



Summer Invitational at the IU Nat

Sunday, July 9th, 2023

Hosted by Indy Aquatic Masters

Sanctioned by GRIN for USMS:



LOCATION: IU Natatorium, 901 West New York Street, Indianapolis, IN 46202. Hourly parking is available in the Sports Garage visitors section adjacent to the Natatorium.

FACILITY: The iconic IU Natatorium is located on the campus of IUPUI and has been a fixture in the community since 1982. The IU Natatorium has hosted hundreds of state, regional, national, and international events, including several Olympic Trials. Having just undergone an extensive renovation, the IU Natatorium is poised to be at the forefront of high-level competitive swimming for years to come.

POOL: The pool will be set up as 50 long course meters using eight lanes for competition. A diving well pool will be available during competition for cool 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. The Colorado electronic timing system along with a Daktronics scoreboard will be used. Times from this competition will be eligible for USMS records, USMS Top Ten, FINA Top Ten, and FINA World records consideration.

RULES: Current 2023 U.S. Masters Swimming rules will govern the conduct of this meet.

ELIGIBILITY: The meet is open to anyone 18 and older. All entrants must be registered with U.S. Masters Swimming or a member of a FINA-recognized National governing body. Each swimmer is eligible to swim a maximum of five (5) individual events and two (2) relays.

REGISTRATION: [Online registration through Club Assistant only.](#) NO PAPER ENTRIES. NO DECK ENTRIES. For assistance completing the online registration process, please contact Michelle C. Harter at info@indyaquaticmasters.com.

AGE GROUPS: The swimmer's age is determined as of December 31st, 2023. Age categories are 18-24, 25-29, 30-34, etc.

ENTRY FEES: Online entry is a \$40 flat fee (maximum of 5 individual events and two relays).

EVENT DEADLINES: Online entries must be received by **Wednesday, July 5th** at 11:59 PM EDT. Relay lineups must be turned in at the control table the day of the meet by 7:30 am.

EVENT SEEDING: All heats will be seeded slowest to fastest.

RELAYS: Relay lineups can be turned in at the control table by 7:30 am the day of the meet. Swimmers may only swim once in each of the following relays: 200 Free and 200 Medley. For example, a woman may not swim in the Mixed 200 Medley Relay and the Women's 200 Medley Relay.

SOCIAL DISTANCING/MASKS/VACCINATIONS

COVID-19 vaccination is encouraged but not required to participate in this event. Masks are optional.

WARM-UP PROCEDURES: Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool only. Any

swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (Rule 102.15.3). **Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.**

RESULTS: Will be posted on both the Indy Aquatic Masters website and the GRIN website.

COMPETITION SCHEDULE:

7:00am	Warm-Up Starts
7:30am	Designated Sprint Lanes Open
7:50am	Warm-Up Ends
8:00am	Competition Begins

ORDER OF EVENTS:

Warm-Ups at 7:00 am
Meet Starts at 8:00 am

400 IM
100 Free
200 Medley Relay
50 Fly
200 Breast
50 Back
100 Fly
50 Breast
200 IM
200 Free
100 Back
50 Free
200 Fly
200 Free Relay
100 Breast
200 Back
400 Free

QUESTIONS: For questions or additional information, please contact Michelle C. Harter at info@indyaquaticmasters.com.

EVENT WEBSITE: [Online Registration](#)

MEET DIRECTORS: Mel Goldstein - goldsteinmel@sbcglobal.net / Michelle Harter
- info@indyaquaticmasters.com



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");

- 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.
- 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.
- 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.
- 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.
- 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.
- 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	