

USA Masters Games
2017 Southwest Zone Long Course Championships
July 14 – 16, 2017

Sanctioned by San Diego-Imperial Local Masters Swimming Committee for United States Masters Swimming, Inc Sanction #447-S004

Facility: Alga Norte Aquatic Center, 6565 Alicante Road, Carlsbad, CA 92009. The length of the competition course is in compliance and on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

Directions from north or south: From the 5 Freeway, exit at La Costa Avenue and head east on La Costa Avenue. Turn left onto El Camino Real. Turn right onto Poinsettia Avenue. Turn left onto Alicante Road. Alga Norte Community Park and Aquatic Center is on the left.

Fees and Due Date: Registration fees are \$60 per athlete before June 1 and \$80 per athlete beginning June 1. Additional Swimming Entry Fees are \$4 per individual pool swimming event. There is a \$5.00 service fee at the time of registration. All entries *must be received* by 11:59 p.m. PDT on Wednesday June 26th, 2017. No individual event deck entries are allowed.

Eligibility: All persons holding a 2017 United States Masters Swimming (USMS) membership card or a foreign FINA member equivalent may participate.

Rules/Entries: United States Masters swimming rules will govern. Current San Diego-Imperial Masters Swimming meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. All events are timed finals. Swimmers are limited to entering a total of 10 individual events for the entire meet and no more than 5 individual events per day. Swimmers may enter only once per relay event. Age as of December 31st, 2017, determines age group for the meet.

Age Groups: Individual Events 18–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70–74, 75–79, 80–84, 85–89, 90–94, 95–99, 100–104 ... (five-year age groups as high as is necessary). Relay event age groups are 72–99, 100–119, 120–159, 160–199, 200–239, 240–279, 280–319, 320–359, 360–399 ... (40-year increments as high as is necessary). The aggregate age of the four relay team members shall determine the age group

Relays: Relay entries are \$12.00 per relay. All relays will be deck entered. There is no limit on relays, but swimmers may swim only one relay (men, women, or mixed) per event.

Relay-only Swimmer Registration: A USMS-registered swimmer who wishes to only swim relay events must enter the meet **before the start of event No. 1**) by paying the \$12.00 relay-only swimmer entry fee and signing a consolidated entry card and USMS waiver form.

Seeding: All events will be seeded and swum slowest to fastest. Men and women will be seeded together for the 800 and 1500 m Freestyle and also the 400 m Individual Medley, based on entry time. Men and women will swim separately for all other individual events. Scoring will be by gender and age group.

Timing: Electronic timing will be used and two timers per lane will be provided.

Check-in: Positive check-in is required for all events at the pool and will close approximately one hour prior to the event.

Awards: Individual: Medals for places 1 to 3. Relays: Medals for 1st place. There will be special awards for high point male and female swimmer in each age group, based on points from individual events. Awards to the top three teams, based on combined scoring for men and women, individual events plus relays.

Entries: Register online at <https://usamastersgames2017.com/sports/swimming/>

Questions: call 714-273-8793, or send an email to Kenny Brisbin, ken@supersource.com. For hotels, information, and directions, go to <https://usamastersgames2017.com>

Friday, July 14th, 2017
Warm-up 8:00 a.m., Meet starts at 9:00 a.m.
Check in for the 1500 closes at 8:30am

1. 1500 Freestyle (Women, Men)
2. Women's 400 Individual Medley
3. Men's 400 Individual Medley
4. * 400 Freestyle Relay (Women, Men, Mixed)

Saturday, July 15th 2017
Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 400 m Freestyle closes at 7:30 a.m.

5. Women's 400 Freestyle
6. Men's 400 Freestyle
7. Women's 200 Butterfly
8. Men's 200 Butterfly
9. * 800 Freestyle Relay (Women, Men, Mixed)
10. Women's 50 Freestyle
11. Men's 50 Freestyle
12. Women's 200 Breaststroke
13. Men's 200 Breaststroke
14. Mixed 200 Freestyle Relay
15. Women's 100 Backstroke
16. Men's 100 Backstroke
17. Women's 50 Butterfly
18. Men's 50 Butterfly
19. Mixed 200 Medley Relay
20. Women's 100 Breaststroke
21. Men's 100 Breaststroke
22. Women's 200 Freestyle
23. Men's 200 Freestyle

Sunday, July 16th 2017
Warm-up at 7:00 a.m., Meet starts at 8:00 a.m.
Check in for the 800 m Freestyle closes at 7:30 a.m.

24. 800 m Freestyle (Women, Men)
25. Women's 200 Individual Medley
26. Men's 200 Individual Medley
27. * 400 Medley Relay (Women, Men, Mixed)
28. Women's 100 Freestyle
29. Men's 100 Freestyle
30. Women's 50 Backstroke
31. Men's 50 Backstroke
32. 200 Free Relay (Women, Men)
33. Women's 100 Butterfly
34. Men's 100 Butterfly
35. Women's 50 Breaststroke
36. Men's 50 Breaststroke
37. Women's 200 Backstroke
38. Men's 200 Backstroke
39. 200 Medley Relay (Women, Men)

*Relays: A swimmer may swim only one 400 Free Relay, 800 Free Relay, and 400 medley Relay

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Release Of Liability

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