

Dog Days LCM Masters Swim Meet ~ Saturday, September 7, 2024

Hosted by City of Clearwater & KLR Racing

Sanctioned by Florida LMSC for USMS, Inc

DATE & TIME:

Saturday, September 7: warm-up at 7 AM, 1500 Free begins at 8 AM

2nd session: warm-up at 9:30 AM for other events, begins at 10:00 AM

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meters x 25 yards pool. This meet will be using 8 of the facility's 10 long course meters lanes. Daktronics timing with hand held back-up watches for all events. 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. The primary timing system will be automatic timing. The official times from this meet may be submitted for world records, USMS records, and Top 10 Times consideration.

ELIGIBILITY: Current USMS rules will govern the meet. The swimmer's age on December 31, 2024, determines their age group for the meet. All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Masters Swimming governing body.

ONLINE ENTRIES: Meet entries must be completed online: <https://www.clubassistant.com> by **11:59pm Eastern time on Wednesday, September 4, 2024**. No late entries are accepted. Meet entry fees are non-refundable and non-transferable. Online registrations paid with a credit card will reflect a charge from "ClubAssistant.com Events".

PAPER/MAILED ENTRIES: Paper entries must be received by Friday, August 30, 2024. Each entry must be submitted on the entry form with your name, registered team, age, event description, event number, USMS member number, and seed times. Be sure that all information is filled out with the waiver signed and an attached copy of your 2024 USMS registration card.

ENTRY FEES: Cost for the meet is **\$45**, which includes up to 6 events. Online entries required: <https://www.clubassistant.com>. Online meet entry fees will be charged to your credit card (Visa, MC, or Discover). Your credit card statement will show a charge from "ClubAssistant.com Events." Paper/mailed entries, please make checks payable to City of Clearwater: Long Center Pool and mail to the address on the entry tab.

ENTRY LIMITS:

- Swimmers may enter a maximum of 6 individual events.
- The 800 M Free split will be submitted for every swimmer completing the 1500 M Free and recording an electronic split at the 800 M mark.
- **All events will be timed finals and seeded fast to slow.**
- 1500 M Free swimmers must supply their own counter person and timer person for the meet.
- The 1500 M Free is limited to the first 32 entries (4 heats of 8 swimmers).
- The 400 M Free is limited to the first 32 entries (4 heats of 8 swimmers).

CHECK IN: No check in required; This is a pre-seeded event so no check in is required.

SEEDING: Times will be seeded Long Course Meters. All events will be swum Fastest to slowest.

SCRATCHES: No penalty for scratching on the block. Scratches will be accepted and No refunds.

SCORING: Individual Events: 9-7-6-5-4-3-2-1. Breaks taken as needed.

AWARDS: No Individual or Team awards.

Heat sheet: Will be emailed to all registered swimmers to print. **Please print before you arrive.** Printed copies available for Coaches ONLY. Heat sheets will be posted in designated areas for swimmers.

Officials:

Meet Director: Mark Roberson, Mark.Roberson@myclearwater.com, 727-336-2946

Meet Referee: Mike Whaley

Meet Course: 50 Meters

Session 1 - 1500 Free

Warm-ups start at 7:00 AM

Meet Session starts at 8:00 AM

#	Sex	Event
1	Mixed	1500 M Free

Session 2

Warm-ups start at 9:30 AM

Meet Session starts at 10:00 AM

#	Sex	Event
2	Mixed	200 M Back
3	Mixed	50 M Free
4	Mixed	100 M Breast
5	Mixed	100 M Fly
6	Mixed	200 M Free
7	Mixed	50 M Breast
8	Mixed	200 M IM
9	Mixed	100 M Free
10	Mixed	200 M Breast
11	Mixed	50 M Back
12	Mixed	50 M Fly
13	Mixed	100 M Back
14	Mixed	200 M Fly
15	Mixed	400 M Free
16	Mixed	400 M IM

Annual Dog Days LCM Masters Meet ~ September 7, 2024 ~ Entry Form

Name _____ Sex _____ Current USMS # _____

Address, City, State, Zip _____

Birthdate ____/____/____ Age on 12/31/2024 _____ USMS Club _____

Phone _____ Email _____

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

Event#	Saturday Events	Seed Time		Event#	Saturday Events	Seed Time
1	1500 Freestyle (800 split will be recorded)			9	100 Freestyle	
				10	200 Breaststroke	
2	200 Backstroke			11	50 Backstroke	
3	50 Freestyle			12	50 Butterfly	
4	100 Breaststroke			13	100 Backstroke	
5	100 Butterfly			14	200 Butterfly	
6	200 Freestyle			15	400 Freestyle	
7	50 Breaststroke			16	400 Individual Medley	
8	200 Individual Medley					

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!

MEET FEES:		MAIL ENTRY FORM AND CHECKS TO:
Meet surcharge	\$25.00	Mark Roberson, Long Center Pool
Events	\$20.00	1501 N Belcher Rd
TOTAL ENCLOSED	\$45.00	Clearwater, FL 33675
		MAKE CHECKS PAYABLE TO: City of Clearwater: Long Center Pool

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



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.

First Name	Last Name	Gender (circle) F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip			
Signature of Participant			Date Signed