

5th Annual Munster Masters Fall Frenzy
Saturday, Nov. 12, 2016
Hosted by Munster Swim Club/Munster Masters
Recognized by GRIN for USMS, Inc. #

Location: Munster HS Aquatic Center
8808 Columbia Ave.
Munster, IN 46321
Ph: 219-902-6734

Facility: 10 Lane, 25 yd. x 25 yd. competition pool. Separate 25 yd. pool for Warm up /cool down
Deck seating for competitors; Elevated spectator seating

Meet Conduct: Current USMS rules will govern the conduct of the meet

Eligibility: The meet is open to anyone 18 and older. Swimmers do not have to be a member of USMS to swim the event.

Age Groups: 18-24; 25-29, 30-34, 35-39, 40-44,

Entry Fee: \$15.00 fee for all mail entries received by November 9, 2016
\$20.00 fee for all deck entries
Entry fee covers ALL entries (NO MORE THAN 5 INDIVIDUAL EVENTS) and one relay

Mail Entry forms and \$15.00 check
to: "Munster Swim Club"
Matt Lee - MMA
Munster Masters Association / Munster Swim Club
242 Briar Ln
Munster, IN 46321

Event Seeding: All events shall be seeded according to the pre-entered seed time of each swimmer, regardless of age or gender. In the event of multiple heats, slower heats shall be swum first. All no-time (NT) entries shall be placed in the slower heats. All swimmers are responsible for reporting to the blocks at the appropriate time for their events. Heat and lane assignments for all events shall be posted on deck before the start of the competition.

Hospitality: There **WILL BE** Athlete Hospitality at this meet

Order of

Events:

(ALL TIMES are CENTRAL!!!)

Deck Entry/Warm up: 7:30am - 8:45 am

Heat Sheets: 9:00am

Meet Start: 9:10am

Events:	1 400 I.M.	10 100 Freestyle
	2 50 Freestyle	11 100 Individual Medley
	3 100 Breaststroke	12 200 Butterfly
	4 200 Backstroke	13 100 Backstroke
	5 200 I.M	14 50 Breaststroke
	6 50 Butterfly	15 200 Freestyle
	7 500 Freestyle	16 100 Butterfly
	8 50 Backstroke	17 200 Free Relay
	9 200 Breaststroke	18 1650 (mile) Freestyle
		19 400 Medley Relay

Warm ups: Entry into the pool must be feet first in a cautious manner. Diving shall be permitted only in the designated sprint lanes during the meet warm-up. Instructions given by the meet official must be obeyed at all times

5th Annual Munster Masters Fall Frenzy
Saturday, Nov. 12, 2016
Hosted by Munster Swim Club/Munster Masters
Recognized by GRIN for USMS, Inc.

Name: _____ Gender: _____ Age: _____ DOB: _____

Address: _____

Phone: _____ Email _____

USMS # _____ Team: _____

Circle the events you wish to swim and provide a seed time (write “NT” for no seed time) You may compete in up to 5 events. All relays shall be deck entered/seeded and swam together.

- | | | | |
|----------|------------------|----------|--------------------------|
| 1 _____ | 400 IM | 10 _____ | 100 Freestyle |
| 2 _____ | 50 Freestyle | 11 _____ | 100 I.M. |
| 3 _____ | 100 Breaststroke | 12 _____ | 200 Butterfly |
| 4 _____ | 200 Backstroke | 13 _____ | 100 Backstroke |
| 5 _____ | 200 IM | 14 _____ | 50 Breaststroke |
| 6 _____ | 50 Butterfly | 15 _____ | 200 Freestyle |
| 7 _____ | 500 Freestyle | 16 _____ | 100 Butterfly |
| 8 _____ | 100 Backstroke | 17 _____ | 200 Free Relay |
| 9 _____ | 200 Breaststroke | 18 _____ | 1650 (mile)
freestyle |
| 19 _____ | 400 Medley Relay | | |

Mail entry form and \$15.00 check by November 12,
2016

Made out to “Munster Swim Club”
c/o Matt Lee - MMA
242 Briar Ln
Munster, IN 46321

\$20.00 entry fee for all deck entries on the day of the meet

Make all checks payable to: “Munster Swim Club”

For more information, contact Matt Lee – matthewalee@comcast.net 219-902-6734



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	