

**2018 Breadbasket Zone/ Iowa Masters Short Course
State Championship Swimming Meet
Saturday March 24, 2018
U.S. Masters Swimming Sanction Number: 408-S001**

Hosted by: Iowa Flyers Swim Club.

Location: Campus Recreation & Wellness Center, 309 S. Madison Street, Iowa City, Iowa

Date: Saturday March 24, 2018 Warm-ups at Noon- Meet Begins at 1:00PM.

Sanction: Sanctioned by U.S.M.S. Inc. and Local Masters Swimming Committee, Iowa Masters Swimming.

Pool: Eight lane 25 yards, with non-turbulent lane markers, backstroke flags, electronic timing system with touch-pads and generous spectator seating. There is an additional pool that will be available for warm-up/warm down throughout the meet.

Awards: Team: Traveling trophy for first place. Medals for top 3 places in each individual event/age group.

Team Scoring: Individual events: 9-7-6-5-4-3-2-1; relay events: 18-14-12-10-8-6-4-2.

Generally your "team" is the city or town where you live. See "team definition" below.

Rules: 2018 U.S.M.S. rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of March 24, 2018 determines age for the meet. Relay age groups are: 18+, 25+, 35+, 45+, etc. The age of the youngest swimmer determines the age of the relay.

Event Limit: Swimmers may enter a maximum of six (6) individual events. A swimmer may enter each relay once. Swimmers may enter either the 1000 or 1650 freestyle, but not both.

Cost: \$29.50 entry fee + .50 splash fee = \$30.00. (A late fee of \$10.00 will be added to all entries not received by Tuesday, March 20, 2018) Make check payable to Iowa Flyers Swim Club(IFLY). The splash fee is for the promotion of Masters Swimming in Iowa.

Entry Deadline: Tuesday, March 20, 2018. Deck entries will be accepted, but will be assessed a \$10.00 late fee. We do want to encourage all entries including deck entries. However, late entries must be received by 12:15 p.m. on the day of the meet.

Entries: Swimmers with late entries should be sure to have your entry sheet filled out completely. It is important to include full address also. Late entries are \$40.00. Make check payable to Iowa Flyers Swim Club. Checks are preferred but cash is accepted.

The distance events will be deck-seeded. We will ask all distance swimmers to check in at the computer table to confirm their entry in the event. Entry cards for relay events can be completed at the meet, or submitted with this entry form.

Seed Times: Submit latest times for 25 yard course. Enter "NT" for no time.

Eligibility: Open to all swimmers with current U.S. Masters swimming cards.

U.S.M.S. Registration: REQUIRED ! It is strongly recommended that you complete your 2018 USMS registration prior to entering the meet. You may do so any time at usms.org. Please attach a photo copy of your 2018 USMS card with entry form and check.

Scratches: Swimmers not reporting for events will be scratched. No refunds.

Meet Director: Mail entries and check to: Christopher Freeman
U of I Recreational Services
309 S. Madison Street
Iowa City, Iowa 52242
(319)353-4515 christopher-p-freeman@uiowa.edu

ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A CHECK. PLEASE MAKE SURE THAT ALL ENTRIES ARE WRITTEN LEGIBLY. ANY ENTRIES THAT CAN NOT BE READ WILL BE DISCARDED AND RETURNED TO SENDER.

Team Definitions: All U.S.M.S. swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. FOR THE PURPOSES OF THIS MEET ONLY, in order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

1. A team must have a designated City or Town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly (at least 20 times per year) at a pool within 25 miles of the designated city or town.
3. Relays, to score team points must consist of the members from a single team.
4. Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

OFFICIAL ENTRY FORM
2018 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP
&

BREADBASKET ZONE CHAMPIONSHIP SWIM MEET
Campus Recreation & Wellness Center, 309 S. Madison Street
University of Iowa, Iowa City, Iowa
Saturday, March 24, 2018

Sanctioned by: USMS, Inc. and Local Masters Swimming Committee, and
Iowa Masters Swimming Sanction Number: 408S001

NAME _____ SEX _____ AGE _____ (age

on date: March 24, 2018)

ADDRESS _____ E-mail ADDRESS _____

HOME PHONE _____ CELL PHONE _____

U.S.Masters Swimming Number _____ AGE GROUP _____ TEAM _____

Money enclosed: Meet entry and splash fee: \$30.00 (before March 20)
 Late entry fee after March 20th of \$40.00 (total see below)

Mail form to: Chris Freeman
 U of I Recreational Services
 309 S. Madison Street
 Iowa City, IA 52242

Total enclosed (check payable to Iowa Flyers Swim Club) _____

EVENTS (please circle event number and enter seed time) limit of 6 individual events :

- | | |
|-----------------------------------|----------------------------------|
| 1. Women's 400 Free Relay _____ | 15 minute break _____ |
| 2. Men's 400 Free Relay _____ | 25. Women's 500 Free _____ |
| 3. Women's 200 Back _____ | 26. Men's 500 Free _____ |
| 4. Men's 200 Back _____ | 27. Women's 50 Fly _____ |
| 5. Women's 200 Medley Relay _____ | 28. Men's 50 Fly _____ |
| 6. Men's 200 Medley Relay _____ | 29. Women's 100 Breast _____ |
| 7. Women's 100 Fly _____ | 30. Men's 100 Breast _____ |
| 8. Men's 100 Fly _____ | 31. 200 Mixed Medley Relay _____ |
| 9. Women's 200 Breast _____ | 33. Women's 100 Free _____ |
| 10. Men's 200 Breast _____ | 34. Men's 100 Free _____ |
| 11. Women's 50 Free _____ | 35. Women's 50 Back _____ |
| 12. Men's 50 Free _____ | 36. Men's 50 Back _____ |
| 13. 200 Mixed Free Relay _____ | 37. Women's 200 Fly _____ |
| 15. Women's 200 I.M. _____ | 38. Men's 200 Fly _____ |
| 16. Men's 200 I.M. _____ | 39. Women's 100 I.M. _____ |
| 17. Women's 200 Free _____ | 40. Men's 100 I.M. _____ |
| 18. Men's 200 Free _____ | 41. Women's 200 Free Relay _____ |
| 19. Women's 100 Back _____ | 42. Men's 200 Free Relay _____ |
| 20. Men's 100 Back _____ | 43. Women's 1000 Free _____ |
| 21. Women's 50 Breast _____ | 44. Men's 1000 Free _____ |
| 22. Men's 50 Breast _____ | 45. Women's 1650 Free _____ |
| 23. Women's 400 I.M. _____ | 46. Men's 1650 Free _____ |
| 24. Men's 400 I.M. _____ | |



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