

5K Pool Swim
2022 USMS 5k/10k Virtual National Championships
August 7, 2022
Hosted by: Allegheny Mountain LMSC
Sanctioned by the Allegheny Mountain LMSC for USMS, Inc.

TYPE OF MEET: 50 meter 5k pool swim, part of the 2022 USMS 5k/10k virtual championship series

DATE & TIME: Sunday August 7, 2022

Start: 8:00 am

End: 10:00 am

FACILITY: North Park Pool, S Ridge Dr, Allison Park, PA 15101. Eight-lane, 50 meter pool. 3.5' to 12' deep. Eight lanes will be used for the 5k swim.

POOL LENGTH CERTIFICATION: At the time of this writing, the length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement may also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).

TIMING SYSTEM: Swimmers who wish to have their times considered for national championship times need to provide a person on deck who will count laps and 500 meter splits using a stopwatch. Times may be submitted for USMS records consideration.

ELIGIBILITY: Current USMS rules will govern the swim. All participants must be age 18 or older on the day of the meet and be currently-registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

ENTRY FEES: None. Donations requested to a GoFundMe campaign.

ENTRY LIMITS: N/A

CHECK-IN: Swimmers are considered checked in for the swim.

SEEDING: Times will be seeded Long Course Meters. No conversions by meet management. Please enter times for LCM.

SCRATCHES: N/A

RELAY ENTRIES: N/A

SCORING: N/A

AWARDS: N/A

INFORMATION: Official website: <https://www.teamunify.com/team/amlmsc/page/calendar?team=amlmsc#/team-events/upcoming>

ENTRY DEADLINE: Register online by August 4, 2022 at 11:59 pm. Paper entries due by August 4, 2022 at 11:59 pm. The liability release must be signed without alterations.

MEET DIRECTOR: Julie Hakim Azzam, Julie.azzam@gmail.com

DIGITAL ENTRIES: Complete the Google form to register: <https://forms.gle/NkYxyJkHg4HHa8Xf9>

Your entry will be pending we verify your USMS number in the online registry. Or complete the paper entry and email it to: Julie.azzam@gmail.com or mail by USPS to: 852 Ridgefield Ave. Pittsburgh, PA 15216

5K Pool Swim/ 2022 USMS 5k/10k Virtual National Championships ~ August 7, 2022 ~ Entry Form

Name _____ Sex _____ Current USMS # _____

Address, City, State, Zip _____

Birthdate ____/____/____ Age on 8/7/2022 _____ USMS Club _____

Phone _____ Email _____

Your average pace per 100 meter (LCM) _____

Read the information sheet carefully. Make your check payable as shown below and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries or late entries (postmarked/received after the deadline) MAY BE REJECTED!

YOU MUST SIGN THE USMS LIABILITY WAIVER ON THE NEXT PAGE AND MAIL IT WITH THIS ENTRY FORM!

Donations kindly requested for Coach Mike: https://www.gofundme.com/f/help-mike-kristufek-and-his-family?_ga=2.267352334.183860861.1657715803-231949947.1657715803

MAIL: Julie Azzam, 852 Ridgefield Ave. Pittsburgh, PA 15216

OR EMAIL ENTRY AND COPY OF USMS CARD TO: julie.azzam@gmail.com

YOU MUST SIGN AND INCLUDE THE WAIVER ON THE FOLLOWING PAGE

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) M F | Date of Birth (mm/dd/yyyy) | |
| Street Address, City, State, Zip | | | | | |
| Signature of Participant | | | | Date Signed | |
| | | | | | |
| | | | | | |

Revised 04/28/2022

