



DSMY MASTERS LCM

INVITATIONAL Sunday, July 17th, 2022

U.S. Masters Swimming Sanction Number: 402-S003

DSMY and the Wellmark YMCA have taken enhanced health and safety measures – for you, our other guests, volunteers and our athletes. You must follow all posted instructions while attending our 2022 DSMY Masters LC Invitational. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the 2022 DSMY Masters LC Invitational, you voluntarily assume all risks related to exposure to COVID-19.

Hosted by: DSMY Marlins Masters

Location: Wellmark YMCA, 501 Grand Ave. Des Moines, IA 50309

Date: Sunday Morning, July 17th, 2022

Directions & Parking to the Wellmark YMCA: From the junction of I-80/I-35 take the exit to I-235 (which runs through the city). Take exit #8A towards the Iowa Events Center, 5th Ave south towards downtown. The 5th & Keo parking garage is conveniently located across the street on the east side of the YMCA. Parking meters charge from 9am to 9pm Monday thru Saturday. The 5th & Keo Garage charges \$1/hr with a max of \$10 per day. All swimmers, coaches, and meet volunteers must enter the building using the lower level Grand Avenue entrance and go through the screening questions. Fee-based spectator seating will open at each session's warm-up start time and will enter on the second level skywalk entrance to the pool.

Timeline: The **Skywalk** entrance to the MidAmerican Energy Company Aquatic Center will open at 10:30am Sunday. All meet spectators, volunteers and participants should use this entrance. Each swimmer, volunteer, and spectator must answer health-related questions prior to entering the facility. Any swimmer not passing the health requirements will forfeit their entry fee and splash fee.

Athletes, volunteers, and spectators, please refer to "The Return to Competition Plan for the Wellmark YMCA" on our website: www.dsmymarlins.com.

10:30am Pool Doors Open
11:00am Warm-ups begin
11:05pm Officials Meeting (wet classroom)
11:30pm Lanes opening for starts & one-way swims
11:45pm Timers meeting by Admin table
11:50pm <pool(s) cleared>
11:56pm National Anthem
12:00pm Competition Begins

Sanction: Sanctioned by USMS Inc. and Iowa Masters Swimming.

Pool: The Prairie Meadows Pool (competition pool) is an 8 lane 50-meter long course pool. Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems and Colorado Backstroke Starting Devices will be used in all configurations.

The 4 lane, 25 yard program pool may be made available for warm-up and cool down.

The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

Warm-ups: Under COVID protocols, only 250 swimmers entered in the meet, there will be multiple warm-up sessions with no more 10 swimmers per lane are allowed during warm-ups. If there are more than 90 swimmers per session. The meet host will determine, and then notify, the contact for each team as to which session they will be assigned.

Awards: No Awards will be presented at this meet. No relays will be held. Individual events only.

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

Rules: 2022 USMS rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. , Since this is a long course meters meet, your age group is determined by your age as of December 31, 2022.

Event Limit: Swimmers may enter a maximum of four (4) individual events.

Cost: \$24.00 entry fee + 1.00 splash fee = \$25.00. (A late fee of \$10.00 will be added to all entries not received by July 12, 2022) Make check payable to Greater Des Moines YMCA. The splash fee is for the promotion of Masters Swimming in Iowa.

Entry Deadline: Tuesday, July 12, 2022. After this date, 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.

A minimum of 40 swimmers are needed to host the meet. If the number of swimmers is less than 40 at the early entry deadline, the meet will be canceled, and all entry fees will be returned.

Late Entries: Fee is \$35.00. Make checks payable to Greater Des Moines YMCA. Checks are preferred but cash is accepted. Swimmers with late entries be sure to have your entry sheet completely filled out. .

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.

Seed Times: Submit latest times for 50-meter course. Enter "NT" for no time.

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

USMS Registration: REQUIRED! It is strongly recommended that you complete your 2022 USMS registration prior to entering the meet. You may do so at usms.org Please attach a photo copy of your 2022 USMS card with entry form and check.

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

Meet Director: James Lawson james.lawson@dmymca.org 515-229-0677

Meet Referee: John Van Meter john.vanmeter@dmymca.org 515-471-8560

Safety Director: Ann Peterson ann.peterson@dmymca.org 515-471-8546

Mail entries and check to: Wellmark YMCA (checks payable to: **Greater Des Moines YMCA**)

Attn: John Van Meter

501 Grand Avenue
Des Moines, IA 50309

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

OFFICIAL ENTRY FORM

2022 DSMY MASTERS LONG COURSE INVITATIONAL

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic
Center Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309
Sunday, July 17, 2022

Sanctioned by: USMS, Inc. and Iowa Masters Swimming.
Sanction Number: 402-S003

NAME _____ GENDER ____ AGE ____ (age on December 31, 2022)

ADDRESS _____ E-mail ADDRESS _____

HOME PHONE _____ CELL PHONE _____

US Masters Swimming Number _____ AGE GROUP _____ TEAM _____

Money enclosed: Meet entry and splash fee: \$25.00 (before July 12, 2022)

Late entry and splash fee: \$35.00 (on/after July 12)

Mail form to:

Wellmark YMCA
Attn: John Van Meter
501 Grand Ave
Des Moines, IA 50309

Total enclosed \$ _____ (checks payable to: **Greater Des Moines YMCA**)

EVENTS (please circle event number and enter seed time) limit of 4 individual events:

- | | |
|--|-----------------------------------|
| 1. Women's 50 Free _____ | 15. Women's 100 Back _____ |
| 2. Men's 50 Free _____ | 16. Men's 100 Back _____ |
| 3. Women's 50 Breast _____ | 17. Women's 100 Breast _____ |
| 4. Men's 50 Breast _____ | 18. Men's 100 Breast _____ |
| 5. Women's 50 Fly _____ | 19. Women's 200 Free _____ |
| 6. Men's 50 Fly _____ | 20. Men's 200 Free _____ -- |
| 7. Women's 50 Back _____ | <10 Minute Break> -- |
| 8. Men's 50 Back _____ | 21. Women's 400 IM _____ |
| 9. Women's 100 Free _____ | 22. Men's 400 IM _____ |
| 10. Men's 100 Free _____ --<10 Minute Break>-- | 23. Women's 400 Free _____ |
| 11. Women's 200 IM _____ | 24. Men's 400 Free _____ |
| 12. Men's 200 IM _____ | 25. Women's 1500 Free _____ |
| 13. Women's 100 Fly _____ | 26. Men's 1500 Free _____ |
| 14. Men's 100 Fly _____ | |



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.

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|-----------|------------|----|------------------------|--------------------------|
| Last Name | First Name | MI | Sex (circle) M F | Date of Birth (mm/dd/yy) |
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|----------------------------------|-------------|
| Street Address, City, State, Zip | |
| Signature of Participant | Date Signed |

Revised 03/17/2021