

YOU AND YOUR FRIENDS ARE INVITED TO THE TFAM WINTER SPRINTER!!!

Saturday, January 26th, 2019

Warm-Up 1:00 pm

Meet 2:00 pm

This swim meet is perfect for:

The *nervous* swimmer

The *novice* swimmer

The *veteran* swimmer

The *social* swimmer

True to its name, we're offering 25s, as well as the 100 Free Relay and the 100 Medley Relay.

We are also adding the Plunge for Distance! An Olympic event in 1904.

https://en.wikipedia.org/wiki/Plunge_for_distance

After meet social at Palio's Pizza Cafe

2832 Eldorado Parkway

Little Elm, TX 75068

<https://www.groupraise.com/events/77917-texas-ford-aquatics-masters-at-palio-s-pizza-cafe>



Winter Sprinter - SCY - Hosted by Texas Ford Aquatics

Sanctioned by the North Texas Local Masters Swimming Committee for USMS Inc.

Sanction number:

Saturday, January 26th, 2019

Warm-Up 1:00 pm

Meet 2:00 pm

POOL

Texas Ford Aquatics
8353 Legacy Dr.
Frisco, TX 75034

Website: www.TexasFordAquatics.com
Email: masters@texasfordaquatics.com
Meet Director: Richard Garza
Meet Referee: Bob Lang

COURSE

Six (6) **25 yard** lanes with Colorado timing.
Ten (10) 25 yard lanes available for warmup and cool-down throughout competition.
The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

ELIGIBILITY

All participants must be registered with USMS or a current member of a FINA-recognized national governing body for Masters swimming (**article 202.1**) and at least 18 years of age as of January 26, 2019. Swimmers turning 18 after the meet entry deadline and by January 26, 2019, must enter the meet by the meet entry deadline and register for USMS either before or on January 26, 2019. Age to be determined as of January 26, 2019.

RULES

2019 USMS rules will govern this meet. Meet management reserves the right to adjust logistics in order to run an efficient meet.

BREAKS

5 minute breaks will take place after events 5, 9, 17, and 21. Breaks may be added or removed by the Meet Referee as necessary.

ENTRIES

Competitors may enter up to a maximum of six (6) individual events. Online meet entry is paid by credit card to ClubAssistant.com Events. Online entry closes at 11:59pm Central time on **January 24th, 2019**. Events will be seeded slowest to fastest.

ENTRY FEES

Swim meet fee is \$30*. All entry and registration fees are nonrefundable. Paper entry forms must be received by **January 24, 2019**. Late entries will not be processed. Mail Entry Form and payment, along with **A COPY OF YOUR 2019 USMS REGISTRATION CARD to:**

Masters Meet
Richard Garza
8353 Legacy Dr.
Frisco, TX 75034

Make checks payable to:
Texas Ford Aquatics

*Entry fees are non-refundable

DECK ENTRIES

Deck entries will be accepted on the day of the meet up to **1:30 pm** for \$40.
Deck Entries are only permitted in open lanes. No new heats will be added. \$5.00 per event if already entered in the meet. **Must bring a copy of your 2019 USMS Registration Card.**

AWARDS

Cards will be provided for the placement of Award Labels as a race record for all.

RELAYS

Relays are deck entry only. \$4.00 per relay entry.

RESULTS

Results will be available at texasfordaquatics.com and USMS.org

EVENT HOST

The amazing staff and volunteers of Texas Ford Aquatics and the Frisco Masters Booster Club.

Winter Sprinter Meet - SCY - Hosted by Texas Ford Aquatics

Sanctioned by the North Texas Local Masters Swimming Committee for USMS Inc. Sanction number:

Name _____

Email _____

ATTACH

Phone _____

COPY of **2019** USMS CARD

Address _____

HERE

City _____

State ____ Zip _____ Sex ____ Age on Jan 26: ____

Emergency Contact _____ Phone _____ Relationship _____

Saturday, January 26, 2019. Warm up 1:00 pm, Meet 2:00 pm.

Enter up to Six (6) individual events

Mixed	Event	Time	Mixed	Event	Time
1	200 IM	_____		Plunge for distance**	Enter at meet
2	25 Fly**	_____	13	200 Free	_____
3	100 Breast	_____	14	25 Breast**	_____
4	50 Back	_____	15	100 Fly	_____
5	100 Free	_____	16	50 Free	_____
	5 minute break			5 minute break	
6	Mixed 100 Free Relay**	Due by event 1	17	Mixed 100 Medley Relay**	Due by event 14
7	100 IM	_____	18	100 Back	_____
8	25 Back**	_____	19	25 Free**	_____
9	50 Fly	_____	20	50 Breast	_____
	5 minute break			5 minute break	
10	Women's 200 Medley Relay	Due by event 6	21	Women's 200 Free Relay	Due by event 18
11	Men's 200 Medley Relay	Due by event 6	22	Men's 200 Free Relay	Due by event 18
12	Mixed 200 Medley Relay	Due by event 6	23	Mixed 200 Free Relay	Due by event 18
				After meet social!!!	

Please check one

Swim Meet Fee Up to 6 individual events \$30.00 <input style="float: right; margin-left: 20px;" type="checkbox"/>	*First Masters Meet Fee Up to 6 individual events \$0.00 <input style="float: right; margin-left: 20px;" type="checkbox"/>
---	--

*First Masters meet ever and registered in the North Texas LMSC? Check this option, your fee is \$0 :)

If this is not your first meet, please make checks payable to **"Texas Ford Aquatics"**

These events are not recognized per 102.5.3 in the USMS rule book, times will not be official.

Please sign the waiver on the next page



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.

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip and Signature of Participant, Date Signed.