

2022 *Back in the Swim* SCY Masters Swim Meet At Mohonasen High School in Schenectady, NY

Adirondack—Local Masters Swimming Committee/United States Masters Swimming

Saturday, April 9, 2022

Warm-up at 10:30. Meet starts at 11:30.

Hosted by: Mohonasen/Schalmont Swim Team. **Sanctioned by:** Adirondack LMSC for United States Masters Swimming in accordance with Article 202.1.1, USMS Sanction #XXXX insert here with update. **Precautions related to Covid will be determined as necessary closer to race date, as per USMS, NYS DOH, and school district guidelines.**

NO PAPER ENTRIES. REGISTER ONLINE AT:

<https://www.clubassistant.com/club/meet> insert here with update

Location: Mohonasen High School. Short Course 25 Yard Pool, 6 lanes. Water Depth: > 10 ft. 0 in. at the start end and > 4 ft. 0 in. at the turn end. The length of the competition course is in compliance without a bulkhead and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: Mohonasen High School. 2072 Curry Road, Rotterdam, NY. The pool is on the right side of the high school.

Meet Directors: Kathy Meany, kmeany2@verizon.net, 518-334-6663, and Kate Streeter, kstreeter@mohonasen.org, 518-356-8270

Eligibility: Open to all swimmers, 18 & older, as of April 9, 2022. All swimmers must be registered with USMS (or the equivalent FINA organization). When registering for the meet online, your USMS membership will be verified. If you need to join or renew USMS membership, please visit www.usms.org and follow the instructions. The age of a swimmer is his or her age on April 9, 2022. **Online entries must be completed by 11:59 PM on Monday, April 4, 2022.**

Events: This is a pre-seeded meet with each event being swum slowest to fastest. A swimmer may enter up to six individual events. **Swimmers entered in the 500 free and/or the 400 Individual Medley and/or planning to swim in any relay must check in by 11:15. Participants in any relay must be registered for the meet and swimming at least one individual event.** The relays will be by deck entry on race day. All relays may be Men's, Women's, or Mixed. A swimmer may compete in the 1000 freestyle **OR** the 1650 freestyle, but **NOT** both. **Swimmers entered in the 1000 free or the 1650 free must check in by 12:15.** Breaks will be inserted at the discretion of the meet directors.

Rules: Current USMS rules govern this meet. This includes no diving or backstroke starts in warm-up or cool down lanes except in the one-way designated sprint lanes. You must fully cooperate with this requirement. One lane will be available throughout the meet for warm-up and cool-down.

Results: Results will be posted at www.adms.org. Official times will be submitted for USMS records and Top Ten.

Timing: Colorado automatic timing with touch pads will be the primary timing system with backup manual timing.

Entries and Registration: Payment and registration must be completed online through Club Assistant. "Club Assistant.com Events" will be the charge on your credit card statement. Entry fee is \$6.00 per individual event plus a \$6.00 meet surcharge. **NO DECK ENTRIES for individual events will be accepted.** There will be no charge for the relays, which will be deck entries on race day. **Entries must be completed by 11:59 PM on Monday, April 4, 2022.**

2022 *BACK IN THE SWIM* MASTERS SWIM MEET AT MOHONASEN HIGH SCHOOL

EVENT LIST

Saturday, April 9, 2022

Warm-up at 10:30. Meet starts at 11:30.

Breaks will be inserted at the discretion of the meet directors. Check in for 500 Free, 400 Individual Medley, and all Relays is by 11:15. Check in for 1000 Free and 1650 Free is by 12:15.

EVENT	EVENT	ENTRY TIME (Short Course Yds)
1	100 INDIVIDUAL MEDLEY	
2	50 FREESTYLE	
3	50 BREASTSTROKE	
4	100 BACKSTROKE	
5	100 BUTTERFLY	
6	500 FREESTYLE (Check in by 11:15)	
7	400 MEDLEY RELAY (Enter/Check in by 11:15) M-W-Mixed	Deck Entry-No Charge-No Entry Time Needed
8	50 BUTTERFLY	
9	200 BREASTSTROKE	
10	400 INDIVIDUAL MEDLEY (Check in by 11:15)	
11	400 FREE RELAY (Enter/Check in by 11:15) M-W-Mixed	Deck Entry-No Charge-No Entry Time Needed
12	200 INDIVIDUAL MEDLEY	
13	50 BACKSTROKE	
14	200 FREESTYLE RELAY (Enter/Check in by 11:15) M-W-Mixed	Deck Entry-No Charge-No Entry Time Needed
15	200 FREESTYLE	
16	100 BREASTSTROKE	
17	200 BACKSTROKE	
18	200 MEDLEY RELAY (Enter/Check in by 11:15) M-W-Mixed	Deck Entry-No Charge-No Entry Time Needed
19	200 BUTTERFLY	
20	800 FREESTYLE RELAY (Enter/Check in by 11:15) M-W-Mixed	Deck Entry-No Charge-No Entry Time Needed
21	100 FREESTYLE	
22	1000 FREESTYLE (Check in by 12:15)	
23	1650 FREESTYLE (Check in by 12:15)	

Total Due: _____ # of individual events X \$6.00 per event + \$6 meet surcharge = \$ _____.00
Relays will be a deck entry with no charge and no entry time needed. Participants in any relay must be registered for the meet and must swim at least one individual event. Limit is 6 individual events.

FIRST-TIMERS: If this is your first meet and you are registered as a member of Adirondack-LMSC, you are eligible for a First-Timers T-shirt: Please circle size: M L XL

REGISTER ONLINE AT:

https://www.clubassistant.com/club/meet_insert here with update

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/Indemnity 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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. 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.
6. 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