



2024 10th Annual "Make A Ripple" Swim Meet

Sunday, June 9, 2024

Missouri Valley Masters Meets

Swim Meet Registration

Missouri Valley Masters Swimming and the Jewish Community Center of Kansas City are pleased to announce the 10th Annual "Make a Ripple" Swim Meet on Sunday, June 9th, 2024.

Masters swimmers of all skill levels are invited to come enjoy a morning of competition and camaraderie to benefit a worthwhile cause. The meet will be competed at the J's long course outdoor pool.

Sanctioned by Missouri Valley LMSC for USMS, Inc.

Location: Jewish Community Center - Outdoor Long Course Pool

Address: 5801 W 115th St Overland Park, KS 66211

Directions: The pool is at the northeast corner of the T-Mobile Campus

Pool Length Certification: 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 manual timing with two watches. Times can be submitted for USMS Top 10, but cannot be submitted for world records or USMS records.

Warmups and Warmdowns: Will be available in the outside lanes before and during the meet.

Date and time: Warmups 7:15am. First event begins at 8:00am.

Eligibility: USMS membership required. If you need to join or renew USMS, go to www.usms.org. Or purchase a USMS one-day membership during online meet entry.

Rules: 2024 USMS rules will govern the conduct of the meet. Events will be deck seeded, slowest to fastest. Entries with no times will be seeded in the slowest heats. Ages and sexes will be mixed. Note your age for this meet is your age on Dec 31, 2024.

Limits: Events will be seeded slow to fast. Swimmers are limited to 6 individual events. NOTE: The 1500 Free event is limited to the first SIX entrants. Heat sheets will be posted at the pool in various locations. Results will be posted on the USMS national website, as well as on the MOVY Masters social media sites.

Relays: Will be formed before and during the meet based on interest of participants.

Fees: \$40 entry fee paid by credit card to "MISSOURI MASTERS".

Entry Deadline: Online entries will close Thursday, June 6, at 11:59pm.

Hotels: There are hotels within 5 minutes of the pool, when searching Overland Park, KS

Meet Director: Scott Moore scottrm72@gmail.com

Net proceeds from the "Make a Ripple" Swim Meet benefit the **Seven Days Foundation**. To date over \$10,000 has been raised for this wonderful organization that strives to make good things happen.



Warm-ups start at 7:15 AM, Meet starts at 8:00 AM

#	Sex	Event
1	Mixed	200 M Fly
2	Mixed	50 M Free
3	Mixed	100 M Back
4	Mixed	400 M Free
5	Mixed	50 M Breast
6	Mixed	100 M Fly
7	Mixed	200 M Free
8	Mixed	1500 M Free
9	Mixed	200 M IM
10	Mixed	50 M Back
11	Mixed	100 M Fly
12	Mixed	200 M Breast
13	Mixed	100 M Free
14	Mixed	50 M Back
15	Mixed	400 M IM
16	Mixed	100 M Breast
17	Mixed	50 M Fly
18	Women	200 M Medley Relay
19	Men	200 M Medley Relay
20	Mixed	200 M Medley Relay
21	Women	400 M Medley Relay
22	Men	400 M Medley Relay
23	Mixed	400 M Medley Relay
24	Women	200 M Free Relay
25	Men	200 M Free Relay
26	Mixed	200 M Free Relay
27	Women	400 M Free Relay
28	Men	400 M Free Relay
29	Mixed	400 M Free Relay
30	Women	800 M Free Relay
31	Men	800 M Free Relay
32	Mixed	800 M Free Relay

Note: If paying by credit card, your credit card statement will reflect a charge from "MISSOURI MASTERS."



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