



VMST David Gregg III Memorial Meet

February 6 and 7, 2016

Fill in the following information:

Name:		Sex:	USMS Reg. No.:	
Address:				
City:		State:	Zip Code:	
E-Mail Address:				
Age as of 2/06/2016:		Birthdate (Mo/Day/Yr):		
LMSC:	Club:	Phone (Day):	Phone (Night):	

SATURDAY, February 6

Warmups: 1-2 PM; Meets Starts: 2 PM

Women	Time	Event	Men	Time
1	_____	200 IM	2	_____
3	_____	200 Fly	4	_____
5	_____	200 Breast	6	_____
7	_____	200 Back	8	_____
9	_____	1000 Free	10	_____
11	_____	1650 Free	12	_____
13	_____	400 IM	14	_____
15	_____	500 Free	16	_____

SUNDAY, February 7

Warmups: 7-8 AM; Meet Starts: 8 AM

Women	Time	Event	Men	Time
101	_____	200 IM	102	_____
103	_____	200 Fly	104	_____
105	_____	200 Breast	106	_____
107	_____	200 Back	108	_____
17	_____	100 Free	18	_____
19	_____	Novice 50 Fly	20	_____
21	_____	50 Fly	22	_____
23	_____	100 Breast	24	_____
25	_____	Novice 50 Free	26	_____
27	_____	50 Free	28	_____
29	_____	100 IM	30	_____

BREAK

31	_____	200 Free	32	_____
33	_____	100 Back	34	_____
35	_____	Novice 50 Breast	36	_____
37	_____	50 Breast	38	_____
39	_____	100 Fly	40	_____
41	_____	Novice 50 Back	42	_____
43	_____	50 Back	44	_____

RELAYS RELAYS RELAYS RELAYS

45	_____	200 Medley Relay	46	_____
47	_____	200 Free Relay	48	_____
49	_____	200 Mixed Medley Relay	50	_____
51	_____	200 Mixed Free Relay	52	_____

ENTRY FEES

Total Events (both days)	x \$8.00:	
	Surcharge:	\$8.00
TOTAL AMOUNT ENCLOSED:		

**Make checks payable to:
Virginia Masters Swim Team**

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR PAPER ENTRY TO BE ACCEPTED



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