

The Wet Gazette



March 2020

Published by The LMSC of Virginia - Serving Masters Swimmers in Virginia and West Virginia

Short Course Meters 2019 - Season Wrap-Up

Last month we recapped the long course season. This month, it's the short course meters season. The final Top 10 lists for the 2019 short-course meters season (SCM19) have been published. The season ran from Jan 1, 2019, thru Dec 31, 2019 and includes competitions that took place in 25m pools.

Our LMSC had another great season: there were 118 ranked individual swims and 17 ranked relays our swimmers. There were 40 swimmers who had at least one Top 10 swim; Shirley Loftus-Charley led the way with 15 listings, followed by Greg Harris and Ida Hlavacek with 8 swims apiece. We had eight swimmers with top-ranked performances, including five by Katie Grier. Katie was named a 2019 Pool All-Star for the 40-44 age group, meaning she had more top-ranked swims in the past three seasons than any other woman in her age group. Shirley Loftus-Charley was named a 2019 Long Distance All-Star for the 65-69 age group. Shirley has been a Long Distance All-Star for a total of 18 years, including the last 14 years in a row. Congratulations to Katie and Shirley!

More details on these and other recent Top 10 achievements are given elsewhere on our website at www.vaswim.org. Anyone making a Top 10 list can order Top 10 patches to commemorate the achievement. Nicely-formatted booklets are also available for download.

The LMSC record book was also re-written in the past SCM season: 39 new individual records were set, with Denise Letendre, David Nicholas, and Katie Grier setting the pace with four new marks apiece. Two of Katie's swims set new Colonies Zone records; Kristen Harris (2), Austin Temple (2), and Greg Harris also set new SCM Zone Records.

The mythical national championship rankings are based on scoring the Top 10 swims by zone, LMSC or club. As an LMSC, Virginia was ranked 11th out of the 52 LMSCs, while at the club level VMST was our best performer, placing 12th out of the 270+ clubs with members who recorded Top 10 swims. Based on our population compared to other LMSC, we are definitely punching above our weight class. Congratulations to everyone who swam in a 25m pool last season, well done!

Cancelled Events

As most of you have probably heard, because of the coronavirus pandemic, both the Colonies Zone meet and the USMS 2020 Short Course Nationals meet have been cancelled and USMS has recommended cancelling or postponing swimming events through at least April 30, 2020. The list of Upcoming Events on page 2 reflects the cancellations and postponements that we know about as of March 16th. Please check the LMSC website (www.vaswim.org) periodically for updates regarding event cancellations and postponements as the month progresses.

Also in this issue:

- Upcoming Events - p. 2
- Detrick and Kelleher Awards - pp. 3&4
- Club Tribe Meet Results - p. 5
- Mother's Day Meet and LCM Practices - p. 6
- Mother's Day Meet Information - p. 7

Upcoming Swim Meets, Events and Clinics

General Information

LMSC for Virginia Website:

www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org

Maryland:

www.teamunify.com

Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone:

www.ColoniesZone.org

Dixie Zone:

www.DixieZone.org

Online Meet Registrations:

