



2025 FORCE AQUATICS “RED, WHITE AND SWIM” MEET

SHORT COURSE METERS
MOUNT CARMEL HEALTH CENTER

7100 GRAPHICS WAY

LEWIS CENTER, OHIO 43035

(RIGHT OUTSIDE OF COLUMBUS, OH)

Sanctioned by the Ohio LMSC for USMS, Inc.

****FORMAT – 19 INDIVIDUAL EVENTS PLUS 3 RELAYS****

ENTRIES LIMITED TO THE FIRST 80 SWIMMERS

- DATE** **Sunday, June 29th, 2025.** Warm-ups start at 11:00 am. Event #1 (400m Medley Relay) will start at 12:00 pm. Event #2 (25m Free) will start at 12:10 pm. or later. Meet will finish around 3:00 pm. **No deck entries will be allowed.**
- LOCATION** The pool is attached to the Mount Carmel Fitness Center off of Route 23, North of 270. **From Cincinnati (124 miles, 2 hr 9min) take I-71 North:** continue onto SR-315N, take exit 12A onto US-23 (North toward Delaware), turn right onto Corduroy Rd, turn left onto Graphics Way, turn left into parking lot. **From Cleveland (136 miles, 2 hr, 6 min) on I-71-South:** Take Exit 121 on to Gemini Place, turn right onto Gemini Place toward Polaris Pkwy (SR-750), turn right onto Polaris Pkwy, turn right onto Columbus Pike (US-23 North toward Delaware), turn right onto Corduroy Rd, turn left onto Graphics Way, turn left into parking lot. Parking available in the Fitness Center lot.
- POOL** The pool is an 8-lane, 25-meter pool with anti-turbulent lane lines and automatic timing. Six lanes (#'s1-6) will be used for racing, with lane 8 available for warm-up/cool-down during the meet. The length of the competition course has been measured and is in compliance with USMS articles 105.1.7 and 106.2.1. The primary timing system will be automatic timing. Times from this competition will be eligible for world record, USMS record, and USMS Top 10 consideration.
- HOTELS** A Courtyard Marriot hotel is located within 5.6 miles of the pool. Its address is: 7401-7423 Vantage Dr, Columbus OH 43235 (ph: 614-436-7070). There is also a Baymont Wyndham hotel located within 6.3 miles of the pool. Its address is: 1720 Columbus Pike (US-23), Delaware, OH 43015 (ph: 740-363-3510).
- ELIGIBILITY** 2025 U.S. Masters Swimming rules will govern conduct of the meet. Because of insurance regulations, all swimmers must be registered U.S. Masters Swimmers before starting the online entry process. If not a current USMS member, you can join at <https://www.usms.org/join> The USMS Release of Liability must be signed electronically during online meet entry. Only swimmers entered in the meet can participate in relays.

AGE GRPS Age of competitors on December 31, 2025, will determine age group. Age groups for individual events will be: 18-24, 25-29, 30-34, 35-39, etc. Relay age groups are determined on sum of the four swimmers' ages, such as 120-159, 160-199.

DEADLINE Online meet entry is offered on ClubAssistant.com. Online entries will close at 6pm, Thursday, June 26th, 2025, and be limited to the first 80 swimmers. **There will be no deck entries.**

WHERE TO ENTER

For online entry, please go to:

https://www.clubassistant.com/club/meet_information.cfm?c=2653&smid=20076

ENTRY FEES

Online Pre-Entered Entries: \$45

Online entries are paid by credit card and your credit card will be charged by "Mount Carmel Fitness Center" for this swim meet.

ENTRIES Swimmers can enter any event individually. Maximum six individual events. **400m and 800m relay teams must be submitted on a relay card before 11:30 am.**

MEET DIRECTOR

Amy San Filippo

CONTACT

Nick Lofthouse (614-506-5976)

drnick@nicholaslofthousephd.com

SEEDING & LANE ASSIGNMENTS

Each event will be seeded by the pre-entered seedtime of each swimmer, with the slower heats first. The meet will be seeded according to times submitted, regardless of age and gender. No Time (NT) will be seeded in the slower heats. Swimmers are responsible for reporting to the blocks on time for their appropriate heat and lane for each event. Heat and lane assignments for all events will be posted by 11:45 am on the day of the competition.

STARTING PROCEDURE

A – When the swimmers and officials are ready, the referee shall signal with an outstretched arm to the starter that the swimmers are under the starter's control.

B – On the starter's command "Take your mark," the swimmers shall immediately assume their starting position with at least one foot at the front of the starting platform. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the starter shall give the starting signal.

