|-------------|
| 11           | 11-12      | 200 Meter Ind. Medley  | 11-12      | 12          |
| 13           | 9-10       | 100 Meter Backstroke   | 9-10       | 14          |
| 15           | 11-12      | 100 Meter Backstroke   | 11-12      | 16          |
| 17           | 6-10       | 200 Meter Medley Relay | 6-10       | 18          |
| 19           | 12-UN      | 200 Meter Medley Relay | 12-UN      | 20          |
| 21           | 9-10       | 100 Meter Breaststroke | 9-10       | 22          |
| 23           | 11-12      | 100 Meter Breaststroke | 11-12      | 24          |
| 25           | 6-8        | 50 Meter Freestyle     | 6-8        | 26          |
| 27           | 9-10       | 50 Meter Freestyle     | 9-10       | 28          |
| 29           | 11-12      | 50 Meter Freestyle     | 11-12      | 30          |
| 31           | 6-8        | 50 Meter Butterfly     | 6-8        | 32          |
| 33           | 9-10       | 50 Meter Butterfly     | 9-10       | 34          |
| 35           | 11-12      | 50 Meter Butterfly     | 11-12      | 36          |
| 37           | 11-12      | 200 Meter Butterfly    | 11-12      | 38          |

**Saturday Afternoon, May 19, 2018**

**Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends**

| <u>Girls</u> | <u>Age</u> | <u>Event</u>              | <u>Age</u> | <u>Boys</u> |
|--------------|------------|---------------------------|------------|-------------|
| 39           | 13 & O     | 100 Meter Backstroke      | 13 & O     | 40          |
| 41           | 13 & O     | 400 Meter Medley Relay    | 13 & O     | 42          |
| 43           | 13 & O     | 200 Meter Butterfly       | 13 & O     | 44          |
| 45           | 13 & O     | 100 Meter Breaststroke    | 13 & O     | 46          |
| 47           | 13 & O     | 200 Meter Freestyle       | 13 & O     | 48          |
| 49           | 13 & O     | 50 Meter Freestyle        | 13 & O     | 50          |
| 51           | 13 & O     | 50 Meter Butterfly        | 13 & O     | 52          |
| 53           | 13 & O     | Mixed 800 Meter Freestyle | 13 & O     |             |

Check-In for 800 M Free No Later Than 1:45 pm

Saturday 800 Freestyle swimmers must provide their own counters and timers.

**BOISE YMCA SPRING FLING  
LONG COURSE INVITATIONAL  
ORDER OF EVENTS**

**Sunday Morning, May 20, 2018**

**Warm-Ups - 7:30 - 8:20 a.m. Start - 8:30 a.m.**

| <u>Girls</u> | <u>Age</u> | <u>Event</u>              | <u>Age</u> | <u>Boys</u> |
|--------------|------------|---------------------------|------------|-------------|
| 55           | 6-8        | 50 Meter Backstroke       | 6-8        | 56          |
| 57           | 9-10       | 50 Meter Backstroke       | 9-10       | 58          |
| 59           | 11-12      | 50 Meter Backstroke       | 11-12      | 60          |
| 61           | 11-12      | 200 Meter Backstroke      | 11-12      | 62          |
| 63           | 6-8        | 50 Meter Breaststroke     | 6-8        | 64          |
| 65           | 9-10       | 50 Meter Breaststroke     | 9-10       | 66          |
| 67           | 11-12      | 50 Meter Breaststroke     | 11-12      | 68          |
| 69           | 11-12      | 200 Meter Breaststroke    | 11-12      | 70          |
| 71           | 6-10       | 200 Meter Freestyle Relay | 6-10       | 72          |
| 73           | 12-UN      | 200 Meter Freestyle Relay | 12-UN      | 74          |
| 75           | 6-8        | 100 Meter Freestyle       | 6-8        | 76          |
| 77           | 9-10       | 100 Meter Freestyle       | 9-10       | 78          |
| 79           | 11-12      | 100 Meter Freestyle       | 11-12      | 80          |
| 81           | 9-10       | 100 Meter Butterfly       | 9-10       | 82          |
| 83           | 11-12      | 100 Meter Butterfly       | 11-12      | 84          |

**Sunday Afternoon, May 20, 2018**

**Warm-Ups –Conclusion of Morning Session Start – 1 Hour After Morning Session Ends**

| <u>Girls</u> | <u>Age</u> | <u>Event</u>               | <u>Age</u> | <u>Boys</u> |
|--------------|------------|----------------------------|------------|-------------|
| 85           | 13 & O     | 200 Meter Backstroke       | 13 & O     | 86          |
| 87           | 13 & O     | 400 Meter Freestyle Relay  | 13 & O     | 88          |
| 89           | 13 & O     | 200 Meter Ind. Medley      | 13 & O     | 90          |
| 91           | 13 & O     | 50 Meter Breaststroke      | 13 & O     | 92          |
| 93           | 13 & O     | 50 Meter Backstroke        | 13 & O     | 94          |
| 95           | 13 & O     | 100 Meter Butterfly        | 13 & O     | 96          |
| 97           | 13 & O     | 200 Meter Breaststroke     | 13 & O     | 98          |
| 99           | 13 & O     | 100 Meter Freestyle        | 13 & O     | 100         |
| 101          | 13 & O     | Mixed 1500 Meter Freestyle | 13 & O     |             |

**Check-In for 1500 M Free No Later Than 1:45 pm**

**Sunday 1500 Freestyle swimmers must provide their own counters and timers.**

**BOISE YMCA SPRING FLING LONG COURSE INVITATIONAL  
ENTRY FORM FOR SWIMMERS NOT USING TEAM MANAGER OR TEAM UNIFY**

|                       |  |             |  |
|-----------------------|--|-------------|--|
| Team Name:            |  |             |  |
| LSC Code:             |  | Team Code:  |  |
| Home Phone:           |  | Coach name: |  |
| E-Mail Address:       |  |             |  |
| Team Mailing Address: |  |             |  |
| City, State, Zip      |  |             |  |
| Office Phone:         |  | Cell Phone: |  |

|                          |      |                     |       |         |      |         |
|--------------------------|------|---------------------|-------|---------|------|---------|
| Gender:<br>M/F           | Age: | USA #:<br>Or USMS#: | Name: |         |      |         |
| Meet Where Time Was Done |      |                     | Date  | SCY/SCM | Time | Event # |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |

|                          |      |                     |       |         |      |         |
|--------------------------|------|---------------------|-------|---------|------|---------|
| Gender:<br>M/F           | Age: | USA #:<br>Or USMS#: | Name: |         |      |         |
| Meet Where Time Was Done |      |                     | Date  | SCY/SCM | Time | Event # |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |

|                          |      |                     |       |         |      |         |
|--------------------------|------|---------------------|-------|---------|------|---------|
| Gender:<br>M/F           | Age: | USA #:<br>Or USMS#: | Name: |         |      |         |
| Meet Where Time Was Done |      |                     | Date  | SCY/SCM | Time | Event # |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |
|                          |      |                     |       |         |      |         |





## 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)<br>M    F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                        |                          |
| Signature of Participant         |            |    |                        | Date Signed              |