www.clubassistant.com

LMSC Officers

Chair: Kirk Clear

Vice-Chair: Denise Letendre

Secretary: Alice Phillips

Treasurer: Becca Latimer

Membership Coordinator: Jeff Bush

Coaches: Rich Williams

Fitness: Vacant

Long Distance: Kate Stephensen

Newsletter: Heather and Chris Stevenson

Officials: Charlie Cockrell

Records & Top Ten: Chris Stevenson

Review: Heather Stevenson

Safety: Jim Miller

Sanctions: Kyle Ahlgren

Webmaster: Chris Stevenson

Date	Meet	Location	Registration Deadline
Mar. 1-31, 2020	IM Madness ePostal	Any pool	Apr. 10, 2020 (online)
Mar. 21-22, 2020	Dixie Zone and NC SCY Championships	Cary, NC	CANCELLED
Mar. 28, 2020	ALTS Instructor Certification	Charlottesville, VA	CANCELLED
Apr. 3-5, 2020	Colonies Zone SCY Championships	Fairfax, VA	CANCELLED
Apr. 23-26, 2020	USMS Spring Nationals (SCY)	San Antonio, TX	CANCELLED
May 8-9, 2020	SwimRVA Mother's Day Celebration and Long Course Invitational (LCM)	Richmond, VA	May 5, 2020 (online)
May 24, 2020	Jim McDonnell Lake Swims (Open Water)	Reston, VA	tbd
Aug. 12-16, 2020	USMS Summer Nationals (LCM)	Richmond, VA	tbd
Aug. 22-27, 2020	USMS High Performance Camp	Greenboro, NC	tbd
Sept. 19, 2020	USMS Coach Certification Levels 1 and 2 (Clinic)	Washington, DC	tbd
Sept. 19, 2020	USMS Coach Certification Level 3 (Clinic)	Washington, DC	tbd
Sept. 19-20, 2020	USMS Clinic Course for Coaches (Clinic)	Washington, DC	tbd

Johnnie Detrick and Marie Kelleher Memorial Awards

By Val Pate

On Saturday, February 1, at the David Greg masters swim meet sponsored by VMST and held at NOVA in Henrico County VA, the Virginia Masters Swim Team honored two of their most dedicated and loved swimmers who passed away last year, namely Marie Kelleher and Johnnie Detrick. In working with both families and/or close friends of the families and the VMST Board an award were designed in each of these VMST team member's honor. Being one of our oldest competitors, Marie Kelleher set the world record in the 50 Freestyle at the young age of 100 years old. The family thought it fitting that in honor of their mother, The Marie Kelleher Stamina Award would be presented to the oldest female competitor. Suzi Burns, 73, of E-Tide (Charlottesville, VA) received a beautifully hand made wooden box in which to keep all her ribbons and medals, similar in theory, to the old cardboard box Marie used to store her awards. Next year the oldest male competitor will be presented with that award. In honor of Johnnie, the Johnnie Detrick Champion Award was designed and was to be presented to the fastest 80-84 year old female in the 100 IM event, one of Johnnie's signature events. A small red cardinal statue was chosen as her award commemorating Johnnie's love of birds, especially the red cardinal, Virginia's state bird. Unfortunately we did not have a female swimmer entered in that event this year so we will anxiously await next year's presentation. Family members and close friends were on hand for the presentation of the Marie Kelleher Stamina Award.

Established in 2019 in honor and in memory of Marie K. Kelleher, the 100-yard Freestyle event at the VMST February meet will now be named the "Marie Kelleher 100 Freestyle" and the oldest competitor at the meet will be awarded "the Marie Kelleher Stamina Award". This award will be given to the oldest female competitor in 2020 and to the oldest male competitor in the odd years, thus alternating male and female award winners. The award, a hand crafted wooden "shoebox", was specifically chosen, as Marie was very humble about her success in the pool, storing her multitude of medals and awards in a simple shoebox stored in a closet.

Marie Kelleher was an avid VMST swimmer, who began her swimming career in her mid-sixties. Marie compiled an astounding track record: 13 lifetime USMS national records, 209 individual Top Ten times, 17 All American honors and 4 All Star honors. However, it is her two world records which really stand out as she set these at the young age of 100 years old. In May of 2012 she swam a 50 m Freestyle in 1:44.10 and 100m Free in 3:40.00, the first woman in the world in her age group to post such fast times!

Also established in 2019, in honor and in memory of Johnnie Detrick, a bird lover and humble VMST swimmer, the 100-yard IM event will be renamed the "Johnnie Detrick 100 IM" and the fastest female swimmer in the 80-84 100 IM will be awarded the "Johnnie Detrick Champion Award". This award, in the form of a cardinal symbolizes Johnnie's love of the outdoors and especially her love of birds, her favorite being the red cardinal.

