

NORTH SHORE MASTERS SPRING CLASSIC – SECOND SHOT MEET
SATURDAY APRIL 13, 2024 Sanctioned by ILMSA for USMS, Inc. #214-SXXX

TIME: Warmup: 6:45-7:20 a.m, Meet Starts: 7:30 a.m. We need to vacate the facility by 9:30am.

LOCATION: Lake Forest Academy, 1500 West Kennedy Blvd (Route 60), Lake Forest, IL 60045

FACILITY: 25-yard pool with 4 lanes available for competition during the meet. Locker Rooms and Bathrooms adjacent to the pool area are available to all participants. Throughout the meet, lanes 1 & 6 will be available for those who wish to do warm down.

The length of the competition course is on file with USMS at [USMS List of Measured Pools, in Records Section](#)

USMS ELIGIBILITY: Must be over 18 years of age and a current USMS or USA-Swimming member. For non-NSM members, in accordance with USMS rules, verification of membership registration must be provided with your entry, either copy of membership card or verified through online registration. To register with USMS go to: <https://www.usms.org/reg/register.php>.

HOW TO ENTER: Entry fee is \$30 for 1, 2, or 3 events and payable electronically via

Venmo @Marcia-Cleveland-1 or **PayPal & Zelle** marciac944@gmail.com, or by personal check.

Please download the attached .pdf entry form and waiver, fill it out completely, including your signature, and email it to MarciaC944@gmail.com. Participation will be limited to the first 50 entries received.

ENTRY DEADLINE: Thursday April 11, 2024 at 10:00 am, Central Time.

MEET CONDUCT: 2024 USMS rules govern the conduct of the meet. All events will be hand-timed finals. All events will be swum slowest to fastest and mixed gender. Participants are limited to 3 individual events.

Timing Regulations: Because the primary timing system at this meet will be 3 manual stop watches on each competition lane, official times will be eligible for ILMSA Records and USMS Top Ten, but ineligible for USMS National Records and FINA World Records but please swim fast anyway.

ORDER OF EVENTS Events #1&2 will be limited to three heats each.

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|---------------|--------------|----------------|--------------|
| 1. 500 FREE | 5. 100 FREE | 9. 200 FREE | 13. 50 FREE |
| 2. 400 IM | 6. 50 BACK | 10. 200 BACK | 14. 100 BACK |
| 3. 200 BREAST | 7. 100 IM | 11. 100 FLY | 15. 50 FLY |
| 4. 200 FLY | 8. 50 BREAST | 12. 100 BREAST | 16. 200 IM |

MEET DIRECTOR: Marcia Cleveland, MarciaC944@gmail.com 847-227-7202

HEAD OFFICIAL: Ed Stranc, stranc.e@rcn.com

DIRECTIONS TO THE POOL ENTRANCE 1500 West Kennedy Blvd (Route 60), Lake Forest, IL 60045: Lake Forest Academy is located on the north side of Route 60/1500 Kennedy Road, in Lake Forest. It's about a mile west of Route 41 and a mile east of I-294. Once you turn into the school, it's roughly a mile to the front of the school. Turn right. You will see several academic buildings and the tennis courts on your left. Park in the lot north of the tennis courts and enter the building in the northwest corner at the doors marked "Swim Meet." The registration desk will be front and center. After you check in, follow the signs to the Locker Rooms and Pool Entrance. Need more details? Visit <https://www.lfanet.org/>

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Meet Entry Form Deadline: Thursday April 11, 2024 at 10am Central Time

NAME _____ DOB _____ Phone # _____
Email _____ USMS # _____

Circle how your \$30 Entry Fee will be sent: Venmo @Marcia-Cleveland-1 Zelle marciac944@gmail.com Personal Check

Team? Illinois Masters or Workout group: _____ or Personal Check

Events (max of 3)

Event # _____ Event Name _____ Seed Time _____
Event # _____ Event Name _____ Seed Time _____
Event # _____ Event Name _____ Seed Time _____

All entrants must attach a copy of USMS 2024 Registration Card.

COMPLETION REMINDERS:

1. Sign, date and email entry form & USMS Waiver to MarciaC944@gmail.com _____
2. Provide a copy of USMS 2024 Registration Card _____
3. Indicate how \$30 payment method will be sent _____

PARTICIPANT WAIVER & RELEASE OF LIABILITY, ASSUMPTION OF RISK, & 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 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 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS 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.
 7. 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.

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| Last Name | First Name | Gender (M/W) |
| Signature of Participant | | Date Signed |