

TIDE 1st ANNUAL MASTERS MEET
 SATURDAY, JUNE 17, 2017
 Long Course Meters



Location: Princess Anne YMCA, 2121 Landstown Road, Virginia Beach, VA 23456.

Facility: Outdoor, 9-lane Myrtha 50-meter pool, non-turbulent lane markers. Six lanes will be used for competition; two lanes will be available for continuous warm-up and cool down. **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 107.2.1.**

Directions: From I-64E to 264E, take exit 17A towards Independence Rd, follow until Princess Anne Road. Left on Princess Anne, then a right onto Dam Neck Rd. Turn left onto Landstown Rd.

Meet Directors: Carri Lamoureux, meetdirector@tideswimming.com, Dana MacCorquodale, coachdana@tideswimming.com.

Sanctioned by: LMSC for VIRGINIA for USMS, INC. Sanction #

Eligibility: The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **For meets held in metric pools, your age is your age on December 31, 2017. All swimmers must be registered with USMS.**

Tips for new swimmers: Forms are available at www.vaswim.org and will also be available at the pool.

ORDER OF EVENTS. Warm-up starts at 08:00 am. First heat of 1500 begins at 08:45 am.

There will be another 30 min warm-up at 11:00 or at the completion of the 1500s. Event 3 will start no earlier than 11:30.

#	Event	#	Event
1-2	1500 M Freestyle	19-20	50 M Freestyle
3-4	200 M Medley Relay*	21-22	400 M Freestyle
5-6	200 M Butterfly	23-24	200 M Backstroke
7-8	100 M Breaststroke	25-26	100 M Butterfly
9-10	200 M Freestyle	27-28	50 M Breaststroke
11-12	100 M Backstroke	29-30	100 M Freestyle
13-14	200 M Individual Medley	31-32	50 M Backstroke
15-16	50 M Butterfly	33-34	400 M Individual Medley
17-18	200 M Breaststroke	35-36	200 M Freestyle Relay*

* There will be one heat of each relay. No charge for relays.

Entries: \$6.00 per event for pre-entries. \$10.00 surcharge for pool and equipment. **Late entries and deck entries will be accepted to fill heats at \$7 per event plus surcharge.** Swimmers may enter a total of 5 individual events and 2 relays.

Entry Deadline: To be seeded, paper-entries must be received by **Monday, June 12.** The easiest way to enter is online at <https://www.ClubAssistant.com>. On the left side of the home page is a list of meets by dates. Online entries close on **Wednesday, June 14.**

Rules: Current USMS rules for Masters Swimming will apply. No one will swim alone in a heat. Swimmers will be seeded according to times; heats will run slowest to fastest.

Warm-up/Warm down procedures: Swimmers must enter the pool feet-first in a cautious manner. Diving and backstroke starts will be permitted only from the blocks in the designated sprint lanes during warm-up. Instructions given by the designated Safety Marshall shall be obeyed at all times.

Psych Sheets, Meet Results and Heat Sheets: Psych Sheets/Meet Results will be posted at www.vaswim.org and will be sent to by email to meet registrants. Heat sheets will be posted at multiple locations on the pool deck.

Awards: Medals will be awards for 1st through 3rd, ribbons for 4th through 8th.

Social: More information will be in the VMA April newsletter, posted at www.vaswim.org, and available at check-In.

Important Notes: On Sunday, as part of the 2017 Virginia Beach Ocean Swim Series, the Virginia Beach Lifeguard Services is hosting a 1-mile open water swim at Virginia Beach. More information can be found at www.vblavbva.wixsite.com/vbla

Hotel Information: Holiday Inn Virginia Beach- Norfolk, 5655 Greenwich Road, Virginia Beach, VA, 23462

NOTE: THERE ARE 2 PAGES THAT MUST BE SUBMITTED WITH PAPER ENTRY.

*****Paper entries are due to June 12. Online entries close June 14 and are strongly encouraged*****

**Enter Online at www.clubassistant.com
(Search for meet by date on the left of the Club Assistant home page)**

Attach a copy of your registration card here. If your card is attached, it is not necessary to complete the following information, but be sure to sign waiver on next page. If you are not registered with USMS, you may include your registration form and separate check with your entry, or you may register at the meet. You must be registered to participate.

Please provide the following information:

Name:	Sex	USMS Reg. No:
Address:		
City:	State:	Zip Code:
Email Address:		
Age as of 12/31/17	Birthdate (mm/dd/yyyy):	
LMSC:	Club:	Phone:

Circle the events you wish to swim

#	Event	Seed Time	#	Event	Seed Time
1-2	1500 M Freestyle		19-20	50 M Freestyle	
3-4	200 M Medley Relay*	Deck Entered	21-22	400 M Freestyle	
5-6	200 M Butterfly		23-24	200 M Backstroke	
7-8	100 M Breaststroke		25-26	100 M Butterfly	
9-10	200 M Freestyle		27-28	50 M Breaststroke	
11-12	100 M Backstroke		29-30	100 M Freestyle	
13-14	200 M Individual Medley		31-32	50 M Backstroke	
15-16	50 M Butterfly		33-34	400 M Individual Medley	
17-18	200 M Breaststroke		35-36	200 M Freestyle Relay*	Deck Entered

# of Events Entered	Cost	
	x \$5	
Surcharge	\$10	\$10
Total Amount Enclosed		

Make check payable to: TIDE Swimming. Attached a copy of your registration card. Be sure to sign the waiver
Mail to: TIDE Swimming, PO Box 4224, Virginia Beach, VA 23454-0224. For questions about entries, email Dan at ddemers3@cox.net or phone Dan at 757-434-3342. For other questions, please contact Dana MacCorquodale at CoachDana@TIDESwimming.com

DO NOT FORGET TO SIGN AND SUBMIT 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.

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

Revised 07/01/2014