



Saluki Closed Invite

- Meet 1: May 3, 2025
- Meet 2: June 7, 2025

Hosted by



SPONSOR/HOST	Saluki Swim Club
SANCTION:	<ul style="list-style-type: none">• This is a Dual sanction meet:<ul style="list-style-type: none">• Sanctioned by USA Swimming/Ozark Swimming, Inc., SANCTION NO: OZ-• Sanctioned by (Ozark LMSC) for USMS Inc USMS SANCTION NO:• USA Swimming, Inc., Ozark Swimming, Inc., and Shea Natatorium shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.• Saluki Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Ozark Swimming, U.S. Masters Swimming, the State of Illinois and local jurisdictions.• An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., Ozark Swimming, Inc., U.S Masters Swimming and Dr. Edward J. Shea Natatorium in the Student Recreation Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Ozark Swimming sanctioned and U.S. Masters Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Ozark Swimming sanctioned and U.S. Masters Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID- 19.• <i>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMINGAND OZARK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLIAMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.</i>

	<ul style="list-style-type: none"> • Dr. Edward J. Shea Natatorium in the Student Recreation Center 300 East Grand Avenue on the SIU campus, Carbondale, Illinois • Parking: Please see the attached map for parking information. 		
FACILITY:	<ul style="list-style-type: none"> • The Dr. Edward J Shea Natatorium located in the Student Recreation Center of the Southern Illinois University Carbondale Campus features an indoor, ten lanes, 50-meter competition pool with non-turbulent lane markers and a fully automatic timing system. The competition will be held in eight lanes and one lane will be available for continuous warmup/cool-down throughout the meet. • Attached are rules specific to the facility. Please ensure that all athletes, coaches, and family members are familiar with these rules so that everyone involved can have a safe and enjoyable swim meet. • The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. The pool depth at the start end is 5' and the pool depth at the turn end is 4'. • 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. • Overhead seating for 500 spectators is available as well as generous on-deck space for swimmers and coaches. Smoking is not permitted anywhere on the SIU campus. Food is not permitted in the pool balcony or on deck. This meet is operated as a "closed deck". Only participating, credentialed coaches, officials, athletes and designated meet workers will be allowed on deck. There are no exceptions. Spectators are welcome to view the competition from the overhead bleachers or the air-conditioned viewing lounges. 		
MEET DIRECTOR	Kevin Junk	Email: salukisctreasurer@gmail.com	Phone: (618) 792-0941
ADMIN OFFICIAL	Winnie Lin Adam Lewis	Email: ao.salukiswimclub@gmail.com	Phone: (618) 513-1111 Phone: (618) 318-2542
MEET REFEREE	Andy Honold Jeff McCoskey	Email: salukiofficials@gmail.com Email: jmack6r@hotmail.com	Phone: (309) 208-3472 Phone: (618) 889-1672
MEET MARSHALS (MALE)	Elwin Zubiri	Email: elwin.zubiri@gmail.com	Phone: (571) 970-8454
MEET MARSHALS (FEMALE)	Kate Fakhoury	Email: kandafak@yahoo.com	Phone: (618) 319-0883
ELIGIBILITY:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No on deck Ozark Swimming athlete registration will be permitted. • Swimmers entered in the meet must be a member of Ozark Swimming 		

	<ul style="list-style-type: none"> • who do not hold current membership will be dropped from the meet and entry fees will NOT be refunded. If a swimmer swims and is not registered, a \$100 fine per athlete will be imposed on the swimmer's club, made payable to Ozark Swimming. • 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. • All technical and administrative rules of USA Swimming will apply.
ELIGIBILITY (U.S.Masters Event)	<ul style="list-style-type: none"> • Current USMS membership required for competitors 18 and older who are not USA Swimming members. All Masters competitors must date and sign the USMS insurance liability waiver. USMS designated age groups 18+ apply. Per USMS/World Aquatics rules for long course meters meets, your age as of December 31, 2025 is used to determine your age group for the meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> • Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. • The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
FORMAT AND SEEDING	<ul style="list-style-type: none"> • All events are competed as timed finals. Events will be pre-seeded and swum slowest to fastest except the limited events described below. The Meet Referee may insert additional breaks between events in order to maintain an appropriate timeline for the athletes. • All USAS events will be open, separate male and female. • USMS swimmers will swim in a separate event, combine male and female.
SCORING	N/A
SCHEDULE:	<ul style="list-style-type: none"> • Warm-ups at: 8-8:50 a.m. • Meet Start at: 9 a.m.
	<ul style="list-style-type: none"> • Entries will be accepted starting: <ul style="list-style-type: none"> ○ Meet 1: April 21, 2025 ○ Meet 2: May 5, 2025 • DEADLINE for the receipt of entries: <ul style="list-style-type: none"> ○ Meet 1 Deadline: April 28, 2025 ○ Meet 2 Deadline: May 26, 2025 • USAS Teams must submit entries using Hy-Tek compatible format via email. Please Send all electronic entries to: ao.salukiswimclub@gmail.com. • USMS Team will submit entry form by email or in person • Teams will receive a confirmation of entry receipt within 24 hours. If verification is not received within 24 hours, please contact Winnie Lin (618-513-1111) or Adam Lewis (618-318-2542), ao.salukiswimclub@gmail.com, immediately. This receipt does not indicate or assure entry into the meet. • Team entries will not be split. <p>All entry times will be converted by Meet Manager to long-course meters.</p>

