

SWIA Masters Short Course Spring Meet 2021
Hosted in conjunction with Western Iowa Senior Games
Kirn Pool YMCA, 100 North Ave, Council Bluffs, IA
Saturday, May 8th, 2021
 Warm-up 10:00 AM, begin 11:00 AM.

Entries

- You may enter up to 5 individual events, not including relays.
- Paper entries must be received by, May 3rd 2021.
- Deck entries are accepted but new heats will not be added.
- Deck entry and event alterations will close at 10:30 AM.
- 800 and 1500 MUST pre-register.
- Cost: \$30 Entry Fee \$35 Deck Entry
- Please note the updated liability waver and Covid safety information in this document.

USMS Membership: (recognized) This meet is open to USMS members and non –members. If a USMS member please include a copy of your current registration card with your entry .This meet will be governed by USMS rules. Seeding will be slowest to fastest by gender regardless of age.

Name: _____ **Phone:** _____

Address: _____

Email: _____ **Male / Female (Please Circle)**

Age as of 12/31/2019: _____ **DOB:** _____

USMS# _____

Emergency Contact and phone: _____

Please take advantage of online entry at swiaswim.com. Please include a copy of your USMS registration.

Events in Order:

Events	Seed Time	Event	Seed Time
1. 200 Back		11. 400 Free	
2. 200 Med Relay		12. 50 Fly	
3. 100 Fly		13. 100 Breast	
4. 200 Breast		14. 100 Free	
5. 50 Free		15. 50 Back	
6. 200 IM		16. 200Fly	
7. 200 Free		17. 100 IM	
8. 100 Back		18. 200 Free Relay	
9. 50 Breast		19. 800 Free	
10. 400 IM		20. 1500 Free	

Please enter seed time or NT for each event you would like to enter.

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) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

COVID-19 Safety information

Updated 3/1/2021

The goal for the Southwest Iowa Masters group is to host a safe and efficient event, reading, understanding and following the safety information provided will play a key role in a successful and enjoyable event. If you have any safety questions or concerns please contact the meet director.

- We will be following the strictest form of guidelines provided by Federal, State, local health, and or facility requirements.
- Our facility has a 50 person max capacity. This capacity includes event staff, competitors, and facility faculty. The registration for competitors will be capped to keep the event in compliance with facility guidelines.
- While in the facility masks / face coverings will be required by everyone unless you are in the water competing.
- Upon arrival to the facility please read and understand the safety signage that is pertaining to the layout and traffic flow of the facility.
 - The pool deck will be directional to increase the ability to maintain distance between people and allow events to flow in and out of the starting block area.
 - The facility will have spaces identified for walkways and places that competitors can place their personal belongings, this will give us the ability to maintain a safe distance between people.
- Before the event everyone will be required to:
 - Fill out the screening form.
 - This will be provided at the front desk for anyone who does not have it complete. It will also be available for download at SWIASWIM.COM. You can bring the form with you or email it to the meet director.
 - Upon arrival a temperature will be taken.
- Social distancing will be key in a successful safe event, we ask that you not gather at the far end of the pool to cheer on fellow swimmers during events. Only lap counters should be at the far end of the pool.
- Meet results will not be printed and posted at the event to keep people from congregating. Results will be posted online at SWIASWIM.com.
- All safety information should be informative, positive, and easily understood. If there is any question about the safety information, ask. It is important that everyone in attendance understands and follows the information.

Most importantly of all, use common sense and keep healthy habits in mind.