

2019 New England LMSC Short Course Yards Championship

All USMS members can enter online:
<http://www.meetresults.com/nelmsscscyl/>

March 16 & March 22-24, 2019, Harvard University, Boston MA

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Number 029-S001

Save \$5.00! Enter online:
<http://www.meetresults.com/nelmsscscyl/>

Please print seed times clearly. Use a colon between minutes and seconds.

A seed time must be listed for each event entered.

No.	Entry Time Women	Event *Cannot swim both 1000 and 1650	Entry Time Men	No.
Saturday, March 16, 8:00am warm up, 9:00am start				
1		1650 Yard Freestyle		2
3		1000 Yard Freestyle		4
All distance events will swim in the deep course. Limit: 200 entries.				
Friday March 22, 8:00am warm up, 9:00am start				
5		400 Yard Individual Medley		6
7		50 Yard Freestyle		8
9		100 Yard Butterfly		10
11		200 Yard Backstroke		12
13		50 Yard Breaststroke		14
15,17	N/A	400 Yard Freestyle Relay	N/A	16,17
Saturday March 23, 8:00am warm up, 9:00am start				
	N/A	500 Yard Freestyle-Men		18
19		100 Yard Breaststroke		20
21		200 Yard Individual Medley		22
23,25	N/A	800 Free Relay (unscored)	N/A	24,25
27		50 Yard Backstroke		28
29		200 Yard Butterfly		30
31		100 Yard Freestyle		32
33,34	N/A	200 Yard Medley Relay	N/A	34,35
Sunday March 24, 8:00am warm up, 9:00am start				
37		500 Yard Freestyle-Women	N/A	
39		100 Yard Individual Medley		40
41		50 Yard Butterfly		42
43		200 Yard Freestyle		44
45,47	N/A	400 Yard Medley Relay	N/A	46,47
49		200 Yard Breaststroke		50
51		100 Yard Backstroke		52
53,55	N/A	200 Yard Freestyle Relay	N/A	54,55

Max One Event

Maximum of four individual events per day, plus relays

Name: _____ Sex: Male Female

Emergency Contact Name and Phone: _____

Age on 3/24/19 _____ DOB: _____ Phone: _____

E-Mail: _____

Address: _____

2019 USMS Number: _____

New England Masters-Workout group: _____

Other club name: _____ LMSC: _____

**Note: You must attach a copy of your 2019 USMS card to this form.
 ALL INFORMATION IS REQUIRED FOR AN OFFICIAL ENTRY.
 INCOMPLETE FORMS WILL BE ASSESSED A \$5 PROCESSING FEE.**

Save \$5.00! Submit your entry online: <http://www.meetresults.com/nelmsscscyl/>

Distance Day: All events will be swum in the deep course.

Meet entry fee (enter online to save \$5) = \$ 35.00
 # Individual events ___ X \$6.00 = \$ _____
 Total (payable to Charles River Masters) = \$ _____
No refunds will be issued for any reason.

Mail To:
 NE LMSC SCY Entries
 PO Box 380782
 Cambridge, MA 02238
nelmsscscyl@meetresults.com

ENTRIES WILL STOP AT 900 SWIMMERS!

Entries will be accepted until we reach 900 swimmers, or March 1.

MEET SIZE CAP PROCEDURE: The meet will be FULL at 900 swimmers. Whenever we reach 900 swimmers, we will stop accepting entries that day. Please check the web site.

DISTANCE DAY CAP: We will stop accepting Distance Day entries after we have received 200 entries for those events. Please check the web site.

LATE ENTRIES: After March 1, if the meet is not full, you may submit a paper entry form with an additional \$20 late entry penalty. Late paper entries must be received by 6pm, Friday March 8, and *must* include a valid 2019 USMS card. Please check the web site first. Online entries will remain open longer.

LIABILITY RELEASE FORM

You must complete and sign the USMS Liability Release Waiver on the next page, and include it with your entry form. If you do not include the signed form, your entry will not be accepted.

If you submit a paper entry form, please send it via overnight Express Mail and keep your tracking number. First Class mail has no delivery guarantee.



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