	All entry fees and the signed waivers must be in the hands of the Admin Official 1/2 hour prior to the start of competition, or those entries will be scratched.
ENTRIES LIMITS	<ul style="list-style-type: none"> Swimmers will be allowed to enter 3 events with the option of time trialing a 4th event if time allows. Swimmers must only enter one event per stroke, except for the 200/400 Free. (For example, swimmers cannot sign up for the 50 Back and the 200 Back.) Time trials will be accepted at the discretion of the meet referee. Saluki Swim Club reserves the right to remove or limit entries in any event in order to provide reasonable timelines and to keep them within USA Swimming guidelines.
FEES:	<ul style="list-style-type: none"> Individual Events - \$5.00 Swimmer Surcharge - \$8.00 All checks should be made payable to Saluki Swim Club. There will be no refunds. All checks and signed release forms must be turned in prior to the start of warm-ups.
AWARDS:	No awards will be given.
SAFETY	<ul style="list-style-type: none"> In accordance with the recommendations of USA Swimming and Ozark LSC, U.S. Masters Swimming, Saluki Swim Club will operate this meet under the guidance of a meet Safety Marshal. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.
RULES:	<ul style="list-style-type: none"> Current USA Swimming rules apply. Current USMS rules apply to the USMS portion of the meet and to all USMS athletes participating in the meet. Any swimmer entered in the meet must be certified by a USA-S 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. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted. Changing Policy: Deck changes are prohibited. Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is prohibited by Ozark Swimming. Shea Natatorium provides male and female locker rooms with private changing booths as well as a private family changing room. Changing into or out of swimsuits is prohibited in any area except these locations. Athletes violating this policy will be ejected from the remainder of the meet. Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of

	<p>registration or a credential while on deck and present them upon meet management request. USA Swimming app is acceptable proof of USA Swimming membership.</p> <ul style="list-style-type: none"> ○ Coaches who have valid USA Swimming credentials but who are unable to provide them upon request will be issued temporary credentials by the meet director. ○ Coaches with expired or non-current credentials will be required to leave the deck area. <ul style="list-style-type: none"> • 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. • All applicable 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 (“MAAPP”) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. • A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport’s Disciplinary Database, USA Swimming’s List of Individuals Permanently Suspended or Ineligible for Membership, USA Swimming’s List of Individuals Suspended or Ineligible-Specific Date, and all adult members (defined by the SafeSport Code for the Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for SafeSport.
OFFICIALS:	<ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Teams should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Saluki Swim Club Officials Coordinator: salukiofficials@gmail.com or (309) 208-3472. • Uniforms for officials will be white shirt and khaki shorts, slacks, or skirt.
FACILITY RULES:	Please refer to SIU Student Recreation Center Rules and Policies

2025 Saluki Closed Invite Event Order

Women	Event order for Meet #1	Men
1	Open 200 Free	2
	3. Mix Masters 200 Free	
4	Open 50 Fly	5
	6. Mix Masters 50 Fly	
7	Open 100 FLY	8
	9. Mix Masters 100 FLY	
10	Open 200 FLY	11
	12. Mix Masters 200 FLY	
13	Open 50 BACK	14
	15. Mix Masters 50 BACK	
16	Open 100 BACK	17
	18. Mix Masters 100 BACK	
19	Open 200 BACK	20
	21. Mix Masters 200 BACK	
22	Open 50 BREAST	23
	24. Mix Masters 50 BREAST	
25	Open 100 Breast	26
	27. Mix Masters 100 BREAST	
28	Open 200 BREAST	29
	30. Mix Masters 200 BREAST	

