



Greg Huskey, Executive Assistant Manager
Missouri Valley/USA Swimming Official Sanction
(Please note new requirements indicated in RED)

Today's Date: 4/20/25 Sanction

Number: MV-25-58

Meet Date: 6/6 – 6/8/2025

Meet Host: TSA Topeka Swim Association

Meet Name: TSA Beach Bash

Location: Blaisdell Family Aquatic Center at Gage Park

To: Richard Allen, sent via email to: Richard Allen [rallen@wattsandassociates.com]

MISSOURI VALLEY SWIMMING, INC. (on behalf of and as agent for USA Swimming, Inc.) has sanctioned the application to hold the above listed amateur swimming events, under the following requirements and conditions as listed in the current edition of the *USA Swimming Rules and Regulations* and the current rules and regulations of Missouri Valley Swimming, Inc.

Conditions and Requirements:

1. All "Requirements of Sanction" of § 202.4 of the USA Swimming Rules shall be met.
2. All "Conditions of Sanction" of §202.5 of the USA Swimming Rules shall be met.
3. All requirements under "OFFICIALS" of §102.10 of the USA Swimming Rules shall be met.
4. **All requirements of USA Swimming Corporate Bylaw 2.6 shall be met.**
5. All other rules and regulations of USA Swimming, Inc. and Missouri Valley Swimming, Inc. shall be complied with and enforced.
6. All negotiations for the entry of any athlete shall be with his/her club or, if unattached, through Missouri Valley Swimming, Inc.
7. This Sanction is non-transferable.
8. If this is other than a dual meet or equivalent, it must be seeded and scored using the **CURRENT** version of Hy-Tek Meet Manager software. **YOU MUST INCLUDE A HEADER FOR ALL PRINTING DONE WITH THIS MEET FILE. THAT HEADER MUST INCLUDE THE SANCTION NUMBER FOR THE MEET AS LISTED ABOVE.**
9. In granting this Sanction it is understood and agreed that USA Swimming, Inc. and Missouri Valley Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
10. A \$15.00 Sanction Application Fee is due. It, as well as any Sanction Fees should be reported and paid with the post- meet financial report. Those fees must be paid electronically via invoice from Missouri Valley Swimming or forwarded to the MVS Treasurer at the address indicated herein.
11. The meet financial report must be filed on the Missouri Valley Swimming site no later than 21 days from the last day of the meet. The Financial Report of Swim Meet is available at: <http://www.missourivalleyswimming.com/Home.jsp?team=mvslsc> [Forms, Swim Meets]. Please note the

- MVS Payment of Meet Fees Policy contained in the MVS Rules and Regulations. Sanction fees for the meet MUST be paid by the host teams, not MVS. All invoiced fees relating to this meet must be paid within 7 days of receipt.
12. The Official Meet Results must be provided to all clubs attending the meet. Additionally, an "unlocked" Meet Manager backup must be provided to the MVS Office and MVS Records Coordinator via submission form on the Missouri Valley website at <https://www.teamunify.com/team/mvslsc/page/forms/forward-meet-results> [Forms, Swim Meets]. The Meet Manager backup must be submitted no more than 7 days after conclusion of the meet.
 13. Not later than 72 hours prior to the start of the meet, an exported registration file shall be RECEIVED by Missouri Valley staff, for purposes of meet reconciliation. Send an .SD3 file created in meet manager by clicking on File, Export, and USA-S registration. This file must be emailed to registration@missourivalleyswimming.com. If you have not already done so, you must add the following to your meet announcement under either "Rules" or "Entries;" "Registration and validity of all athletes will be verified by the MVS Registration Chair prior to the meet. Those not registered or found to be invalid will not be allowed to swim in the meet."
 14. All referees, starters, chief judges, administrative officials, and stroke & turn judges must be currently registered non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be member of USA Swimming. Persons acting in any coaching capacity must be coach members of USA Swimming. All events involving swimmers under the age of 12, as listed in your meet announcement, are subject to the USA Swimming 4 Hour Rule and must comply with the Missouri Valley interpretation of that rule, contained at <http://www.missourivalleyswimming.com/Home.jsp?team=mvslsc> [Governance, Rules and Bylaws, Section 8]
 15. You MUST use the USA Swimming Championship Meet "whistle" starting procedure, as contained in §101.1.2(A) of the USA Swimming Rules;
 16. YOU MUST use the "no recall" false starts procedure, contained in §101.1.3(B) of the USA Swimming Rules;
 17. Please have available, for the Meet Referee AND the Meet Director, copies of the "Report of Occurrence," available from MVS Web Site;
 18. Missouri Valley Swimming has the following requirement related to Warm-ups: ***"Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for the session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm-up."***
 19. In the COURSE section of the Meet announcement the pool depth at each end of the competition course, and the certification status of the competition course shall be stated. By indicating one of the following: **(1) The competition course has not been certified in accordance with 104.2.2C(4), or (2) the competition course has been certified in accordance with 104.2.2C(4). A copy of this certification is on file with USA Swimming.**
 20. There needs to be included in your meet announcement the following: ***Any swimmer entered in the meet must be certified by a USA Swimming member coach, as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.***
 21. There needs to be included in your meet announcement the following: ***Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.***
 22. There needs to be included in your meet announcement the following: ***Deck changes are prohibited.***
 23. **There needs to be included in the meet announcement: A description of the medical supervision (e.g., lifeguards, EMT, AED device, etc.) available to athletes participating in the meet.**
 24. If you have not already done so, you may add the following under a section marked "Final Results;" ***"Final Results will be posted on the Missouri Valley Website and may include the swimmer's name, age, and times."***
 25. If the meet announcement does not already include this language, under a section marked "Sanction", you

