



**2023 Ozark LMSC and Breadbasket Zone
Short Course Yards Championship
Saturday, March 25 and Sunday, March 26, 2023**



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

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

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

Venue: The pool is 50 meters in length with movable bulkheads: the competition pool is 8 lanes, 25 yards in length; a separate 8 lane SCY pool provides continuous warm-up/down. **The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, 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 3/25	1:00 pm		2:00 pm Saturday 3/25
Sunday 3/26	8:30 am	9:00 am (Events 15 & 16)	9:30 am Sunday 3/26

Eligibility: Persons at least eighteen/18 years of age on March 26, 2023 & all levels of swimming ability are welcome. 2023 USMS registration is required & online at www.usms.org -- we are in **Ozark LMSC**. One-Event USMS registration (OEVT) for \$20 is allowed, but OEVT-USMS registration 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 \$20 OEVT registration fee.

Conduct: 2023 USMS rules are in effect. Individual event limit is 5 per day, 10 per meet (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 swimmers interested in relay teams. All swimmers on a relay team must be registered with the same USMS Club. Relay age groups are: 18+, 25+, 35+, 45+, etc., and for each team is determined by the youngest swimmer's age. Individuals may swim for only one relay team in each relay event. There is no fee to enter relays.

- ★ Relay Event numbers 3, 8, 14, 17 & 27 - the relay teams are 4 MEN or 4 WOMEN
- ★ Relay Event numbers 2, 13, 18, 23 & 28 - the relay teams are MIXED (2 MEN and 2 WOMEN)

Fees: ONLINE ENTRY ONLY via registration link at SWIMSLAM.ORG

\$30 One-Day Meet Entry (Saturday or Sunday)

\$40 Two-Day Meet Entry (Saturday and Sunday)

+ \$20 One-Event-Only USMS Membership added to one- or two-day entry fee

Entry DEADLINES: 🔒 **ENTRY ONLINE ONLY**

🕒 **11:59 pm - Thursday, March 23, 2023 - Meet Entry at swimslam.org**

🕒 **9:00 am - Sunday, March 26: Positive Check-in for Event #15 (1000Y Freestyle)**

🕒 **and Event #16 (1650Y Freestyle)**

🕒 **No extra rest is provided between Event #15 & #16**

Meet Director: Maryanne Barkley barkleymaryanne@gmail.com

Online Entry Director: Jeff Enge jpenge358@gmail.com

Ozark LMSC Membership Meeting: A brief meeting of the Ozark LMSC general membership will be held during the 15-minute break between Event #7 & #8 on Saturday. All Ozark LMSC members are urged to be attentive and vote on the important issues to be decided at this meeting. The agenda is available at www.ozarkLMSC.org.

SLAM Membership Meeting: A brief meeting of the SLAM general membership will be held during the 15-minute break between Event #22 & #23 on Sunday. All SLAM members are urged to be attentive at this time and vote on the important issues to be decided at this meeting. More information at swimSLAM.org.

2023 Breadbasket Zone Virtual Meet: Results from the 2023 Ozark LMSC SCY Championship meet may be entered into a “Breadbasket Zone Virtual Meet” results-file that combines results from State or Championship meets from LMSCs in the Breadbasket Zone.

Driving Directions: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025

From I-270 exit Hwy 157 (Exit #9): Take Hwy 157 north approximately 3.5 miles. Turn right on Center Grove Road. At the next stop light, turn right into the District 7 Sports Complex.

From I-55 exit Hwy 143 (Exit #23): Take Hwy 143 West, at the stoplight, go straight on Governor’s Parkway. At the Troy Road stoplight, turn left, then turn right on Center Grove Road. Turn left at the stoplight for the District 7 Sports Complex.

Chuck Fruit Aquatic Center and parking is the first left; more parking is available beyond the Complex gates. A pedestrian tunnel connects the Complex to nearby lodging.

Lodging:

Walking Distance to Pool:

TownePlace Suites, 6101 Center Grove Rd, Edwardsville, 618-655-3001

Holiday Inn Express, 1000 Plummer Dr, Edwardsville, 618-692-7255

Country Hearth Inn & Suites, 1013 Plummer Dr., Edwardsville, 618-656-7829

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

2023 Ozark LMSC Short Course Yards Championship ENTRY INFORMATION

Sanctioned by Ozark LMSC for USMS, Inc.

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

March 25, 2023 – Meet starts 2:00 pm March 26, 2023 – Meet starts 9:30 am

Information required for online entry:	
Name - as listed on 2023 USMS registration Address, City, State, Zip Phone Number Email Address Emergency Contact Name & Phone	Birth Date Age on March 26, 2023 Gender USMS Number Club Affiliation

SEED TIME REQUIRED – Actual or Estimated Maximum Entry per day– 5 events, plus relays

Saturday, March 25, 2023 at 2:00 pm

EV#	Sex	Event - YARDS	Seed Time
1	M & W	500 Freestyle	
Break		15 Minute Break	(If Time Permits)
2	MIXED	200 Medley Relay	
3	M or W	400 Free Relay	
4	M & W	200 Breaststroke	
5	M & W	100 Freestyle	
6	M & W	50 Butterfly	
7	M & W	100 Backstroke	
Break		15 minute	Ozark LMSC Meeting
8	M or W	800 Free Relay	
9	M & W	100 Individual Medley	
10	M & W	200 Butterfly	
11	M & W	50 Breaststroke	
12	M & W	400 Individual Medley	
13	MIXED	200 Free Relay	
14	M or W	400 Medley Relay	

Sunday, March 26, 2023 at 9:30 am

EV#	Sex	Event - YARDS	Seed Time
15	M & W	1000 Freestyle	
16	M & W	1650 Freestyle	
Break		15 Minute Break	(If Time Permits)
17	M or W	200 Medley Relay	
18	MIXED	400 Free Relay	
19	M & W	50 Freestyle	
20	M & W	200 Backstroke	
21	M & W	100 Butterfly	
22	M & W	200 Individual Medley	
Break		15 minute	SLAM Meeting
23	MIXED	800 Free Relay	
24	M & W	100 Breaststroke	
25	M & W	200 Freestyle	
26	M & W	50 Backstroke	
27	M or W	200 Free Relay	
28	MIXED	400 Medley Relay	

**Meet Entry Fee: \$30 One Day \$40 Two Day \$20 One-Event Fee
(add to meet fee)**

Registration link at swimslam.org

Registration deadline is 11:59 pm CST, Thursday, March 23

Online entry credit card charge from “Pay Pal”

By entering the 2023 Ozark LMSC Short Course Yards Championship 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	