31	Open 50 FREE	32
	33. Mix Masters 50 FREE	
34	Open 100 FREE	35
	36. Mix Masters 100 FREE	
37	Open 200 IM	38
	39. Mix Masters 200 IM	
40	Open 400 IM	41
	42. Mix Masters 400 IM	

***Time trials at the end of session as time allows**

2025 Saluki Closed Invite Event Order

Women	Event order for Meet #2	Men
1	Open 200 Free	2
	3. Mix Masters 200 Free	
4	Open 50 Fly	5
	6. Mix Masters 50 Fly	
7	Open 100 FLY	8
	9. Mix Masters 100 FLY	
10	Open 200 FLY	11
	12. Mix Masters 200 FLY	
13	Open 50 BACK	14
	15. Mix Masters 50 BACK	
16	Open 100 BACK	17
	18. Mix Masters 100 BACK	
19	Open 200 BACK	20
	21. Mix Masters 200 BACK	
22	Open 50 BREAST	23
	24. Mix Masters 50 BREAST	
25	Open 100 Breast	26

	27. Mix Masters 100 BREAST	
28	Open 200 BREAST	29
	30. Mix Masters 200 BREAST	
31	Open 50 FREE	32
	33. Mix Masters 50 FREE	
34	Open 100 FREE	35
	36. Mix Masters 100 FREE	
37	Open 200 IM	38
	39. Mix Masters 200 IM	
40	Open 400 FREE	41
	42. Mix Masters 400 FREE	

***Time trials at the end of session as time allows**

SIU Student Recreation Center

Rules and Policies

The following are the rules and policies for the use of the SIU Student Recreation Center during swimming competitions. These policies are in place for the safety of all swimmers, guests, students, and Rec Center members. We appreciate your help in abiding by these rules.

Parent & Spectators

Please see the attached parking map. Please do not park in the Student Health Center parking spots or the REC member only parking spots.

Parent spectators are not allowed in the lower portion of the SIU Rec Center. Once entering the building, parent spectators will be directed upstairs to spectator area. Only swimmers will be allowed into the lower level of the Rec Center. Swimmers will be allowed to go upstairs to the spectator area, but must be dry and wearing clothes and shoes.

You are welcome to bring your own chairs to use in the 2nd floor hallway observation areas, but you must take your chairs with you when you leave the building. Please **DO NOT** leave your chairs overnight or between sessions. The SIU Student Rec Center is not responsible for any items left in the building. Any chairs or items left overnight or between sessions will be removed.

Parent volunteers should check in at the front. All parent volunteers listed on the worker sign-up sheet will be given volunteer credentials and will be allowed access to the lower level. Parent volunteers should immediately report to the pool deck.

Swimmers, Coaches, and Officials

Swimmers, Coaches, and Officials will be admitted to the lower level of the Rec Center. Swimmers should identify themselves as swimmers and Coaches and Officials should show their USA Swimming Coaches Registration card at the gate.

