



Atlanta Rainbow Trout St. Nick SCY Masters Meet
Woodruff PE Center, Emory University
December 14, 2024

Hosted by: Atlanta Rainbow Trout
Meet Director: Adam McKenzie

USMS Sanction by Georgia Masters #: **454-S007**
Date: December 14, 2024

Time: The meet will have warm-ups start at 10:00AM; meet starts at 11:00AM

Facility: Woodruff PE Center Madeline Jude Brown Aquatic Center (WOODPEC). 10 Lanes, Short-Course Yards.
Dive well for warm-up/warm-down continuously running through the meet.

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. **Times from this competition will be eligible for USMS Top 10 considerations and records.**

Address: 26 Eagle Row, Atlanta, GA 30322.

Parking: Parking: Peavine Visitor's Lot: 29 Eagle Row, Atlanta, GA 30306. Handicap spots are across the road at aquatic center. Additional handicap spots in the Peavine South Parking Deck (next to Peavine Visitor's lot)

Lodging: We have a promotional rate at the [Emory Conference Center Hotel](#). If you click the link, you should be directed to the hotel's page for our event. There are also plenty of other options in the area if you choose.

<https://book.passkey.com/event/50911536/owner/10456513/home>

Eligibility: The meet is open to all persons 18 years and older as of December 14, 2024. **Your age on December 14st, 2024 determines your age at the meet.** USMS REGISTRATION IS REQUIRED. If you are not registered, your application can't be accepted at the meet. **Please include a copy of your USMS card with your registration.**

Events: Swimmers may enter up to 5 individual events and 2 relays.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places. Individual High point winners will receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup. Times will count toward USMS Records and Top Ten.

Scoring: Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

Fees: \$75 covers facility and meet costs. Your credit card will be charged by "Atlanta Rainbow Trout" for this swim meet.

Seeding: All events except for the 500 Free and 1000 Free will be seeded in advance and slowest to fastest. The 500 & 1000 Free will be seeded fastest to slowest and only after positive check-in has expired. Men and Women will be seeded together based on time. Limited to the first 30 swimmer (500 Free) and 20 swimmers (1000 Free).

Relays will be deck-seeded and relay heat/lane assignments posted at the meet.

Relays will be deck-seeded and relay heat/lane assignments posted at the meet. Psych sheets will be emailed to all entrants and posted at www.georgiamasters.org around December 9th (depending on the number of late entries being processed).

Relays: Relays: Entries for events 2-4 will be due at 11:30AM. Entries for events 11-13 will be due before the end of event 7 (mixed 400 IM). Entries for events 23-25 will be due before the end of event 18 (mixed 100 IM). **Mixed relays must be 2 Men and 2 Women.** There will be no exceptions to this. All relay entries will be verified prior to seeding. **All Relay swimmers must be registered with the same USMS Club or Workout Group.**

Entry deadline: Paper entries must be received by Friday, November 29th. Mailed entries received after that date will be assessed a \$10 late fee. No new heats will be created to accommodate late entries.

Deck entries will try to be accommodated within existing seeded heats. \$20 additional deck entry fee applies.

ENTER ONLINE: Register online at [Club Assistant](#). Entry deadline is **Sunday December 8th 2024 at 11:59PM.**

https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=19126

Paper Entry must be received by **Friday, November 29th, 2024.**

Make Checks Payable to: **Atlanta Rainbow Trout**

Mail to: Atlanta Rainbow Trout

743 Yorkshire Road NE

Atlanta Georgia, 30306



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Include a copy of your USMS Card!

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):		
Gender:	Email address:			

Circle the event number, and provide your best **Short-Course Yard** (25Y) time for each event you plan to enter. Maximum of 5 individual events per day. **500 and 1000 Free limited to the first 30 entries (500) and 20 entries (1000).**

Warm ups 10:00 AM; Meet Starts 11:00 AM.					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	1000y Free		14	200y IM	
2	Women 200y Free Relay		15	100y Back	
3	Men 200y Free Relay		16	50y Fly	
4	Mixed 200y Free Relay		17	200y Free	
5	50y Breast		18	100y IM	
6	100y Free		19	100y Breast	
7	400y IM		20	200y Fly	
8	100y Fly		21	50y Free	
9	50y Back		22	200y Back	
10	200y Breast		23	Women 200y Medley Relay	
11	Women 400y Medley Relay		24	Men 200y Medley Relay	
12	Men 400y Medley Relay		25	Mixed 200y Medley Relay	
13	Mixed 400y Medley Relay		26	500y Free	

Payment Info:
Meet Entry Fee:
\$75.00

Make Checks Payable to: **Atlanta Rainbow Trout**
Mail to: Atlanta Rainbow Trout, 743 Yorkshire Road NE, Atlanta Georgia, 30306

Paper Entry must be received by Friday, November 29th.
Online entry: https://www.clubassistant.com/club/meet_information.cfm?c=2176&smid=19126
Questions? Email Swimming@atlantarainbowtrout.com

Must sign USMS Liability Release on Back of Entry



PARTICIPANT WAIVER AND RELEASE OF LIABILITY

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 (check) M <input type="checkbox"/> F <input type="checkbox"/>	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	