



Atlanta Rainbow Trout St. Nick SCM Meet  
GA Tech Campus Recreation Center (CRC)  
December 9<sup>th</sup>, 2023

Hosted by: Atlanta Rainbow Trout  
Meet Director: Adam McKenzie

USMS Sanction #: **453-S006**

Date: December 9<sup>th</sup>, 2023

**Time:** The meet will have warm-ups start at 12:00PM; meet starts at 1:00PM (Final times will be confirmed prior to registration opening date)

**Facility:** Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Short-Course Meters. Dive well for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

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.

A separate warm up pool will be available throughout the meet.

**Address:** 750 Ferst Dr NW, Atlanta, GA 30318.

**Parking:** Limited parking passes will be available to park along Tech Parkway. We ask that all entrants please carpool. Nearby lots are available at an hourly rate. Please see a parking pass attendant at the back entrance of the CRC (along tech parkway) for a parking pass.

**Concessions** TBD, Vending machines are available throughout facility

**Eligibility:** The meet is open to all persons 18 years and older as of December 9<sup>th</sup>, 2023. Your age on December 31<sup>st</sup>, 2023 determines your age at the meet. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can't be accepted at the meet. **Please include a copy of your USMS card with your registration.**

**Events:** Swimmers may enter up to 5 individual events and 2 relays.

**Awards:** Ribbons will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Individual High point winners will receive an award.

**Timing:** Touchpads/electronic timing with hand/stopwatch backup. Times will count toward USMS Records and Top Ten.

**Scoring:** Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

**Fees:** \$65 covers facility and meet costs. Your credit card will be charged by "Atlanta Rainbow Trout" for this swim meet.

**Seeding:** All events except for the 400 Free and 800 Free will be seeded in advance and slowest to fastest. The 400 & 800 Free will be seeded fastest to slowest and only after positive check-in has expired. Men and Women will be seeded together based on time.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be posted at [www.georgiamasters.org](http://www.georgiamasters.org) around December 5<sup>th</sup> (depending on the number of late entries being processed).

**Relays:** Entries for events 2-4 will be due at 12:30PM. Entries for events 11-13 will be due at 1:30PM. Entries for events 23-25 will be due at 2:30PM (Final times will be confirmed prior to registration opening date)

**Mixed relays must be 2 Men and 2 Women.** There will be no exceptions to this. All relay entries will be verified prior to seeding. **All Relay swimmers must be registered with the same USMS Club or Workout Group.**

**Entry deadline:** Paper entries must be received by Friday, December 1<sup>st</sup>. Mailed entries received after that date will be assessed a \$10 late fee. No new heats will be created to accommodate late entries.

Deck adds will try to be accommodated within existing seeded heats. \$20 additional deck add fee applies

**ENTER ONLINE** Register online at [Club Assistant](#). Entry deadline is Monday, December 4<sup>th</sup> 2023 at 11:59PM.

**Include a copy of your USMS Card!**



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Last Name:		First Name:	Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):	
Gender:	Email address:		

Circle the event number, and provide your best Long-Course Meter (50M) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **800 Free limited to the first 40 entries.**

Warm ups 12:00PM; Meet Starts 1:00PM (Final times will be confirmed prior to registration opening date)					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	800 Free		15	100 Back	
2	Women 200 Free Relay		16	50 Fly	
3	Men 200 Free Relay		17	200 Free	
4	Mixed 200 Free Relay		18	100 Breast	
5	50 Breast		19	200 Fly	
6	100 Free		20	50 Free	
7	400 IM		21	200 Back	
8	100 Fly		22	400 Free	
9	50 Back		23	Women 200 Medley Relay	
10	200 Breast		24	Men 200 Medley Relay	
11	Women 400 Medley Relay		25	Mixed 200 Medley Relay	
12	Men 400 Medley Relay				
13	Mixed 400 Medley Relay				
14	200 IM				

**Payment Info:**

**Meet Entry Fee:**  
\$65.00

Make Checks Payable to: **Atlanta Rainbow Trout**  
**Mail to:** Atlanta Rainbow Trout, 794 Marietta St NW #950522  
Atlanta, GA 30377

**Paper Entry must be received by Friday, December 1, 2023**

Online entry:

Questions? Email [Swimming@atlantarainbowtrout.com](mailto:Swimming@atlantarainbowtrout.com)

**Must sign USMS Liability Release on Back of Entry**



**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