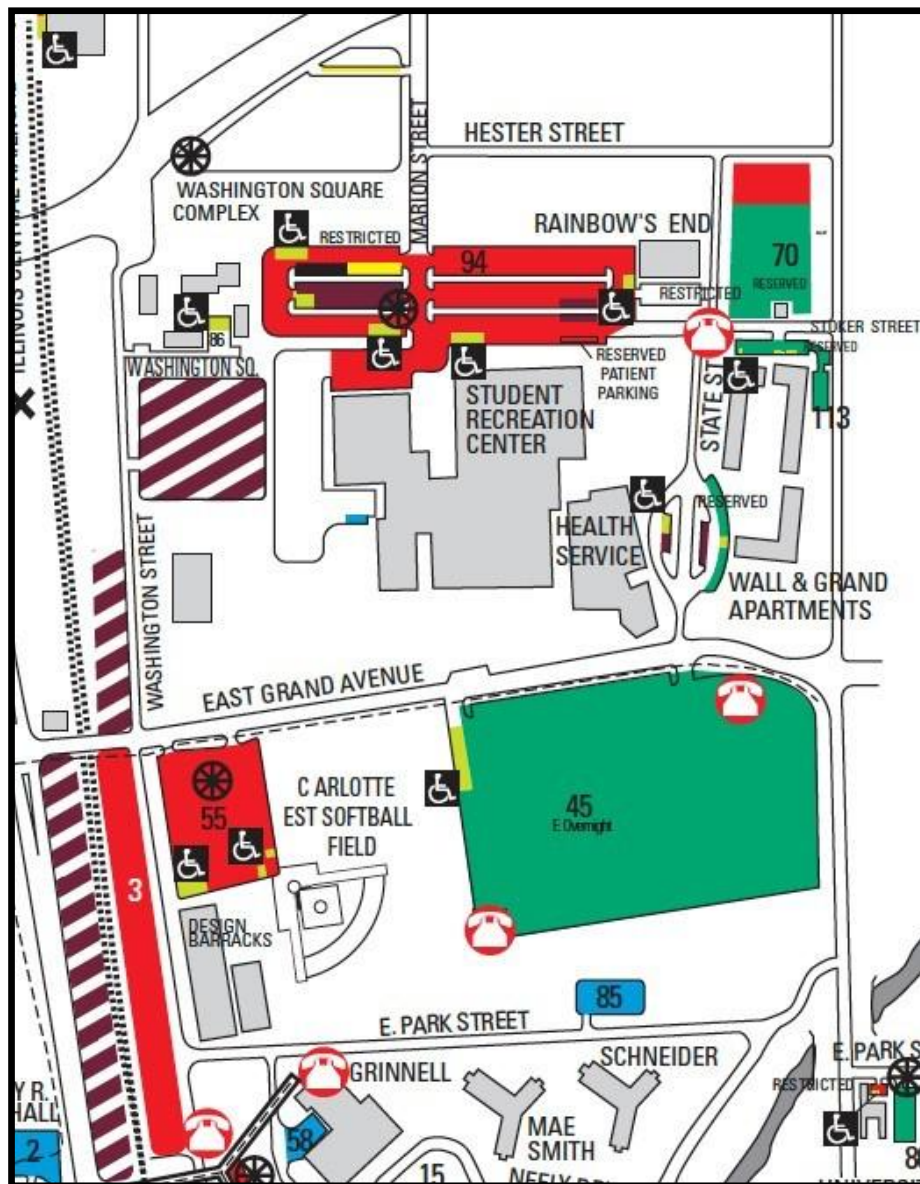
If young swimmers need an escort to the locker room area, there will be staff there to escort swimmers to the locker room. Parents will not be allowed to escort swimmers to the locker room or pool deck.

When downstairs, swimmers should only be in the pool area or the locker room. Swimmers are welcome to go upstairs to the spectator area, but they must be dry and wearing shirt, shoes, and clothes and exit through the locker room area.

Parking Information

Parking for the meet on the grounds of Southern Illinois University is spacious and convenient. Parking lots 94, 45, 55, and 3 have been made available for our (mostly) unrestricted use during the meet. Meters and other payment requirements in these lots have been suspended. The only restrictions that remain in place are handicapped usage rules and spaces marked "Reserved Patient Parking" and "Restricted" in lot 94. If you require disability access, please note that there is a drop off loop on the South side of the Rec with ground level entrance to the upper viewing area.

All parking lots on campus are marked as "Do not back in." This carries a \$150 fine.



2025 Saluki Closed Invites
(Meet #1, May 3, 2025)
Summary and Release Form

Team: _____ Code: _____ LSC: _____

Address: _____

City: _____ State _____ Zip code: _____

Head Coach: _____

Phone#: _____ Email: _____

Entry Contact: _____ Phone#: _____

_____ Email: _____

Entry Summary:

Number of Athletes Entered: _____ x \$8.00 = _____

Number of Individual Events Entered: _____ x \$5.00 = _____

Number of Relay Events Entered: _____ x \$10.00 = _____

Total amount enclosed: _____

Please make your check payable to:

Saluki Swim Club

Release

It is understood and agreed that Saluki Swim Club Inc., Southern Illinois University, USA Swimming, and Ozark Swimming shall be free and held harmless for any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the event. I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____

Title: _____

Date: _____

2025 Saluki Closed Invites
(Meet #2, June 7, 2025)
Summary and Release Form

Team: _____ Code: _____ LSC: _____

Address: _____

City: _____ State _____ Zip code: _____

Head Coach: _____

Phone#: _____ Email: _____

Entry Contact: _____ Phone#: _____

_____ Email: _____

Entry Summary:

Number of Athletes Entered: _____ x \$8.00 = _____

Number of Individual Events Entered: _____ x \$5.00 = _____

Number of Relay Events Entered: _____ x \$10.00 = _____

Total amount enclosed: _____

Please make your check payable to:

Saluki Swim Club

Release

It is understood and agreed that Saluki Swim Club Inc., Southern Illinois University, USA Swimming, and Ozark Swimming shall be free and held harmless for any liabilities or claims for damages arising by reasons of injuries to anyone during the conduct of the event. I certify that all individuals in the submitted entry files are registered athlete members of USA Swimming and are eligible to participate in this event. I further certify that proper registration applications and fees have been submitted for entrants prior to completing this form and prior to the entry deadline.

