

Polar Bear SCY Masters Meet

Saturday, November 9, 2024

Bowdoin College, Brunswick, ME

Sanctioned by New England LMSC for USMS Inc. Sanction #024-S008

LOCATION: Greason Pool, Bowdoin College, 35 Watson Drive, Brunswick, ME, 04011

COURSE: Greason pool offers sixteen seven-foot-wide lanes with large contemporary starting blocks. The lanes are seven feet deep and 25-yards long. Exiting the pool at the start wall is difficult but ladders are available. 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.

CHECK IN AND WARM-UPS: Warm-up starts at 11:00 am; Deck entries must be in by 11:45 am. No deck entries will be accepted after this time. Swimmers already entered in the meet need to check in by 11:30 am.

COMPETITION START TIME: Meet start time is Noon. Anticipated end time is before 2:30 pm.

CONTINUOUS WARM-UP AND WARM-DOWN SPACE: Several lanes will be used as warm-up/warm-down lanes throughout the meet. One lane will be left empty to serve as a buffer from the competition lanes.

TIMING SYSTEM: The primary timing system will be automatic timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

MEET MANAGEMENT PERSONNEL

Meet Director/Entry Chair Brad Burnham bburnham@bowdoin.edu 207-841-4657

Meet Referee TBA

RULES AND ELIGIBILITY: Current USMS rules will govern the competition. All participants must be age 18 or older as of the last day of the meet and be currently registered (2024) members of U.S. Masters Swimming. Foreign swimmers must provide proof of current membership in their country's Master Swimming governing body. Check for your current 2024 USMS number from your online USMS account at [Get USMS Membership Number](#). Online USMS membership registration is available at <https://www.usms.org/join-usms/join-or-renew>.

AGE DETERMINATION DATE: Age is based on age on 11/9/24

ENTRY PROCEDURE AND ENTRY URL: Complete the entry form and waiver at the end of this document. This form is also available at: <https://www.nelmsc.org/calendar>

ENTRY DEADLINE: Entries must be RECEIVED by 11:30 pm on Wednesday, November 6 to qualify for the reduced fee (\$35). Deck entries are allowed, before 9:45 am on Saturday, the 9th, but must pay the higher fee (\$45). No telephone entries will be accepted. Fill in personal contact information on entry form to enable us to contact you to resolve an entry problem. Include meet entry fee payment, completed entry form, and make sure your USMS membership number is legible (No need to send a copy of your card). To find your number, go to https://www.clubassistant.com/club/forgot_usms_number.cfm

ENTRY LIMITS Swimmers are permitted to enter a MAXIMUM of five (5) individual events. There is no penalty for scratches.

ENTRY FEE - \$35/person for up to 5 individual events (for entries received by 11:59 pm on November 6, 2024). Late entries and/or deck entries are \$45. Please make check or money order payable to POLAR BEAR MASTERS. Checks will not be processed until after the meet. Checks will be voided if a swimmer is unable to attend.

MAIL ENTRY TO:

Brad Burnham
Bowdoin Athletics – Swimming
9000 College Station
Brunswick, ME 04011

ORDER OF EVENTS (all events are short course yards)

- #1 500 or 1000 Freestyle
- #2 100 Breaststroke
- #3 200 Butterfly
- #4 50 Freestyle
- #5 200 Individual Medley
- #6 50 Backstroke
- #7 100 Freestyle
- #8 200 Breaststroke
- 10 minute break after 200 Breaststroke
- #9 100 Backstroke
- #10 50 Butterfly
- #11 100 Individual Medley
- #12 50 Breaststroke
- #13 200 Backstroke
- #14 200 Freestyle
- #15 100 Butterfly
- #16 200 Freestyle Relay (M,W,X) (Deck Seeded, no charge)
- #17 200 Medley Relay (M,W,X) (Deck Seeded, no charge)

SEEDING: Swimmers will be seeded in heats according to times regardless of age or gender. Heats will run slowest to fastest. We will seed the meet at 11:45 am and immediately post heat sheets. This will insure the heats are filled.

LOCATION OF HEAT SHEETS: Heat sheets will be posted around the pool deck.

LOCATION OF RESULTS: Results will be posted on the pool deck and available on the New England Masters website.

SCORING: This meet will not be scored

RESTRICTIONS ON CAMERAS AND VIDEO – No photos or videos may be taken from any angle behind the blocks. Phones and cameras cannot be used in the locker rooms.

PARKING Free parking is available outside the fieldhouse and hockey arena.

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Entries due: November 6, 2024 by 11:59 pm for the \$35/meet fee. The fee for entries received between then and 11:45 am on November 9, 2024 is \$45.

Please print clearly. Include all contact information in case we need to reach you to resolve a discrepancy. Make sure your 2024 USMS registration number is legible. All events seeded by time slow to fast regardless of age or gender. Enter a maximum of 5 individual events with short-course yards times.

EVENT	ENTRY TIME	EVENT	ENTRY TIME
#1 500 or 1000 Free (circle one)	_____	#9 100 Backstroke	_____
#2 100 Breaststroke	_____	#10 50 Butterfly	_____
#3 200 Butterfly	_____	#11 100 Individual Medley	_____
#4 50 Freestyle	_____	#12 50 Breaststroke	_____
#5 200 Individual Medley	_____	#13 200 Backstroke	_____
#6 50 Backstroke	_____	#14 200 Freestyle	_____
#7 100 Freestyle	_____	#15 100 Butterfly	_____
#8 200 Breaststroke	_____	#16 200 Freestyle Relay(M,W,X)	<u>Sign up at meet</u>
10-minute break		#17 200 Medley Relay (M,W,X)	<u>Sign up at meet</u>

Warm-up 11:00 am; meet start Noon. Anticipated end time is before 2:30 pm. Deck entries must be in by 11:45 am. No deck entries will be accepted after this time. Already entered swimmers need to check in by 11:30 am. There is no penalty for scratches.

Please sign and include the USMS Release of Liability form on the next page.

PRINT NAME: _____
as your name appears on your USMS card

CITY/STATE/ZIP: _____ GENDER (circle one): Male / Female
As identified with USMS

EMAIL ADDRESS: _____

DATE OF BIRTH: _____ mm/dd/yy AGE on 11/9/24: _____

USMS # _____ (please write legibly – find number at [Get USMS Membership Number](#))

LMSC (e.g., NE, AD): _____ WORKOUT GROUP/CLUB (e.g., Polar Bear Masters): _____

FEES: \$35/person for up to 5 events if submitted by 11:59 pm on 11/6/24 (\$45/person for late entries or deck entries)
Make checks payable to Polar Bear Masters

SEND ENTRY FORM, ENTRY FEE, AND SIGNED WAIVER TO:

Brad Burnham
Bowdoin Athletics – Swimming
9000 College Station
Brunswick, ME 04011
bburnham@bowdoin.edu
(207) 841-4657



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 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 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