



O*H*I*O MASTERS 2017 - SHORT COURSE METERS (SCM) SWIM MEET
ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL
HUDSON, OHIO
DECEMBER 2 - 3, 2017

USMS SANCTION: # 187-S008

DATE Sat. Dec. 2, 2017 Warm-ups: 3:00 p.m. **Deck entries until 3:50 p.m.** Meet: 4:00 p.m.
Sun. Dec. 3, 2017 Warm-ups: 8:00 a.m. **Deck entries until 8:50 a.m.** Meet: 9:00 a.m. for 400
freestyle, 9:30 a.m. or later for Event 20.

LOCATION The East Woods School is located on North Hayden Parkway. From the intersection of Rte. 303 and Rte. 91 in the center of Hudson, go east on Rte. 303 about 0.8 mile. Turn left (north) on Hayden Parkway. The driveway into East Woods School is 0.3 mile on the left. The pool is on the far west end of the building. The pool is a 6 lane, 25 meter pool with Kiefer non-turbulent lane markers and Daktronics Omnisport 2000 automatic timing. The length of the competition course without a bulkhead is in compliance with USMS in accordance with articles 105.1.7 and 107.2.1.

ELIGIBILITY 2017 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance requirements, all swimmers must be registered U.S. Masters Swimmers. If not registered, swimmers can register online with USMS after the entry due date or at the meet, but swimmers must be USMS registered before swimming any events. The USMS Release of Liability must be signed electronically during online meet entry or must be signed on paper for mailed entries. Please send a copy of your USMS card with your mailed entry. Relay only swimmers need only complete the entry form. Relays are free.

AGE GROUPS Age of competitors on Dec. 31, 2017 will determine age group. Age groups are: 19-24, 25-29, 30-34, 35-39, etc. For relays, the age group is determined by the sum of the ages of the swimmers: 76+, 120+, 160+, 200+, 240+, 280+. All relays can be swum with 4 women, 4 men, or mixed (2 women and 2 men).

ENTRY LIMIT Six individual events per day, plus relays. No limit to the number of relays entered. Swimmers over entered will be removed from their last event on each day over entered.

AWARDS Individual events: First-place medal, second, third, fourth, fifth, and sixth-place ribbons. Relays: first, second, and third-place ribbons. For those who have too many medals and ribbons, we offer alternate awards – coupons – for first, second and third place in individual events and first place in relays.

SEEDING Heats will be formed by submitted times, regardless of age or sex, and will progress from fast to slow to "No Time" and deck entries.

DEADLINE Online registration is offered on ClubAssistant.com. Online entries will close at 6 p.m. on Friday, December 1, 2017. Paper entries must be received by the Meet Director by Wednesday, November 29, 2017. Deck entries will be accepted until 8:50 a.m. on Sunday, except for event 20 (400 m. Freestyle). Relays are deck entry only.

ENTRY FEES	1 DAY ONLINE ENTRIES	1 DAY PAPER ENTRIES
	O*H*I*O Masters Members: \$25.00	O*H*I*O Masters Members: \$30.00
	Non-O*H*I*O Masters Member: \$35.00	Non-O*H*I*O Masters Member: \$40.00
	2 DAY ONLINE ENTRIES	2 DAY PAPER ENTRIES
	O*H*I*O Masters Members: \$35.00	O*H*I*O Masters Members: \$40.00
	Non-O*H*I*O Masters Member: \$45.00	Non-O*H*I*O Masters Member: \$50.00
	ONE DAY Deck Entries: \$50.00	TWO DAY Deck Entries: \$75.00

Online entries are paid by credit card to ClubAssistant.com and your credit card will be charged by "ClubAssistant.com Event Billing" for this swim meet. For mailed entries, make checks payable to **O*H*I*O Masters Swim Club** and mail to **Meet Director, P.O. Box 43824, Cleveland, Ohio 44143**. **Online entries are cost effective and strongly recommended.**

SOCIAL The Social will be combined with the Annual Membership Meeting of the Lake Erie LMSC. The social will be held at a location in Hudson, Ohio to be announced. The social will start after 12:30 p.m. on Sunday, December 3, 2017.

1500 AND 800 METERS FREESTYLE - Enter the 800 m. freestyle only if you do not plan to swim the 1,500 m. freestyle. Swimmers who swim the 1,500 m. freestyle will be entered in the 800 m at their request. We will use your 800 m. split as your final time.

SATURDAY EVENTS - We offer events on late Saturday afternoon to allow people to swim events that would otherwise be too close together on Sunday. A stroke and distance swum on Saturday may not be repeated the next day. Results of the Saturday events are combined and scored with the results on Sunday.

