



**O\*H\*I\*O MASTERS 2022 - SHORT COURSE METERS (SCM) SWIM MEET**  
**ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL**  
**HUDSON, OHIO**  
**DECEMBER 10 - 11, 2022**  
**USMS SANCTION: # 182-S005**

**DATE**

Sat. Dec. 10, 2022 Warm-ups: 3:00 p.m. **Deck entries until 3:50 p.m.** Meet: 4:00 p.m.  
Sun. Dec. 11, 2022 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. The primary timing system will be a Daktronics 2000 automatic timing system with touchpad finishes. Times may be submitted for USMS records and USMS Top 10 times.

**ELIGIBILITY**

2022 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, 2022 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 and third 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 9, 2022. Paper entries must be received by the Meet Director by Wednesday, December 7, 2022. Deck entries will be accepted until 8:50 a.m. on Sunday, except for event 20 (400 m. Freestyle).**

**ENTRY FEES**

**ONLINE ENTRIES**

\$30.00 prior to 11:59 p.m., Dec. 3, 2022  
\$35.00 Sunday, Dec. 4, 2022 to 6:00 p.m., Friday, Dec. 9, 2022

**PAPER ENTRIES**

\$35.00 Mail in entry  
\$10.00 Relay only swimmer  
\$40.00 All deck entries

**NOTE:** Swimmers age 80 and over can enter for free. These swimmers must use the mail in form.

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**

A Social may be held at a location in Hudson, Ohio to be announced. If so, the social will start after 12:30 p.m. on Sunday, December 11, 2022.

**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 10, 2022 (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 11, 2022**

- |                               |                              |
|-------------------------------|------------------------------|
| 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** Tom Gorman/Mark Marshfield

**RESULTS** will be posted on [www.ohiomasters.com](http://www.ohiomasters.com) usually within a day or two.

Sanctioned by Lake Erie LMSC for USMS, Inc. # **182-S005**

# MAIL IN ENTRY FORM

**O\*H\*I\*O MASTERS 2022 - SHORT COURSE METERS (SCM) SWIM MEET**  
**ADA COOPER MILLER NATATORIUM – EAST WOODS SCHOOL, HUDSON, OHIO**  
**December 10 - 11, 2022**  
**USMS SANCTION: # 182-S005**

NAME \_\_\_\_\_ SEX \_\_\_\_ AGE ON DEC 31, 2022 \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ TEAM \_\_\_\_\_ or UNattached \_\_\_\_\_ USMS # \_\_\_\_\_ (include copy of card)

**Saturday, 4 p.m., Dec. 10, 2022 (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. Indiv. Medley  | _____ | 15. 200 m. Indiv. Medley             | _____      |
| 6. 100 m. Freestyle      | _____ | 16. 800 m. Freestyle Relay           | XXXXXXXXXX |
| 7. 100 m. Backstroke     | _____ | 17. 800 m. Freestyle                 | _____      |
| 8. 100 m. Breaststroke   | _____ | 18. 1,500 m. Freestyle               | _____      |
| 9. 100 m. Butterfly      | _____ | (Do not enter both events 17 and 18) |            |
| 10. 100 m. Indiv. Medley | _____ |                                      |            |

**Sunday, 9 a.m., Dec. 11, 2022**

- |                          |            |                             |            |
|--------------------------|------------|-----------------------------|------------|
| 19. 400 m. Freestyle     | _____      | No Deck Entry for event #19 |            |
| 20. 200 m. Butterfly     | _____      | 29. 100 m. Breaststroke     | _____      |
| 21. 400 m. Free Relay    | XXXXXXXXXX | 30. 50 m. Backstroke        | _____      |
| 22. 100 m. Backstroke    | _____      | 31. 100 m. Butterfly        | _____      |
| 23. 50 m. Freestyle      | _____      | 32. 200 m. Free Relay       | XXXXXXXXXX |
| 24. 200 m. Breaststroke  | _____      | 33. 200 m. Freestyle        | _____      |
| 25. 200 m. Medley Relay  | XXXXXXXXXX | 34. 50 m. Breaststroke      | _____      |
| 26. 50 m. Butterfly      | _____      | 35. 200 m. Backstroke       | _____      |
| 27. 100 m. Freestyle     | _____      | 36. 400 m. Medley Relay     | XXXXXXXXXX |
| 28. 200 m. Indiv. Medley | _____      | 37. 100 m. Indiv. Medley    | _____      |

**Entry Fees:**

|                     |                 |
|---------------------|-----------------|
| Paper Entry         | \$35.00 = _____ |
| Deck Entries        | \$40.00 = _____ |
| Relay only swimmers | \$10.00 = _____ |

- ☐ I am a swimmer 80 years of age or over and am entering the swim meet at no cost.
- ☐ This is my first time entering a U.S. Masters Swim Meet. Please select t-shirt size below...
- ☐ Medium
- ☐ Large
- ☐ Extra Large

**Deadline:** Paper entries must be received by Wednesday, December 7, 2022. 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. # **182-S005**



## 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 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 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, 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)<br>M      F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                          |                          |
| Signature of Participant         |            |    |                          | Date Signed              |

Revised 04/28/2022