C – For backstroke event starts, the starter may give the command "Place Your Feet" after the referee's whistle.

WARM-UP & COOL-DOWN

A – Pool is available for warm-up at 11am and will be cleared at 11:50am.

B – Lane 8 will be open for warm-up and cool-down throughout the meet and there will be multiple break periods in between events when the whole pool will be available for warm-up/cool-down.

C – We ask that swimmers in the warm-up/cool-down lane (#8) be considerate and stop/tread water during the start of each subsequent event and only enter this lane at the shallow end of the pool.

ORDER OF EVENTS (All individual races mixed, relays will be combined into one heat)

1. 400 Meter Medley Relay (M)
2. 400 Meter Medley Relay (F)
3. 400 Meter Medley Relay (X)

5 MINUTE BREAK

4. 25 Meter Freestyle
5. 200 Meter Freestyle
6. 100 Meter Back

5 MINUTE BREAK

7. 25 Meter Breast
8. 200 Meter Fly
9. 50 Meter Back

5 MINUTE BREAK

10. 50 Meter Free
11. 100 Meter Individual Medley
12. 100 Meter Fly

5 MINUTE BREAK

13. 25 Meter Back
14. 100 Meter Free
15. 200 Meter Breast

5 MINUTE BREAK

16. 800 Meter Freestyle Relay M
17. 800 Meter Freestyle Relay (F)
18. 800 Meter Freestyle Relay (X)
19. 50 Meter Fly
20. 100 Meter Breast

5 MINUTE BREAK

21. 25 Meter Fly
22. 200 Meter Individual Medley
23. 800 Meter Free

5 MINUTE BREAK

24. 400 Meter Freestyle Relay (M)
25. 400 Meter Freestyle Relay (F)
26. 400 Meter Freestyle Relay (X)
27. 50 Meter Breast
28. 200 Meter Back

Session 1

Warm-ups start at 11:00 AM

Meet Session starts at 12:00 PM

Sex Event

- 1 M 400 M Medley Relay
- 2 F 400 M Medley Relay
- 3 X 400 M Medley Relay

Session 2 - After 5-Minute Break

Sex Event

- 4 Mixed 25 M Free
- 5 Mixed 200 M Free
- 6 Mixed 100 M Back

Session 3 - After 5-Minute Break

Sex Event

- 7 Mixed 25 M Breast
- 8 Mixed 200 M Fly
- 9 Mixed 50 M Back

Session 4 - After 5-Minute Break

Sex Event

- 10 Mixed 50 M Free
- 11 Mixed 100 M Individual Medley
- 12 Mixed 100 M Fly

Session 5 – After 5-Minute Break

- | # | Sex | Event |
|----|-------|--------------|
| 13 | Mixed | 25 M Back |
| 14 | Mixed | 100 M Free |
| 15 | Mixed | 200 M Breast |

Session 6 – After 5-Minute Break

| # | Sex | Event |
|----------|------------|--------------|
|----------|------------|--------------|

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|----|---|------------------|
| 16 | M | 800 M Free Relay |
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|----|---|------------------|
| 17 | F | 800 M Free Relay |
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|----|---|------------------|
| 18 | X | 800 M Free Relay |
|----|---|------------------|

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|----|-------|----------|
| 19 | Mixed | 50 M Fly |
|----|-------|----------|

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|----|-------|--------------|
| 20 | Mixed | 100 M Breast |
|----|-------|--------------|

Session 7 – After 5-Minute Break

| # | Sex | Event |
|----------|------------|--------------|
|----------|------------|--------------|

| | | |
|----|-------|----------|
| 21 | Mixed | 25 M Fly |
|----|-------|----------|

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|----|-------|-------------------------|
| 22 | Mixed | 200 M Individual Medley |
|----|-------|-------------------------|

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|----|-------|------------|
| 23 | Mixed | 800 M Free |
|----|-------|------------|

Session 8 – After 5-Minute Break

| # | Sex | Event |
|----------|------------|--------------|
|----------|------------|--------------|

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|----|---|------------------|
| 24 | M | 400 M Free Relay |
|----|---|------------------|

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|----|---|------------------|
| 25 | F | 400 M Free Relay |
|----|---|------------------|

| | | |
|----|---|------------------|
| 26 | X | 400 M Free Relay |
|----|---|------------------|

| | | |
|----|-------|-------------|
| 27 | Mixed | 50 M Breast |
|----|-------|-------------|

| | | |
|----|-------|----------------|
| 28 | Mixed | 200 Meter Back |
|----|-------|----------------|



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 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.
5. 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/yy) |
| Street Address, City, State, Zip | | | | |
| Signature of Participant | | | | Date Signed |

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