- must add the following: *“Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number MV-YY-XX.”*
26. There needs to be included in your meet announcement the following: *“It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”*
27. There needs to be included in your meet announcement the following: *“Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.”*
28. If the meet announcement does not already include a designation of the Meet Referee(s), Administrative Official, and Meet Director, you must do so prior to distribution or posting of the Meet announcement. All of those positions must be filled by currently registered non-athlete members of USA Swimming. Contact information for the Meet Referee must include both a phone number **and** an email address.
29. There needs to be included in your meet announcement the following: *“All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP 2.0”), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.”*
30. You may not post either “Psych” or “Heat” Sheets on any web or internet site prior to the start of the meet.
31. You MUST post your meet announcement on line at the MVS website. To do so, please submit your meet information packet in .pdf format to the Forward Meet Announcement for Publishing form at <https://www.teamunify.com/team/mvslsc/page/forms/meet-info-publish> [Forms, Swim Meet Forms]
32. Fees for individual events are as follows
- Up to \$7.00 per individual event;
 - Up to \$14.00 per late or deck entered individual event;
 - Up to \$14.00 per relay event;
 - Up to \$28.00 per late or deck entered relay event;
 - A facility surcharge fee up to \$10.00 is authorized for this meet;
 - If you have already sent your meet announcement, and it does not include these fees, you MUST issue an AMENDED MEET ANNOUNCEMENT, and it MUST be sent to all clubs.

Greg Huskey

Greg Huskey, Executive Assistant Manager Missouri Valley Swimming, Inc.

(If this Sanction is sent via EMAIL, my name printed here constitutes my signature for all purposes)

cc. Mark Sutton, MVS Treasurer, PO Box 307 Lawrence, KS 66044, mvstreasurer@gmail.com

GOOD LUCK ON YOUR MEET. HOPE YOU ENJOY GREAT SWIMS!
SEND BACKUP OF MEET WITHIN 48 HOURS

Mark Sutton,
MVS Treasurer,
PO Box 307
Lawrence, KS 66044

MISSOURI VALLEY SWIMMING
PO Box 307
Lawrence, KS 66044
director@missourivalleyswimming.com

Shawn Geil, MVS Records Chair

IF YOU ARE NOT PAYING
ELECTRONICALLY, MAKE YOUR CHECK
PAYABLE TO MISSOURI VALLEY
SWIMMING mvstreasurer@gmail.com

2025 TSA Beach Bash

June 6-8, 2025

Blaisdell Family Aquatic Center at Gage Park

4201 SW Reinisch Pkwy, Topeka, Kansas 66604

Hosted by: *TSA and Shawnee County Parks & Recreation*

(Age group/senior/masters meet)

Sanctioned by MSVL- **Sanction #: MV-25-58**

Dual-Sanctioned by MV for USMS Inc – **Sanction #:**

Officials:

Meet Director: Chris Appuhn, 785-250-8386, cjappuhn21@gmail.com

Meet Ref: Richard Allen, 406-208-2869, rallen@wattsandassociates.com

Admin Official: Stacey Holzwarth

Entries Chair: Jordan Nutter, entries@swimtsa.com

Course Description: Outdoor fifty (50) meter course consisting of ten (10) lanes with non-turbulent lane lines and competition starting blocks at each end. Water depth at the start end of the course is 12 feet and water depth at the turn end of the course is four (4) feet. The competition course has been certified in accordance with 104.2C(4). A copy of this certification is on file with USA swimming. 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.

