



2022 Ozark LMSC Long Course Meters Masters Swim Meet
Saturday, June 4, 2022



Sanctioned by: Ozark Local Masters Swimming Committee for USMS, Inc.

Sponsored by: St. Louis Area Masters Swimming, Inc. (SLAM)

Location: Chuck Fruit Aquatic Center at Edwardsville HS, 6168 Center Grove Rd., Edwardsville, IL 62025

Venue: 8 Lane Competition pool equipped with non-turbulent bulkhead; six lanes will be used for competition; two lanes will be available for warm-up/down. Colorado Automatic Timing System; times from this competition will be eligible for world record, USMS record, and Top 10 consideration. The length of the competition course is in compliance and on file with USMS in accordance with 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.

Schedule:	<u>WARM-UP</u>	<u>POSITIVE CHECK-IN</u>	<u>MEET START</u>
Saturday 6/4	10:00 am	12:30 pm - Events #21 & 22	11:00 am

Eligibility: Persons at least eighteen/18 years of age on 6/4/2022; per USMS/FINA rules in long course meets, your age as of 12/31/22 determines your age group for the meet. All levels of swimming ability are welcome. 2022 USMS registration is required & online at www.usms.org -- we are in **Ozark LMSC**. One-Event USMS registration (OEVT) for \$15 is allowed, but OEVT-USMS membership is restricted to this meet only. OEVT swimmers may neither represent a Club nor swim on relays. OEVT swimmers' times are not submitted to the USMS times database & are not recognized for records or Top Ten consideration. Meet Entry Fees are paid in addition to the \$15 OEVT registration fee.

Conduct: 2022 USMS rules are in effect. Individual event limit is 6 per day (excluding relays). ALL Events are timed finals with mixed gender heats and will be seeded slowest to fastest. Swimmers are responsible for reporting to the blocks on time in their heat and lane for each event. During warm-up/down, swimmers must enter the pool feet first in a cautious manner. Diving is permitted only in designated lanes. Unattached swimmers are listed as "UC- (LMSC#)" and are not eligible to swim on relays.

Relays: *Unattached swimmers cannot swim on relays.* To enter a Relay Event, mark the Relay Event Number on the entry form during online meet registration; the meet director will coordinate relays and contact interested swimmers. All swimmers on a relay team must be registered with the same Club. The aggregate age of the four relay-team swimmers determines the age group: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. Individuals may swim for only one relay team in each relay event; there is no entry fee to enter relays.

Meet Entry Fees: **ONLINE ENTRY ONLY** via registration link at www.swimslam.org.

- No paper, deck, or email entries accepted.

\$30 - USMS members

\$45 - Non-USMS members pay the \$30 Meet Entry Fee plus \$15 OEVT fee (membership at meet only)

Meet Entry DEADLINE: 11:59 pm - Thursday, June 2, 2022

Meet Director: Maryanne Barkley barkleymaryanne@gmail.com 618-667-3134

Online Entry Coordinator: Jeffrey Enge jpenge358@gmail.com 405-200-8927

Driving Directions: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025 I-270 @ Exit #9: Hwy 157 North, continue 3.5 miles; right on Center Grove Rd, right at EHS Sports Complex stoplight. I-55 @ Exit #23: West 143 to Governors Pkwy 4 miles; left on ESIC Dr, right on Center Grove, left at EHSSC stoplight. Chuck Fruit Aquatic Center & parking is the first left. A pedestrian tunnel connects the Complex to nearby lodging.

Lodging: *Walking Distance to Pool (Edwardsville):* Holiday Inn Express, 1000 Plummer Dr, 618-692-7255; Country Hearth Inn & Suites, 1013 Plummer Dr., 616-656-7829; TownePlace Suites, 6101 Center Grove, 618-655-3001. *Within Ten Miles:* Comfort Inn & Suites, 3080 S. Hwy 157, Edwardsville, 618-656-4900; Hampton Inn, 5723 Heritage Crossing Dr, Glen Carbon, 618-589-5000

2022 Ozark LMSC Long Course Meters Masters Swim Meet ENTRY FORM
Sanctioned by Ozark LMSC for USMS, Inc.
Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM)

Saturday, June 4, 2022 – Meet starts 11:00 am

Name (as listed on 2022 USMS card):	Birth Date:	Age (on December 31, 2022)	Gender:
Address:	Home Phone		
City:	State:	Zip:	Club Affiliation
2022 USMS Number	Email Address:		
Emergency Contact Name:	Emergency Contact Phone:		

SEED TIME REQUIRED – Actual or Estimated Long Course Meters time

Maximum Entry – 6 events, plus relays

Saturday, June 4, 2022 at 11:00 am

Event	Sex	Event - METERS	Time
1	M & W	100 Freestyle	
2	M & W	200 Butterfly	
3	M & W	50 Breaststroke	
4	M, W, X	200 Freestyle Relay	
5	M, W, X	400 Freestyle Relay	
6	M & W	400 Freestyle	
7	M & W	100 Breaststroke	
8	M & W	200 Backstroke	
9	M & W	50 Butterfly	
10	M & W	200 Individual Medley	
11	M & W	200 Freestyle	

Event	Sex	Event - METERS	Time
12	M & W	200 Breaststroke	
13	M & W	50 Backstroke	
14	M & W	100 Butterfly	
15	M, W, X	800 Freestyle Relay	
16	M & W	400 Individual Medley	
17	M & W	100 Backstroke	
18	M & W	50 Freestyle	
19	M, W, X	200 Medley Relay	
20	M, W, X	400 Medley Relay	
21	M & W	800 Freestyle	
22	M & W	1500 Freestyle	

Breaks may be taken as time allows

Meet Entry Fee: \$30

+ Non-members add \$15 One-Event USMS Membership (OEVT)

Registration link at swimslam.org

Registration deadline is 11:59 pm, Thursday, June 2

Online entry credit card charge from “Pay Pal”

By entering the 2022 Ozark LMSC Long Course Meters Masters Swim Meet, I electronically sign that I have read and agree to comply with its Covid-19 Safety Plan Addendum, including that I may be prohibited from participating if I have symptoms of Covid-19 infection. I further agree that Online Entry includes Electronic Signing of the USMS Participant Waiver (r.5/26/20)



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 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	