

2020 New England LMSC Short Course Yards Championship

All USMS members can enter online:
<http://www.meetresults.com/nelmscscy/>

March 14 & March 20-22, 2020, BSI-Wellesley and Harvard Univ.

Sanctioned by NE-LMSC for USMS, Inc.: Sanction Numbers 020-S002 and 020-S003

Save \$5.00! Enter online:
<http://www.meetresults.com/nelmscscy/>

Please print seed times clearly. Use a colon between minutes and seconds.

A seed time must be listed for each event entered.

Max One Event

Maximum of five individual events per day, plus relays

No.	Entry Time Women	Event	Entry Time Men	No.
Saturday, March 14, 9:30am warm up, 10:30am start				
1		1000 Yard Freestyle		2
3		1650 Yard Freestyle		4
<i>This session is at BSI-Wellesley (900 Worcester St., Wellesley MA)</i>				
Friday March 20, 3:00pm warm up, 4:00pm start				
5		500 Free (bring own timer)		6
7,9	N/A	800 Free Relay (unscored)	N/A	8,9
Saturday March 21, 8:00am warm up, 9:00am start				
11		400 Yard IM - Women	N/A	
13		200 Yard Breaststroke		14
15		50 Yard Freestyle		16
17		100 Yard Butterfly		18
19,21	N/A	400 Yard Freestyle Relay	N/A	20,21
23		100 Yard IM		24
25		200 Yard Freestyle		26
27		50 Yard Butterfly		28
29		100 Yard Backstroke		30
31,33	N/A	200 Yard Medley Relay	N/A	32,33
Sunday March 22, 8:00am warm up, 9:00am start				
	N/A	400 Yard IM - Men		34
35		50 Yard Breaststroke		36
37		100 Yard Freestyle		38
39		200 Yard Backstroke		40
41,43	N/A	400 Yard Medley Relay	N/A	42,43
45		200 Yard Butterfly		46
47		100 Yard Breaststroke		48
49		200 Yard IM		50
51		50 Yard Backstroke		52
53,55	N/A	200 Yard Freestyle Relay	N/A	54,55

Name: _____ Sex: Male Female

Emergency Contact Name and Phone: _____

Age on 3/22/20 _____ DOB: _____ Phone: _____

E-Mail: _____

Address: _____

2020 USMS Number: _____

New England Masters-Workout group: _____

Other club name: _____ LMSC: _____

**Note: You must attach a copy of your 2020 USMS card to this form.
 ALL INFORMATION IS REQUIRED FOR AN OFFICIAL ENTRY.
 INCOMPLETE FORMS WILL BE ASSESSED A \$5 PROCESSING FEE.**

Save \$5.00! Submit your entry online: <http://www.meetresults.com/nelmscscy/>

Distance Day: All events will be in the 10-lane competition pool at BSI-Wellesley.

Meet entry fee (enter online to save \$5) = \$ 45.00
 # Individual events ___ X \$6.00 = \$ _____
 Total (payable to Charles River Masters) = \$ _____
No refunds will be issued for any reason.

Mail To:
 NE LMSC SCY Entries
 PO Box 380782
 Cambridge, MA 02238
nelmscscy@meetresults.com

ENTRIES CLOSE: FEB. 28 OR WHEN FULL

MEET SIZE CAP PROCEDURE: We may stop accepting entries at any time due to meet capacity. We may close entries for different sessions at different times. There will not be a waiting list. We cap entries based on an expectation that some swimmers will not swim after entering. Distance Day and Friday are likely to close before other sessions due to capacity. Please check the web site for more information.

MEET LOCATIONS (NOTE CHANGES THIS YEAR):

March 14 (Distance Day): BSI-Wellesley, 900 Worcester Street, Wellesley MA 02482
 March 20-22: Blodgett Pool, Harvard Univ., 65 N. Harvard Street, Boston MA 02163

You must bring your own timer for the 500 free on Friday, March 14.

LIABILITY RELEASE FORM

You must complete and sign the USMS Liability Release Waiver on the next page, and include it with your entry form. If you do not include the signed form, your entry will not be accepted.

If you submit a paper entry form, please send it via overnight Express Mail and keep your tracking number. First Class mail has no delivery guarantee.



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 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.
5. 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	