Timing System: The primary timing system will be automatic timing. A Colorado Electronic Timing System with horn start, touch pads, and backup buttons will be utilized. Times from this competition will be eligible for USMS records and Top 10 considerations, but not for world records.

Continuous Warm Up: A small adjacent warm up/warm down area will be available.

Start Times:

Warm-ups / Meet start

Friday Mid-Day: 11:00-11:45 am Start: Noon

Friday PM: 2:30-3:15 pm Start: 3:30 pm

Saturday/Sunday AM: 7:00-8:20 am Start: 8:30 am

Saturday/Sunday PM: 12:00-1:20 pm Start: 1:30 pm

*warmup start times will be 15 minutes after the end of the previous session or, in the event of a weather-related delay, immediately following the all clear from the facility staff. Start times for the second session will not be earlier than the published time.

Rules:

- Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP 2.0”), US Masters Rules and Regulations and Missouri Valley Swimming Rules will govern this meet.
- All adult participants participating in this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy 2.0 (“MAAPP 2.0”), and they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
- Flyover starts will be used during all sessions. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
- Athletes unaccompanied by a coach, will be assigned representation by the host team, unless otherwise stated to the administration.
- The “no recall” start procedure rule will be in effect.
- Coaches must be 2025 USA Swimming Coach Members and be able to provide evidence (physical or electronic) of membership and current certifications and qualifications upon request.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest/locker rooms, or behind the blocks during starts.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
- Deck changing is prohibited.
- It is understood and agreed that USA Swimming, US Masters Swimming, Missouri Valley Swimming, Topeka Swim Association, and Topeka/Shawnee County Parks and Recreation shall be free from any liabilities or claims for damages arising by reason of injuries during the conduct of the event or for items lost, damaged or stolen.
- Medical supervision for this event will include an EMT and/or a nurse practitioner, access to an AED device, and lifeguards for the small side pool area. A full first aid kit will be available at the medical table.

Eligibility: All athletes must be 2025 registered athlete members of USA Swimming or US Masters Swimming. Registration and validity of all athletes will be verified by the MVS LSC Registration Chair prior to the meet. Those not registered or found to be invalid will not be allowed to swim in the meet. All registration fees for those athletes found to be invalid or not registered shall be forfeit. USAS athlete’s age on the first day of the meet shall determine the athlete’s age for the entire meet. USMS age determination rules will be in effect.

Entries: Please send entries to Jordan Nutter: entries@swimtsa.com. Entries shall be submitted in Hy-tec format to the Entries Chair. No phone entries accepted. The number of swimmers for this meet may be limited to ensure adherence to the USA Swimming 4-hour rule.

- **Entries Open:** Monday, April 28, 2025 Noon. No early entries accepted.
- **Entry Deadline:** Friday, May 30th, 2025, 8 pm. No Late entries accepted. Meet entries are on a first come, first served basis. Teams will be notified as soon as possible if their team has been accepted. All times should be entered in LC Meters. "NT" entries will be allowed as space permits.
- **Entry Limit:** Swimmers may enter a maximum of four (4) events per day and one (1) relay per day, total of four (5) events per day limit.
- **Limited Entry Events/Positive Check-in:** The 1500 and 400 Free and the 400 IM will be swum mixed gender, fastest to slowest. **Athletes will provide their own timers for the 400 Free and 400 IM events. Athletes will provide their own timers and counter for the 1500 free.** Positive Check-in will be required for the limited events no later than 30 minutes prior to the start of the session for the applicable event. Athletes who fail to check in for any one or more of the limited events, 1500 Free, 400 Free, and/or 400 IM will be seeded in the slowest heat of the event.
- **Relays:** The 400 Free and Medley Relays will be by Gender but swum combined in mixed heats. Relay events may be limited to a maximum of three heats.

