## Spring Lake Fitness and Aquatic Center Masters meet, Sunday, February 20, 2022

USMS Recognized #----

**Location:** Spring Lake Fitness and **Aquatic Center (SLFAC)** 

16140 148th Ave. Spring Lake Mi. 49456

**Facilities:** The facility is 25-yard, 8-lane pool. Colorado timing system & display, horn start. A continuous

warm-up/cool-down area will be provided in the Diving Well. Parking is free. Ample spectator seating. This meet will be swum as Short Course yards (SCY). "The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1"

Keep all valuables with you or leave them home. SLFAC and Meet Director are not responsible for lost or stolen items.

**Meet Director:** Ken Danhof-Director Email: <u>KJandM@comcast.net</u> or <u>XXXXX</u>

XXX XX- Asst. Director Phone: (231) 739-5592 (Ken home)

(616) 813-8394 (Ken cell)

Schedule: Session I (Events 1&2)

 Check-in
 9:15-10:15 a.m.

 Full Pool Warm-up
 9:30-10:15 a.m.

 Session 1 Start
 10:30 a.m.

Session II (Events 3-16)

Check-in 9:15-11:00 a.m.

Diving Well/ Warm-up Diving well will be available and full pool after event 2

Session 2 Start 11:30 a.m. (<u>approximate</u> start time session 2)

Entry info Limit/Fees:

<u>Use the on-line entry system at www.MichiganMasters.com</u>. Enter the meet and pay using a credit card. Do <u>not</u> enter via email or US mail. Use only the online entry system. Sorry no refunds.

- Entries must be made online by noon Wednesday February 16, 2022.
- Fee for just 1 event is \$22. Fee for 2 or more events is \$32.
- Deck Entries are <u>not</u> allowed. Entry limit is 5 events plus 1 relay per swimmer.
- A portion of the proceeds will benefit Spencer Cobb's Go Fund Me Account. Spencer is a swimmer at Spring Lake High who suffered a paralyzing neck injury on Halloween night. Proceeds will also benefit Spring Lake Boys swimming.

Eligibility: USMS recognized meets are open to participation by both USMS members and non-members age

18+. If so desired, go to https://michiganmasters.com or USMS.org for membership/registration

information. However a USMS membership is NOT required to swim in this meet.

**Seeding:** Each event will be seeded by the pre-entered seedtime of each swimmer; with the slower heats first. No

time (NT) will be seeded in the slower heats

**Check-In:** Swimmers must check-in for <u>ALL</u> events upon entry.

**Results:** Results will be posted in the pool, and on the Michigan Masters website at the end of the meet.

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## Meet Entry Form

Name:

Address:

Date of Birth:

Email:

Sex:

City/State:			Zip:				
USMS#:	Phone#:  (A USMS # is not required to swim but include if available)						
	Event #	Seed Time	Event Description				
	1		1000 Freestyle				
	2	Intermission	400 Individual Medley				
	3		200 Medley RELAY				
	4		200 Freestyle				
	5		200 Individual Medley				
	6		50 Freestyle				
	7		100 Backstroke				
	8		200 Breaststroke				
	9		50 Butterfly				
	10	Intermission	50 Backstroke				
	11		100 Individual Medley				
	12		100 Freestyle				
	13		100 Breaststroke				
	14		100 Butterfly				
	15		200 Backstroke				
	16		50 Breaststroke				
	completed using the		pleted in person at the meet. A relay car so complete the USMS Participant Waiver y be acceptable.				
Emergency Contact Person:			Emergency Contact Phone #:				
Your Signature:			Date:				



## 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)	Date of Birth (mm/dd/yy)
			M F	

Street Address, City, State, Zip				
Signature of Participant	Date Signed			

Revised 5/26/2020