Johnnie Detrick quietly went about compiling a multitude of records – nationally, she held 6 lifetime USMS records of which four currently stand, 23 lifetime relay records, of which four continue to stand, as well as 14 individual, 12 relays and 3 long-distance All-American honors and 3 All Star honors. Since 1989 when Johnnie started competing at the master's level, she compiled 409 USMS Top Ten times. Three of these times ranked her in the Top Ten in the world -- 6th in the 50 m Free (LC) 39.51, 4th in the 100 m Free (SC) 1:32.76 and 4th in the 50m (SC) Free 39.21. These were all swum in 2016 in the 80-84 age category.



Maria Teresa Kelleher, Husband Joe Kelleher
(Marie's son) and award winner Suzi Burns



Far left, award winner Suzi Burns; next to her, Marie's son Ed Kelleher; wearing swim cap, Marie son Joe Kelleher; in front of Joe, his wife, Maria Teresa Kelleher; far right, Joe & Maria's son, Michael Kelleher, holding daughter Teresa Rae; in the center, Michael's wife, Danielle, holding infant daughter Rosario Alicia; center front, Michael and Danielle's daughter Emanuela, and son Joseph.

Club Tribe Masters Classic - Results

By Kyle Ahlgren, Meet Director

The 5th Annual Club Tribe Masters Classic was held Feb 29 in Williamsburg, and it was another smashing success! There were a total of 109 swimmers at the meet and there were terrific performances across the board. Full meet results have been uploaded to www.vaswim.org.

There was some really fast swimming at this meet:

- Alex Arrieta (Unattached, Florida Gold Coast) established a new William & Mary Pool Record in the 200 Free with a time of 1:38.98.
- Three swimmers established a total of four new Virginia LMSC Records: Austin Temple, TIDE, M 18-24 50 Breast (25.67) and 100 Breast (55.72); Evan Elsaesser, Club Tribe, M 35-39 50 Fly (23.36); and Doug Slater, Club Tribe, M 60-64 100 Fly (1:00.28).
- TIDE's 18+ Men's 100 Medley Relay (Harrison Pierce, Austin Temple, Logan Burton, Dick Verheul; see photo) swam an outstanding 43.10 to win the Men's competition and substantially lower the Meet Record.

Many thanks to everyone who swam, donated, organized, and helped run the meet. Special thanks to Katie Grier for organizing a super fun and highly successful post-meet social, Katie, Michele Choe and Stefanie Farhat for handling on-deck hospitality, and Lindsay Lovett for another perfect music mix.

..*



Tide's 18+ Men's 100 Medley Relay Sets New Meet Record

Warm Up for Summer Long Course Nationals in Richmond

By Alice Phillips

- Thinking about entering Summer Nationals but a little nervous about competing in a long course pool?
- Planning to enter Summer Nationals, but wishing you could get some long course qualifying times?
- Looking for an opportunity to connect with like-minded masters swimmers in a non-competitive environment?

The Virginia LMSC is offering four opportunities to gain experience swimming at the Collegiate School Aquatic Center in Richmond, site of the 2020 USMS Summer Nationals. This special meet is not only the annual long course championship, but also a celebration of the 50 year anniversary of US Masters Swimming.

Leading up to the meet your LMSC has arranged three Sunday morning workouts in the competition pool. This program is available at no cost to any member of the LMSC. There will be a lead coach and several additional coaches on deck so that all lanes will get some individual attention. The workout will run 75 minutes, ample time to get some yardage in, try a couple sprints off the blocks, and work some turns. After the session, all are invited to meet up in the fitness room for a light brunch and short educational presentation with the day's coaches.

DATE

Sunday, April 26 – 9-10:15 AM

Sunday, June 28 – 9-10:15 AM

Sunday, July 12 – 9-10:15 AM

LEAD COACH

Kate Stephensen, Charlottesville

Rich Williams, Club Tribe

Jim Miller, River City Masters, Richmond

If you are interested in attending any of these sessions, please fill out the form [here](#). This form is only for planning purposes – there is no fee for the program and athletes can change their attendance plans at any time.

