

2019 Iowa Masters Short Course State Championship

Sunday, March 31, 2019

U.S. Masters Swimming Sanction Number: 409-S002

Hosted by: DSMY Marlins

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

Date: Sunday, March 31, 2019

Time: The Skywalk entrance to the MidAmerican Energy Company Aquatic Center will open at 11:30am Sunday. All meet spectators, volunteers and participants should use this entrance.

11:30am	Pool Doors Open
12:00 noon	Warm-ups begin
12:05pm	Officials Meeting (wet classroom)
12:30pm	Lanes opening for starts & one-way swims
12:45pm	Timers meeting by Admin table
12:50pm	<pools cleared>
12:56pm	National Anthem
1:00pm	Competition Begins

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

Pool: The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). 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.

Pool configuration and number of courses and will be determined once entries have been received. The 4 lane, 25 yard program pool may be made available for warm-up and cool-down if we run two pools.

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.

Awards: Team Traveling trophy for first place only. No individual or relay awards.

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: 2019 USMS rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of March 31, 2019 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 26, 2019) Make check payable to Greater Des Moines YMCA. The splash fee is for the promotion of Masters Swimming in Iowa.

Entry Deadline: **Tuesday, March 26, 2019.** 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.

Entries: Swimmers with late entries be sure to have your entry sheet completely filled out. Late entries are \$40.00. Make check payable to Greater Des Moines YMCA. 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.

USMS Registration: **REQUIRED!** It is strongly recommended that you complete your 2019 USMS registration prior to entering the meet. You may do so any time at usms.org. Please attach a photo copy of your 2019 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:	Frankie Hanson	frankie.hanson@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.

Team Definitions: All USMS 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

2019 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic Center
 Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309
 Sunday, March 31, 2019
 Sanctioned by: USMS, Inc. and Iowa Masters Swimming.
 Sanction Number: 409-S002

NAME _____ GENDER ____ AGE _____ (age on date: March 31, 2019)

ADDRESS _____ E-mail ADDRESS _____

HOME PHONE _____ CELL PHONE _____

US Masters Swimming Number _____ AGE GROUP _____ TEAM _____

Money enclosed: Meet entry and splash fee: \$30.00 (before March 26th)
 Late entry and splash fee: \$40.00 (on/after March 26th)

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 6 individual events:

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|---|---|--|
| <ol style="list-style-type: none"> 1. Women's 400 Free Relay _____ 2. Men's 400 Free Relay _____ 3. Women's 200 Back _____ 4. Men's 200 Back _____ 5. Women's 200 Medley Relay _____ 6. Men's 200 Medley Relay _____ 7. Women's 100 Fly _____ 8. Men's 100 Fly _____ 9. Women's 200 Breast _____ 10. Men's 200 Breast _____ 11. Women's 50 Free _____ 12. Men's 50 Free _____ 13. 200 Mixed Free Relay _____ 15. Women's 200 I.M. _____ 16. Men's 200 I.M. _____ 17. Women's 200 Free _____ 18. Men's 200 Free _____ 19. Women's 100 Back _____ 20. Men's 100 Back _____ 21. Women's 50 Breast _____ 22. Men's 50 Breast _____ 23. Women's 400 I.M. _____ 24. Men's 400 I.M. _____ | <p style="text-align: center;"><u>< 15 minute break ></u></p> | <ol style="list-style-type: none"> 25. Women's 500 Free _____ 26. Men's 500 Free _____ 27. Women's 50 Fly _____ 28. Men's 50 Fly _____ 29. Women's 100 Breast _____ 30. Men's 100 Breast _____ 31. 200 Mixed Medley Relay _____ 33. Women's 100 Free _____ 34. Men's 100 Free _____ 35. Women's 50 Back _____ 36. Men's 50 Back _____ 37. Women's 200 Fly _____ 38. Men's 200 Fly _____ 39. Women's 100 I.M. _____ 40. Men's 100 I.M. _____ 41. Women's 200 Free Relay _____ 42. Men's 200 Free Relay _____ 43. Women's 1000 Free _____ 44. Men's 1000 Free _____ 45. Women's 1650 Free _____ 46. Men's 1650 Free _____ |
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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	