ORDER OF EVENTS

Saturday, December 2, 2017 SATURDAY EVENTS MAY NOT BE REPEATED ON SUNDAY

- | | |
|------------------------------|--------------------------------|
| 1. 50 m. Freestyle | 11. 200 m. Freestyle |
| 2. 50 m. Backstroke | 12. 200 m. Backstroke |
| 3. 50 m. Breaststroke | 13. 200 m. Breaststroke |
| 4. 50 m. Butterfly | 14. 200 m. Butterfly |
| 5. 400 m. Individual Medley | 15. 200 m. Individual Medley |
| 6. 100 m. Freestyle | 16. 800 m. Freestyle Relay |
| 7. 100 m. Backstroke | 17. 800 m. Freestyle (Note 1) |
| 8. 100 m. Breaststroke | 18. 1500 m. Freestyle (Note 1) |
| 9. 100 m. Butterfly | |
| 10. 100 m. Individual Medley | |

Note 1 – Do not enter both events 17 and 18.

Sunday, December 3, 2017

- | | |
|-------------------------------|------------------------------|
| 19. 400 m. Freestyle (Note 2) | 28. 200 m. Individual Medley |
| 20. 200 m. Butterfly | 29. 100 m. Breaststroke |
| 21. 400 m. Free Relay | 30. 50 m. Backstroke |
| 22. 100 m. Backstroke | 31. 100 m. Butterfly |
| 23. 50 m. Freestyle | 32. 200 m. Free Relay |
| 24. 200 m. Breaststroke | 33. 200 m. Freestyle |
| 25. 200 m. Medley Relay | 34. 50 m. Breaststroke |
| 26. 50 m. Butterfly | 35. 200 m. Backstroke |
| 27. 100 m. Freestyle | 36. 400 m. Medley Relay |
| | 37. 100 m. Individual Medley |

Note 2 - No deck entries for event 19

MEET DIRECTOR Kevin McCardle/ Tom Gorman

RESULTS will be posted on www.ohiomasters.com usually within a day or two.

MAIL IN ENTRY FORM

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ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL, HUDSON, OHIO
December 2 - 3, 2017
USMS SANCTION: # 187-S008

NAME _____ SEX ____ AGE ON DEC 31, 2017 _____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE ____ ZIP _____

PHONE _____ TEAM _____ or UNattached ____ USMS # _____ (include copy of card)

Saturday, 4 p.m., Dec. 2, 2017

SATURDAY EVENTS MAY NOT BE REPEATED ON SUNDAY

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|---|--|
| <ul style="list-style-type: none"> 1. 50 m. Freestyle _____ 2. 50 m. Backstroke _____ 3. 50 m. Breaststroke _____ 4. 50 m. Butterfly _____ 5. 400 m. Indiv. Medley _____ 6. 100 m. Freestyle _____ 7. 100 m. Backstroke _____ 8. 100 m. Breaststroke _____ 9. 100 m. Butterfly _____ 10. 100 m. Indiv. Medley _____ | <ul style="list-style-type: none"> 11. 200 m. Freestyle _____ 12. 200 m. Backstroke _____ 13. 200 m. Breaststroke _____ 14. 200 m. Butterfly _____ 15. 200 m. Indiv. Medley _____ 16. 800 m. Freestyle Relay XXXXXXXXX 17. 800 m. Freestyle _____ 18. 1,500 m. Freestyle _____ <p>(Do not enter both events 17 and 18)</p> |
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Sunday, 9 a.m., Dec. 3, 2017

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|--|---|
| <ul style="list-style-type: none"> 19. 400 m. Freestyle _____ 20. 200 m. Butterfly _____ 21. 400 m. Free Relay XXXXXXXXX 22. 100 m. Backstroke _____ 23. 50 m. Freestyle _____ 24. 200 m. Breaststroke _____ 25. 200 m. Medley Relay XXXXXXXXX 26. 50 m. Butterfly _____ 27. 100 m. Freestyle _____ 28. 200 m. Indiv. Medley _____ | <p>No Deck Entry for event #19</p> <ul style="list-style-type: none"> 29. 100 m. Breaststroke _____ 30. 50 m. Backstroke _____ 31. 100 m. Butterfly _____ 32. 200 m. Free Relay XXXXXXXXX 33. 200 m. Freestyle _____ 34. 50 m. Breaststroke _____ 35. 200 m. Backstroke _____ 36. 400 m. Medley Relay XXXXXXXXX 37. 100 m. Indiv. Medley _____ |
|--|---|

Entry Fees: Paper Entry - O*H*I*O Masters Member (1 day entry \$30, 2 day entry \$40) = _____
 Paper Entry - Non-O*H*I*O Masters (1 day entry \$40.00, 2 day entry \$50) = _____
 Deck Entries – 1 day entry \$50, 2 day entry \$75 = _____

Deadline: Deadline for Online Entries is 6 p.m., Friday, December 1, 2017. Paper entries must be received by Wednesday, November 29, 2017. For paper entries make checks payable to: **O*H*I*O MASTERS SWIM CLUB**. Mail to: Meet Director, P.O. Box 43824, Cleveland, Ohio 44143

Please read and sign the “Participant Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement” on the next page.

Signature _____ Date _____

Sanctioned by Lake Erie LMSC for USMS, Inc. # **187-S008**



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