Signature: _____

Title: _____

Date: _____

2025 Saluki Closed Invite #2

Dual-sanctioned long course meters meet

Hosted By: Saluki Swim Club, Saturday, June 7, 2025

Held under the sanction of USA Swimming/Ozark Swimming, Inc,

Sanctioned by the Ozark LMSC for USMS Inc

LOCATION: Southern Illinois Univ., Student Recreation Center, Dr. Ed Shea Natatorium, 300 E. Grand Ave., Carbondale, IL

TIME: Warm-up 8am; Meet starts at 9am. Estimated finish: 12 pm.

PARKING: Parking in numbered spaces in lot 94 north of the Student Recreation Center now requires payment (\$0.50/hr) at the Pay Station near the north entrance of the building. Free parking on Saturday is available in the unnumbered spots in lot 94.

FACILITY: 50-meter indoor pool, ten lanes. The competition will be held in eight lanes and one lane will be available for continuous warm-up, warm-down throughout the meet. **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**

ELIGIBILITY: Current USMS membership required for competitors 18 and older who are not USA Swimming members. All Masters competitors must date and sign the USMS insurance liability waiver. USMS designated age groups 18+ apply. Per USMS/World Aquatics rules for long course meters meets, your age as of December 31, 2025, is used to determine your age group for the meet.

MEET CONDUCT: 2025 USMS Rules govern the conduct of the Masters events in this meet. All events will be timed finals. Masters heats will be swum slowest to fastest with genders and age groups combined. Masters swimmers will be seeded in separate events from USA Swimming athletes. Participants are limited to 3 events. Competitors attempting national or world records must notify the starter to assure that 3 timers are available, in addition to the electronic timing equipment. Split requests must be filed with the referee prior to the swim in the case of backstroke, or before the end of the meet for other strokes.

TIMERS: When you are not swimming or warming up/down, please help with timing.

ENTRY FEE: \$8 per swimmer, plus \$5 per event. Entries must be received by May 26, 2025.

Masters swimmers must complete the Masters entry form with seed times and mail it with signed USMS insurance liability waiver and check for entry fees payable to

Saluki Swim Club (please do not make checks to Saluki Masters)

**Mailed entries should be sent to
Saluki Swim Club
c/o Adam Lewis
235 Country Ln, Du Quoin, IL 62832**

**Entries must be received by May 26, 2025. Please give enough time for postal delivery.
Entries may also be given to Saluki Masters Coach Lily Glaeser during Masters swim practice.**

2025 Saluki Closed Invite #2

Hosted By: Saluki Swim Club, Saturday, June 7, 2025

Entry Form – Saturday, June 7, 2025, Sanctioned by the Ozark LMSC for USMS Inc.

Name:	Birth Date: Age (as of Dec 31, 2025): Gender: M / F
Address:	Home Phone:
City: State: Zip:	USMS Registered Club Affiliation or Unattached:
2025 USMS Number:	Email Address:
Emergency Contact Name:	Emergency Contact Phone:

SEED TIME REQUIRED – Use yards times which will be converted by Meet Manager.

Print Times Legibly Maximum Entry – 3 events

<u>Event Number</u>	<u>Event</u>	<u>Yards Seed Time – choose no more than 3 events</u>
Event 3	200 FREE Masters	
Event 6	50 FLY Masters	
Event 9	100 FLY Masters	
Event 12	200 FLY Masters	
Event 15	50 BACK Masters	
Event 18	100 BACK Masters	
Event 21	200 BACK Masters	
Event 24	50 BREAST Masters	
Event 27	100 BREAST Masters	
Event 30	200 BREAST Masters	
Event 33	50 FREE Masters	
Event 36	100 FREE Masters	
Event 39	200 IM Masters	
Event 42	400 FREE Masters	

Please mail this completed form, signed insurance waiver, and check payable to Saluki Swim Club
(please do not make checks to Saluki Masters)

Mailed entries should be sent to
Saluki Swim Club
c/o Adam Lewis
235 Country Ln, Du Quoin, IL 62832

Entry fees: \$8 per swimmer, plus \$5 per event.

Entries must be received by May 26, 2025. Please give enough time for postal delivery.

Entries may also be given to Saluki Masters Coach Lily Glaeser during Masters swim practice.

The USMS insurance waiver (next page) must be signed and mailed with 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); Grown-Up Swimming meets or workouts; 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, viral or bacterial infection including but not limited to COVID-19, 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 and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.
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, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; 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.

First Name	Last Name	MI	Sex (check) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

--	--

Revised 10/30/2024