

Henry Bockus Memorial Swim Meet

Saturday, March 7, 2026

Hosted by OKMS and YFAC

Sanctioned by OMS for USMS Inc. 276-

LOCATION: The meet will be held at the Young Family Athletic Center, 2201 Trae Young Dr. Norman, OK. 73069.

COURSE DESCRIPTION: 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.

WARM-UP: 9:00-9:45 am

COMPETITION START TIME: 10:00 am

CONTINUOUS WARM-UP: Two lanes will be available for warm-up and cool down during the meet.

TIMING SYSTEM: The primary timing system will be automatic timing using a Colorado Timing System.

- Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.

MEET DIRECTOR: Janet Latham, swimjanet@gmail.com Address: 2732 Somerset Pl. OKC, OK. 73116.

RULES & ELIGIBILITY: Current USMS rules will govern the meet. All participants must be age 18 or older and be currently registered members of U.S. Masters Swimming. USMS registration is available online at www.usms.org/reg

AGE GROUPS FOR RELAYS: Relay age group is determined by the age of youngest relay member: 18+, 25+, 35+, 45+, and up in 10 year increments as high as needed.

ENTRY PROCEDURE: Go to www.okswim.org to download a registration form. A registration form with event selection & times, payment either check, or money order or (can be made on line at square link listed below), copy of your USMS card, and liability waiver are required to register for this event.

ENTRY DEADLINE(S) – INDIV & RELAY: February 28, 2026

ENTRY LIMITS – INDIV & RELAY: Each swimmer may participate in a maximum of **5 events**, excluding relays. Swimmers may enter **either the 1000 yard free or the 1650 yard free but not both.**

ENTRY FEE: \$45 paid by February 28, 2026. Payments may be made online at www.OKMS-swimming.square.site or with check or money orders made payable to OKMS and mailed to meet director. No refunds.

DAY OF MEET ENTRIES INFO: No day of entries will be allowed.

MAILED ENTRIES: Please mail all entries with check or money order made payable to OKMS. Mail to Janet Latham, 2732 Somerset Place, Oklahoma City, OK 73116. **Paper entries MUST INCLUDE a signed [USMS Waiver Liability Form](#) and all things listed in entry procedure requirements.** All swimmers will need to provide a copy of their current 2026 USMS card with their entries. Print a copy of your 2026 card www.usms.org/reg/getcard.php

PRELIMS/FINALS MEET: All events are timed finals.

Registration Form: Please Print Clearly! Circle events you want to enter and add times.

Name: _____

Birth Date: _____ **Age:** _____

USMS Number: _____

Email: _____

Phone Number: _____

Club: _____

ORDER OF EVENTS:

Event #	Sex	Event	Time
1	Mixed	500 YD Free	
2	Mixed	100 YD Breast	
3	Mixed	50 YD Back	
4	Mixed	100 YD Fly	
5	Mixed	200 YD IM	
6	Mixed	200 YD Medley Relay	
7	Mixed	200 YD Back	
8	Mixed	100 YD Free	
9	Mixed	50 YD Breast	
10	Mixed	200 YD Fly	
11	Mixed	1000 YD Free	
12	Mixed	1650 YD Free	
13	Mixed	400 YD IM	
14	Mixed	200 YD Free Relay	
15	Mixed	50 YD Fly	
16	Mixed	100 YD Back	
17	Mixed	200 YD Breast	
18	Mixed	50 YD Free	
19	Mixed	100 YD IM	
20	Mixed	200 YD Free	

SEEDING METHOD Heats will be seeded slow to fast by time. Entrants without times will be placed in the slowest heat.

LOCATION OF RESULTS: Results will be posted online at www.okswim.org

SEATING: There is stadium seating next to the pool. No chairs will be allowed in to the pool area. However, cushions will be allowed. Small ice chests are also allowed.

SOCIAL: There will be a Social after the meet located at the Land Run Grill, 2956 W. Tecumseh Rd. Norman, OK 73069. This restaurant is about one-half mile from the pool and is close to I-35.

VOLUNTEERS: Timers needed and appreciated. Please let Janet know if you can HELP!



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

06/08/2024