The fourth chance to practice your long course skills and get some official qualifying times comes on Friday, May 8 and Saturday, May 9, when SwimRVA will be sponsoring the first annual **Mother's Day Celebration and Long Course Invitational**. Friday's events will begin with a 1500 and 800 session starting at 1:00 PM followed by a second session beginning at 4:30. Two more mixed event sessions will run on Saturday. Online registration is available [here](#) (and general information the meet starts on page 6).





The 1st Annual
SwimRVA Mother's Day Celebration and Long Course Invitational
Friday, May 8 – Saturday, May 9, 2020

Life doesn't come with a manual it comes with a mother." - Unknown

**It's about making it fun while living up to your own expectations, instead of everyone else's."
– Dana Vollmer**

"Being a mom made me so tired. And so happy." - Tina Fey

Rules: 2020 USMS Rules and Virginia LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups, except for designated sprint lanes. All events will be timed finals.

Sanctioned By: Virginia LMSC for United States Masters Swimming Inc. Sanction number: 120-S005

Host Club: SwimRVA

Location: SwimRVA – Collegiate School Aquatics Center
5050 Ridgedale Parkway, Richmond, VA 23234
Directions at the end of this document, more information can be found at
www.swimrichmond.org

Facility: SwimRVA's flagship facility provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet. • The 50-meter competition pool with bulkhead offers a total of eight 50-meter competition lanes with a depth of 7'7" at the sides and 8'2" inches in the center. • Competition lanes are 8'3" wide. • Indoor 6 lane 25-yard pool for continuous warm-up, cool-down. • Non-Turbulent Lane

Markers in both pools • Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches. • Spectator seating for 700.

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 Records will be contingent on verification of bulkhead placement.

Online Entry: https://www.clubassistant.com/club/meet_information.cfm?c=2552&smid=13310

Eligibility: All swimmers must be registered with United States Masters Swimming. We encourage swimmers to use the online entry system, which streamlines checking USMS registrations, putting your entries into the meet database, and entry payments. If you are not yet registered with USMS, you will be able to do so at the first step of your meet entry process.

Swimmers using a paper entry form need to attach a copy of their USMS card to their entry forms. Swimmers using paper entries must also print out and sign the USMS waiver of liability found at the end of this meet information. They must address them to our pool location above.

Disabled Swimmers:

An information sheet for disabled swimmers is available to prepare the facility and meet officials. Please contact Adam Kennedy, (804) 334-7669.

Seeding: All events will be seeded slowest to fastest with mixed gender. A swimmer with no seed time may indicate “No Time” or “NT” in the time slot and will be seeded as the slowest time in the event.

In order to be seeded in the 1500M Free and 800M Free, swimmers will need to positively check in with the clerk of course 30 minutes prior to the start of the meet (12:30PM)

The 1500M Freestyle will be limited to 24 spots. The 800M Freestyle will be limited to the 32 spots. First come, first served. Athletes may enter either the 1500M Freestyle or the 800M Freestyle but cannot enter both. Athletes in the 1500M or 800M Freestyle will need to provide their own timer and person for lap counting. The numbered lap counters will be provided. If any athlete will have trouble providing a timer or lap counter, please contact the meet director, Adam Kennedy, at adam.kennedy@swimrichmond.org to make other arrangements.

Results will be tabulated by gender and age group, as defined by USMS guidelines.

Warmup and Session Times:

Friday, May 8th 2020

<i>Session 1 (distance):</i>	Open Warm-Ups: 12:00pm	Meet Start: 1:00pm
<i>Session 2:</i>	Open Warm-Ups: 3:30pm*	Meet Start: 4:30pm

*warmups will start immediately following conclusion of the last heat of 800's.

Saturday, May 9th 2020

Session 3: Open Warm-Ups: 8:30 am Meet Start: 9:30am

One-way dive start lanes will open in lane 2 of the competition course 25 minutes before the start of each session. The meet director will open more start lanes as needed. The competition pool will close 10 minutes prior to the start of each session. The warm up pool directly adjacent to the competition pool will remain open for warm for the duration of the contest.

