

The Ed and Ruth Shea Challenge Classic Annual LC Swim Meet

Saturday, July 18, 2015 – Hosted by the Saluki Masters Swim Club, Carbondale, IL

Sanctioned by the Ozark LMSC for USMS, Inc. # 225-S002

TIME: Warm-up and registration begin at 10 am; All competitors must check-in or register before 10:30am. No deck entries after 10:30 am; Meet starts at 11am. Estimated finish 4 pm

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

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 (east of Marion Street). Free parking is also available in lot 100, located at the corner of Washington St and Mill St. The entrance to lot 100 is at the north end of the lot off of Mill St.

FACILITY: 50 meter indoor pool, ten lanes (two lanes shared with recreational swimmers will be used for warm-up/cool down during the competition), non-turbulent lane lines and electronic timing and display. **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 107.2.1.**

ELIGIBILITY: Current USMS membership required. Online membership registration at www.usms.org prior to the meet is recommended. Applications for those not already registered with USMS will be available at the sign-up desk. A photocopy of your USMS card must be provided with your signed entry. Each event entered must have a seed time (actual or estimated). The insurance liability waiver must be signed and dated and included with your entry form. USMS designated age groups 18+ apply. Per USMS/FINA rules in long course meets your age as of December 31, 2015 determines your age group for the meet. Relay age groups are determined by the sum of the ages of the four relay swimmers. Relays are to be deck entered at no additional charge. Relay cards must be completed at the check-in desk no later than 11 am for Events 4/5 or 12 pm for Events 15/16 & 22.

MEET CONDUCT: 2015 USMS Rules govern the conduct of the meet. All events will be timed finals. All events will be swum slowest to fastest with genders and age groups combined. All events will be deck seeded. Participants are limited to 5 events, plus relays. Competitors attempting national or world records must notify the starter to assure that 3 timers are available, in addition to the electronic timing equipment. Either the 1500 or the 800 freestyle may be entered, but not both. Entrants in the 800 and 1500 may be requested to swim two to a lane and provide a person to count laps. These events will only be swum as time permits. There may be breaks taken between some events depending on the number of entrants and pace of the meet.

AWARDS: Ribbons for all events. T-shirt for completion of the 5 Challenge events.

| Order of Events | | | |
|-----------------|----------------------|-------|--------------------------|
| 1 | 100m Free | 12 | 200m Breast |
| 2 | 200m Fly | 13 | 50m Back |
| 3 | 50m Breast | 14 | 100m Fly |
| 4/5 | 200/400m Free. Relay | 15/16 | 200/400m Medley Relay |
| 6 | 400m Free | 17 | 100m IM (Novelty Event) |
| 7 | 100m Breast | 18 | 400m IM |
| 8 | 200m Back | 19 | 100m Back |
| 9 | 50m Fly | 20 | 50m Free |
| 10 | 200m IM | 21/22 | 800m Free/800 Free Relay |
| 11 | 200m Free | 23 | 1500m Free |

Challenge Events:
(Combined Time for 5 Events)

Sprint NoBrainer
Must enter
Event #'s 3, 9, 13, 17, 20

Ironswimmer Glutton
Must Enter
Event #'s 2, 8, 12, 18, 23

If entering either Challenge event, please indicate T-Shirt Size and which Challenge event on Entry Form (next page):

Checks payable to: Saluki Masters Swim Club
Mail entry form, SIGNED insurance waiver (next 2 pages), check for the appropriate entry fee and copy of USMS card to:
Mary Pohlmann, Entries Chair
405 Deer Lake Dr East
Carbondale, IL 62901
Entries must be received by July 14, 2015.
Entries received after 7/14 must pay deck entry amount.
Entry questions? Mary Pohlmann: 618-549-5077
E-mail: maryp@siu.edu

| Entry Fee Amounts (choose one) | |
|--|---------|
| Regular Entry received by July 14 | \$20.00 |
| Saluki Challenge Entry received by July 14 (T-Shirt included) | \$25.00 |
| Late Registration or Deck Regular Entry | \$25.00 |
| Late Registration or Deck Challenge Entry | \$30.00 |
| No extra fees for relays | |

SALUKI MASTERS – ED AND RUTH SHEA CHALLENGE CLASSIC LC SWIM MEET

Entry Form – Saturday, July 18, 2015, 11 am – 4 pm (USMS/Ozark LMSC Sanction #225-S002)

| | | | |
|--|---|---------------------------------|----------------------|
| Name: | Birth Date: _____ | Age (as of Dec 31, 2015): _____ | Gender: M / F |
| Address: | Home Phone: _____ | | |
| City: _____ State: _____ Zip: _____ | USMS Registered Club Affiliation or Unattached: _____ | | |
| 2015 USMS Number: Attach copy of card. | Email Address: _____ | | |
| Emergency Contact Name: _____ | Emergency Contact Phone: _____ | | |

| | |
|--|--|
| The Saluki Challenge is the combined time for either set of 5 events; T-shirt awarded for completion | |
| Sprint NoBrainer Events 3, 9, 13, 17, 20; <i>Circle</i> T-shirt size: Sm Med Lg XL; <i>Check</i> here if entering | |
| Ironswimmer Glutton Events 2, 8, 12, 18, 23; T-shirt size: Sm Med Lg XL; <i>Check</i> here if entering | |

SEED TIME REQUIRED – Actual or Estimated LC Meters time; Print Times Legibly

Maximum Entry – 5 events, plus relays

| # | Event-LC meters | Seed Time | # | Event-LC meters | Seed Time |
|-----|--------------------|------------|-------|------------------------|------------|
| 1 | 100 Free | | 12 | 200 Breast | |
| 2 | 200 Fly | | 13 | 50 Back | |
| 3 | 50 Breast | | 14 | 100 Fly | |
| 4/5 | 200/400 Free Relay | Deck entry | 15/16 | 200/400 Medley Relay | Deck entry |
| 6 | 400 Free | | 17 | 100 IM (Novelty Event) | |
| 7 | 100 Breast | | 18 | 400 IM | |
| 8 | 200 Back | | 19 | 100 Back | |
| 9 | 50 Fly | | 20 | 50 Free | |
| 10 | 200 IM | | 21 | 800 Free Relay | Deck entry |
| 11 | 200 Free | | 22 | 800 Free | |
| | | | 23 | 1500 Free | |

See next page for insurance waiver which must be signed and included with entry form.

Checks payable to: Saluki Masters Swim Club
Mail entry form, SIGNED insurance waiver (next page), check for the appropriate entry fee and copy of USMS card to:
 Mary Pohlmann, Entries Chair
 405 Deer Lake Dr East
 Carbondale, IL 62901
Entries must be received by July 14, 2015.
 Entries received after 7/14 must pay deck entry amount.
Entry questions? Mary Pohlmann: 618-549-5077
E-mail: maryp@siu.edu

Entry Fee Amounts

| | |
|--|---------|
| Regular Entry received by July 14 | \$20.00 |
| Saluki Challenge Entry received by July 14 (Challenge T-Shirt Award included if all 5 challenge events are completed) | \$25.00 |
| Late Registration or Deck Entry Regular | \$25.00 |
| Late Registration or Deck Entry Challenge (Challenge T-shirt Award if available) | \$30.00 |
| No extra fees for relays | |



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");

- 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.
- 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.
- 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.
- 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.
- 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 | |