



**400 FASTEST PULL FOR SEBASTOPOL EPOSTAL**  
**HOSTED BY SEBASTOPOL MASTERS AQUATIC CLUB**  
**SANCTIONED BY PACIFIC LMSC FOR USMS INC.**  
**USMS SANCTION #: Coming soon!**



***Why the 400 Fastest Pull For Sebastopol?***

Sebastopol Masters hosts the 7<sup>th</sup> annual 400 Fastest Pull For Sebastopol virtual event! Top 3 fastest times overall in each category (paddles/no hand paddles) will be awarded a custom medal to commemorate their achievement. Ribbons will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers in each category in each age group (18-24, 25-29, 30-34 etc.).

**Rules:**

1. In water start, no diving allowed.
2. Must use a pull buoy of your choice.
3. No kicking allowed.
4. No dolphin kicks off the walls.
5. Flip turns are allowed.
6. If you lose the buoy at any point, you must reattach it.
7. This event is scored in short course yards times, but the 400 pull can be swum in any length pool. Please refer to this website for instructions on converting your 400 LC or 400 SCM time correctly.  
<https://swimswam.com/swimming-times-conversion-tool/>
8. 400 pull(s) must be swum on or between **August 1, 2024--August 31, 2024.**
9. All mailed entries must be postmarked by September 7, 2023 and received by September 14, 2024.
10. Swimmers may enter times for both 400 pull categories.
11. You may swim each category as many times as you want for faster times, but only one entry, with times for one or both categories, will be accepted per swimmer. Please do not register until you have pulled one or both categories you intend to enter.
12. Cost - \$10 for one category, \$15 for both categories. **PRICES INCREASE TO \$15 FOR ONE CATEGORY AND \$20 FOR BOTH CATEGORIES ON 9/1/24.**
13. Category 1: No hand paddles. Category 2: Hand paddles.
14. Online entry link: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2465&smid=16394](https://www.clubassistant.com/club/meet_information.cfm?c=2465&smid=16394)
15. You may time yourself or have someone record your time. For self-timing, a pace clock, stopwatch or smartwatch must be used. If you use a pace clock add ".99" to your documented time. **For times submitted with no tenths or hundredths, .99 seconds shall be added to the time submitted.** Event director reserves the right to remove any incorrect results. We are using the honor system, pull fast, pull fair.
16. No more than 2 swimmers splitting the lane allowed (no circle swimming).
17. Drafting, the use of wearing fins and/or a snorkel are not permitted.
18. Age groups: In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.

## MAIL-IN ENTRY FORM

NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_ TEAM ABBREVIATION: \_\_\_\_\_

STREET: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ USMS NUMBER: \_\_\_\_\_

EMAIL: \_\_\_\_\_

BIRTHDATE (MM/DD/YYYY): \_\_\_\_\_ AGE (as of 12/31/24): \_\_\_\_\_ SEX (circle): M F

### Updated USMS Waiver:

***All participants that MAIL IN their entries need to fill out the Standard USMS Waiver, as well as attaching this entry form and check payment.***

### 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/or 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, including the [Code of Conduct](#) and any safety regulation established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. 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.
6. 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)
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Street Address, City, State, Zip	
Signature of Participant	Date Signed

*Revised 09/21/2023*

In addition, I hereby certify that I followed all the rules of the 400 Fastest Pull For Sebastopol, and that this is my correct time. I completed the 400 pull for time during the month of August, 2024.

**Category 1: No Hand Paddles Time** (MM:SS.HH) \_\_\_\_\_

**Category 2: Hand Paddles Time** (MM:SS.HH) \_\_\_\_\_

\_\_\_\_\_  
Signature of Swimmer

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Timer (if needed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Timer contact phone or email

Attach a copy of your 2024 USMS Registration card here:

Entry Form:

Must be filled out legibly in ink.

Must be postmarked by 9/7/24 and received by 9/14/24.

Make checks payable to SMAC.

Mail To:

Sebastopol Masters Aquatic Club

c/o Donita Flecker

1639 Neotomas Ave.

Santa Rosa, CA. 95405-7560

Questions?

Contact Event Director

Email: [coach\\_donita@yahoo.com](mailto:coach_donita@yahoo.com)