Entries and Fees:

A swimmer may enter up to six (6) individual events electronically for a \$60 flat fee. All paper entries will require a \$65.00 flat fee. Late entries, as well as deck entries, will be accepted with an additional \$15.00 fee.

Online entries are here:

https://www.clubassistant.com/club/meet_information.cfm?c=2552&smid=13310

***Your credit card will be charged by "SwimRVA" for this swim meet.

Age for entries determined by the swimmer's age on December 31, 2020. Paper entries should be submitted on the attached form. Swimmers can mail a hard copy to the address below. Checks should be made payable to SwimRVA.

Athletes may enter either the 1500M Freestyle or the 800M Freestyle, but cannot enter both.

Meet Referee: Ralph Jones

ralph.jones@vdot.virginia.gov

Meet Director: Adam Kennedy

adam.kennedy@swimrichmond.org

Entry Chair: Adam Kennedy

adam.kennedy@swimrichmond.org

Deadlines: **All individual entries and fees must be received by 11:59pm EST on Sunday, May 3rd, 2020.** Any entries arriving after that date will be considered late and require an additional \$15.00 fee. Deck entries are accepted and will be \$54/swimmer plus the additional \$15.00 late entry fee.

Results: Results will be tabulated by gender and age group, as defined by USMS guidelines.

Awards: In honor of and celebration of Mother's Day, pink carnations will be given to all heat winners. In addition, each participant will receive at the awards table a meet cardstock keepsake with space to place their award labels. All award labels will be at the awards desk.

This event will not be scored. There will not be team awards presented.

Medical: In case of injury, SwimRVA life safety staff will respond. Staff will make arrangements for transfer to the hospital by ambulance, if necessary.

**Local Area Hospital (6 miles from
SwimRVA):** **Chippenham Hospital**
7101 Jahnke Road
Richmond, VA 23225

Directions to hospital from SwimRVA: <https://goo.gl/maps/LdzqboxaeMQ2>

Facility Rules: SwimRVA – CSAC | General Rules

- All participants, volunteers, workers, and spectators are expected to follow the posted rules of the CSAC as well as follow directions/rules given by lifeguards, pool staff and/or management.
- ***Only painter's tape can be used to hang posters. Teams must supply their own painter's tape. CSAC management has final decision about if and where signs are displayed.***
- ***Glass of any kind, containers or otherwise, is STRICTLY PROHIBITED anywhere in the facility.***
- Lawn/deck chairs are not permitted in the grandstand.
- No spectators/parents will be allowed on deck unless working the meet.
- Doors are not to be propped open (HVAC) and the front door is the only entry/exit door from the Facility.
- All rules are posted pool side.
- Young children must be supervised by an adult.
- Observers are to stay in designated areas.
- No smoking is permitted on campus.
- SwimRVA is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.
- CSAC strongly encourages showering prior to entering the pool.
- All emergency exits and walkways must remain clear.
- Any individual or team member not complying with the Rules and Regulations associated with SwimRVA-CSAC will not be permitted to participate in the contest and may be asked to leave.
- ***NO PETS ALLOWED.***

SwimRVA – CSAC | Locker Room Rules

- Be considerate of others.
- Food, gum, beverages and glass items are prohibited in the locker room.

- Use of any device with camera capabilities is STRICTLY prohibited. Failure to follow this rule will result in expulsion from the contest.
- SwimRVA prohibits any inappropriate behavior. Please report any such behavior to a staff person.
- Children 6 and over must use gender appropriate locker rooms. Please follow all posted age restrictions.
- Secure items in a locker with a lock. SwimRVA is not responsible for any lost or stolen items.
- Lockers are for day use only. Items left in locker overnight may be removed and donated to charity.

Parking: The Collegiate School Aquatics Center is part of Ukrop Park which has over 300 parking spaces immediately surrounding the aquatics center. There are an additional 200 spaces behind the aquatics center that are available for overflow.