Any combination of events may be limited to ensure the timely completion of a session. Coaches will be notified by email prior to the meet if swimmers are affected by limits. TSA reserves the right to swim any TSA swimmer regardless of entry time.

Seeding: The meet will be pre-seeded with the exception of the 1500 Free, 400s, and Relays which will be deck seeded. Scratches and/or Relay cards will be due 30 minutes before the start of the session.

- Events shall be in LCM times only.
- "NT" entries will be accepted.
- Deck entries accepted only if time permits/and at the discretion of the AO. Deck entries must be received a minimum of 30-minutes after the start of that session warm ups and is available only to athletes already registered in the meet.
- Main events swum slowest to fastest, with exception of 1500, 400s and all Relays being swum as mixed gender, fastest to slowest.

Positive Check-in: Positive check-in required for the 1500 Free, 400 Free, and 400 IM, 400 and 800 Relays (ie: limited events)

- All heats of these limited events shall be deck seeded and swum fastest to slowest, mixed gender.
- Check-in is required no later than 30 minutes prior to the start of the session. Failure to check-in will result in the athlete being seeded in the slowest heat of the event.
- **Swimmers must provide their own timers and counter (where applicable) for the 400 Free, 400 IM, and 1500 Free.**

Entry Fees: Payable to: Topeka Swim Association, PO Box 3755, Topeka, KS 66604

Facility Surcharge: \$10

Individual Event: \$7

Relay event: \$12 per relay

****Deck entries will be assessed at double fees. (\$14/\$24)****

Should an athlete be removed from any event due to limiting decisions made by TSA, the fees for the affected event(s) will be removed from that athlete's responsibility. Inclement weather or cancellations due to unforeseen circumstances will not be refunded.

Send entries to: Jordan Nutter. **entries@swimtsa.com**

Parking: On-site parking is available at no charge.

Warm-Ups: Friday Mid-day (Session 1) will have a single, 45-minute, open warm-up session. Friday afternoon, Saturday and Sunday AM and PM warm-ups may be split into multiple sessions and have assigned lanes, at the discretion of the Meet Referee. Teams will be notified of the warm-up schedule by Wednesday, June 4, 2025. A warm-up schedule will be posted at the pool.

- During general warm-ups, the following MVSL safety rules will apply.

1) All lanes general warm-up only.

2) Circle swimming only.

3) Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first or sitting and sliding into the pool in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up.

To facilitate this rule, coaches will be responsible for instructing and managing their athletes' entries into the pool during warm-ups to implement the "sit and slide" entry method. This does not apply to practice starts with coach oversight.

4) No diving, use of the starting blocks, or racing starts off pool edge.

5) At any time during general warm-ups, the coach of a team may convert the team's lane to a sprint lane by:

- a. Removing all swimmers in that lane from the water.
- b. Informing coaches in adjacent lanes.
- c. Informing the safety marshal.
- d. Following all guidelines for sprint lanes.

Officials: Topeka Swim Association welcomes any visiting officials and encourages all who would like to officiate to attend the officials' meeting. All Officials must be 2025 registered members of USA Swimming and shall be currently certified. Officials must provide evidence of USAS membership and certifications. An officials' meeting will be held approximately sixty (60)

minutes prior to the start of each session. Meetings will be held in the Hospitality room. Snacks and Fun provided!

- The dress code for officials during this meet is: shorts, pants, or skirts (blue or khaki), white polo shirt, deck shoes (sandals are welcome). Saturday is Hawaiian Shirt Day (Hawaiian shirts acceptable dress for this day only)
- This is an outdoor event, we ask you to please consider bringing and wearing a hat, sunblock, and sunglasses to help with sun glare and avoiding sunburn while on deck.

Awards:

1. **Ribbons:** 1st through 8th for individual events, by age group and gender: 8 & Under, 9/10, 11/12.
2. **Iron man** Award by age group and gender: 13/14, 15/16, 17 & Over.
3. **High point** Award for age group and gender: 13/14, 15/16, 17 & Over.

Iron man award is based on cumulative times of these five(5) events: 1500 Free, 400 IM, 200 Breast, 200 Fly, and 200 Back. Swimmers must compete in all five events, a DQ in any event for the athlete will result in removal from consideration of award. Lowest cumulative time awarded the prize.

High Point Award is based on points earned in individual events (max for meet 9 events). Highest point total for age group and gender is awarded the prize.

