

1st Annual Dip & Sip Masters Meet

Recognized by the Virginia LMSC for USMS, Inc.

DATE & TIME: May 18th, Warm-up Time: 12 p.m., Start Time: 1 p.m.

FACILITY: Gator Aquatic Center, 1130 Overland Rd Sw, Roanoke VA 24015. 25 Yard indoor pool, 8 lanes, 5 feet deep at the start and turn end and 6 feet deep in the middle of the pool. Equipped with Non-turbulent lane lines. Daktronics Timing System and scoreboard.

POOL LENGTH CERTIFICATION: 25 Yard indoor pool, 8 lanes, 5 feet deep at the start and turn end and 6 feet deep in the middle of the pool. Equipped with Non-turbulent lane lines. Daktronics Timing System and scoreboard. 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.

TIMING SYSTEM: The primary timing system will be automatic timing. Times from this competition will be eligible for USMS record and USMS Top 10 consideration for previously registered USMS members only.

ELIGIBILITY: Recognized by USMS. Current USMS rules will govern the meet. All participants must be age 18 or older. Participants who are not registered with USA Masters may participate and may also sign-up day of. Swimmers should provide proof of current USMS membership to have times submitted for USMS Top 10 consideration.

AGE-DETERMINING DATE: The swimmer's age group is determined by their age on the first day of the meet.

ONLINE ENTRIES: https://www.clubassistant.com/club/meet_information.cfm?c=2600&smid=18497 – Due date for online entries, May 15th, 2024

ENTRY FEES: Meet entries will be \$45. Same-day meet registration will be \$50. If sending entries by mail, please send to P.O. Box 4646, Roanoke, VA 24015 with the below entry form filled out. Refunds will **not** be allowed.

ENTRY LIMITS: Participants can sign-up for up to **SIX** individual events.

SEEDING: Events will be swum slowest to fastest. "NT" entries for events will be permitted and swum first in each event.

SPLIT REQUESTS: Split requests may be requested in writing by the swimmer per USMS rules noted on the USMS split notification form. Times will be taken from the automatic (primary) timing system where available and will only be taken from backup (minimum of two stopwatch) times if the swimmer made arrangements for watch split times to be recorded. Split request forms must be submitted to the Meet Referee by the end of the meet, except for backstroke split request which must be submitted **PRIOR** to the swim.

SCRATCHES: No penalty for scratches

SCORING: Individual Events: F – 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1.

AWARDS: Awards will be given to High Point Scorer for both Male and Female

PSYCH SHEET or HEAT SHEET: Psych and Heat Sheets will be posted on the Virginia Gator's Home Page before May 18th of all registered participants to date.

HOSPITALITY: Concessions will be available.

MEET DIRECTOR: Morgan Richter – morgan.lee.richter@gmail.com, (817) 648-9027

1st Annual Dip & Sip ~ May 18th, 2024 ~ Entry Form

Name _____ Sex _____ Current USMS # _____

Address, City, State, Zip _____

Birthdate ____/____/____ Age on last day of meet _____ USMS Club _____

Phone _____ Email _____

Enter your seed times or “NT” (No Time) for your events.

#	Saturday Events	Seed Time		#	Sunday Events	Seed Time

Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (postmarked/received after the deadline) MAY BE REJECTED!

YOU MUST SIGN THE USMS LIABILITY WAIVER ON THE NEXT PAGE AND MAIL IT WITH THIS ENTRY FORM!

MEET FEES:		MAIL ENTRY FORM AND CHECKS TO:
Meet surcharge	\$45.00	Virginia Gators
	\$	P.O. Box 4646
	\$	Roanoke, VA, 24015
TOTAL ENCLOSED	\$	MAKE CHECKS PAYABLE TO: Virginia Gators



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 regulations 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/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023