Timing System: The primary timing system will be automatic timing (Colorado Timing System 6, with scoreboard). Times may be submitted for USMS records, and USMS Top 10 consideration.

Special Notes: All men's, women's, and mixed events will be swum together. The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated.

The Meet Director reserves the right to insert breaks to provide sufficient rest for the swimmers between events. The psych sheet, results, and other meet information will be posted on www.vaswim.org. Results will also be posted throughout the facility and available on the Meet Mobile app.

Hotels: Please checkout Visit Richmond at www.visitrichmondva.com for a list of things to do, places to stay, where to eat, events, visitors guide, and contact information.

SwimRVA Mother's Day Celebration and Long Course Invitational

Order of Events

Event #	Sex	Event	
Friday, May 8, 2020 - Session 1			
Warm-ups start at 12:00pm, Meet Session starts at 1:00pm			
1	Mixed	1500 M	Freestyle
2	Mixed	800 M	Freestyle
Friday, May 8, 2020 – Session 2			
Warm-ups start at 3:30pm, Meet Session starts at 4:30pm			
3	Mixed	200 M	Fly
4	Mixed	100 M	Breast
5	Mixed	200 M	Back
6	Mixed	50 M	Free
7	Mixed	400 M	IM
Saturday, May 9, 2020 – Session 3			
Warm-ups start at 8:30am, Meet Session starts at 9:30am			
8	Mixed	100 M	Free
9	Mixed	200 M	Breast
10	Mixed	100 M	Back
11	Mixed	50 M	Fly
12	Mixed	400 M	Free
30 Minute Break			
13	Mixed	50 M	Back
14	Mixed	100 M	Fly
15	Mixed	200 M	Free
16	Mixed	50 M	Breast
17	Mixed	200 M	IM

*** In order to be seeded in the 1500 M Free and 800 M, swimmers will need to positively check in with the clerk of course 30 minutes prior to the start of the meet (12:30PM)**

SwimRVA Mother's Day Celebration and Long Course Invitational

USE THIS FORM ONLY IF YOU CANNOT USE THE ONLINE ENTRY

Friday, May 8th - Saturday, May 9th, 2020

LAST NAME _____ FIRST NAME _____ EMAIL _____
 POSTAL ADDRESS _____
 DAYTIME PHONE (____) _____ - _____
 EVENING PHONE (____) _____ - _____
 BIRTHDATE _____
 AGE AS OF 12/31/2020 _____
 USMS REGISTRATION NUMBER _____
 CLUB NAME _____
 CLUB ABBREVIATION _____

Pls make checks to SwimRVA
 Meet entry \$60.00 \$ _____
 Late entry fee, \$15.00 _____
 Total enclosed \$ _____

Mail to: Adam Kennedy, 5050 Ridgedale Pkwy,
 Richmond, VA 23234

Friday, May 8, 2020 - Session 1				
Warm-ups start at 12:00pm, Meet Session starts at 1:00pm				
Event #	Sex (circle 1)	Event		Entry Time
1	M F	1500 M	Freestyle	
2	M F	800 M	Freestyle	
Friday, May 8, 2020 – Session 2				
Warm-ups start at 3:30pm, Meet Session starts at 4:30pm				
3	M F	200 M	Fly	
4	M F	100 M	Breast	
5	M F	200 M	Back	
6	M F	50 M	Free	
7	M F	400 M	IM	
Saturday, May 9, 2020 – Session 3				
Warm-ups start at 8:30am, Meet Session starts at 9:30am				
8	M F	100 M	Free	
9	M F	200 M	Breast	
10	M F	100 M	Back	
11	M F	50 M	Fly	
12	M F	400 M	Free	
30 Minute Break				
13	M F	50 M	Back	
14	M F	100 M	Fly	
15	M F	200 M	Free	
16	M F	50 M	Breast	
17	M F	200 M	IM	

PLEASE BE SURE TO SIGN THE USMS WAIVER AND INCLUDE WITH YOUR ENTRY

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	M.I.	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street address, City, State, Zip				
Signature of Participant				Date signed