Points allocation for scoring: Event Place = Points Allocated - 1=10, 2=8, 3=6, 4=5, 5=4, 6=3, 7=2, 8=1

Programs: Meet programs will not be for sale at the venue. Meet programs will be posted throughout the venue and will be available on Meet Mobile.

Final Results: Final results may be posted on the Topeka Swim Association (www.swimtsa.com) website, Meet Mobile and the Missouri Valley Swimming (www.missourivalleyswimming.com) website.

Timing Assignments: Each participating club will be asked to provide timers during the sessions. Anyone wishing to time is asked to check in at the registration/volunteer check in table during warm-ups for the session.

- All athletes in the Friday Mid-Day session (Session 1) must provide their own timers and counter, as appropriate.
- **Swimmers in the Sunday 400 IM must provide their own timers.**

Services/Vendors: A selection of food and snack items will be available at a small concession stand and food trucks will be located on site.

Directions to Pool: From west I-70 take the Gage Blvd Exit (rt) south on Gage to Sixth Ave (rt) West to Zoo Pkwy (lt) south to Blaisdell dr (rt). You may also use any of the park entrances and follow the signs to the pool.

From east I-70 take the Gage Blvd Exit (lt) south on Gage to Sixth Ave (rt) West to Zoo Pkwy (lt) south to Blaisdell dr (rt). You may also use any of the park entrances and follow the signs to the pool.

MASTERS: This meet is officially dual-sanctioned by Missouri Valley for US Masters Swimming Inc. Masters athletes are welcome to compete in OPEN or 11 & Over events and times will count toward USMS rankings. A registration page is available on the TSA website. All Masters participants must complete the USMS Liability Release Waiver (attached) at check-in prior to the meet and show verification of USMS registration to the Admin Official or their designee. Your USMS member number must be provided to the Admin Official for inclusion in results reporting to USMS.

Order of Events

Session1: **Friday mid-day**

***Participating teams required to provide timers for Friday sessions**

Warm-up: 11Am Meet Start: Noon

Girls/Mixed	Event	Boys
1	11&Over 400 Free^	
3	11&Over 1500 Free*^	
5	13&Over 800 Free Relay	6

***Swimmers must provide a counter for 1500 Free**

^400/1500 swum as mixed gender, fastest to slowest

Session 3: **Friday PM**

***Participating teams required to provide timers for Friday sessions**

Warm-up: 2:30pm Meet Start: 3:30Pm

Girls	Event	Boys
7	Open 50 Free	8
9	13&Over 50 Fly	10
11	Open 50 Back	12
13	13&Over 50 Breast	14
15	Open 200 IM	16

Session 4: **Saturday AM**

Warm-up: 7:00am Meet Start: 8:30pm

Girls	Event	Boys
17	12&Under 50 Breast	18
19	11/12 200 Breast	20
21	12&Under 100 fly	22
23	11/12 200 Back	24
25	12&Under 100 Free	26
27	12&Under 200 Medley Relay	28

Session 5: **Saturday PM**

Warm-up: 12:00pm Meet Start: 1:30pm

Girls	Event	Boys
29	13&Over 400 Medley Relay**	30
31	13&Over 200 Back	32
33	13&Over 100 Fly	34
35	13&Over 200 Breast	36
37	13&Over 100 Free	38

**Relays May be swum as mixed heats

Session 6: **Sunday AM**

Warm-up 7:00am: Meet Start: 8:30am

Girls	Events	Boys
39	12&Under 50 Fly	40
41	11/12 200 fly	42
43	12&Under 100 Back	44
45	12&Under 200 Free	46
47	12&Under 200 Free Relay	48

Session 7: **Sunday PM**

Warm-up 12:00pm: Meet Start: 1:30pm

Girls	Event	Boys
49	13&Over 400 Free Relay*	50
51	13&Over 200 Fly	52
53	13&Over 100 Back	54
55	13&Over 200 Free	56
57	13&Over 100 Breast	58
59	13&Over 400 IM*^	

*Relays May be swum as mixed heats

^**Swimmers must provide their own timer for the 400 IM**; event swum as mixed.

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.

Last Name _____ First Name _____ MI _____

Sex (check). M___ F___

Date of Birth (mm/dd/yyyy) _____

Street Address, City, State, Zip _____

Signature of Participant

Date Signed _____

USMS Member Number _____