

The Ed and Ruth Shea Challenge Classic Annual LC Swim Meet
Saturday, July 13, 2019 – Hosted by the Saluki Masters Swim Club, Carbondale, IL
 Sanctioned by the Ozark LMSC for USMS, Inc.

TIME: Warm-up and registration begin at 9 am; **All competitors must check-in or register before 9:30 am.** No deck entries after 9:30 am; Meet starts at 10 am. Estimated finish 3 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 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. Additional free parking is available in lot 45, located on the south side of the Recreation Center across Grand Ave. These lots normally require a decal, but not on Saturday.

FACILITY: 50-meter indoor pool, ten lanes, non-turbulent lane lines and electronic timing and display. One lane will be available for warm-up/cool down during the competition. Other lanes must be reserved for recreational swimmers. Given the shallow depth of water, the 2nd and 4th relay swimmers in 200 meter relays will start in the water. 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. The primary timing system will be automatic timing. Times will be submitted for USMS records and USMS Top 10 consideration.

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. Please provide your name exactly as it appears on your USMS card. **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, 2019 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 10 am for Events 4/5 or 11 am for Events 15/16 & 22. Men's, Women's and Mixed (2 men and 2 women) relay events will be swum together.

MEET CONDUCT: 2019 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. Official splits may be requested subject to timing equipment working at the touch for the split event. Entrants in the 800 and 1500 may be requested to swim two to a lane and must 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 MWX	200/400m Free Relays	15/16 MWX	200/400m Medley Relays
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 MWX	800 Free Relays/800m Free
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):

Print and mail both pages of the following entry form to enter.

No online entry registration is available.

Questions? Mary Pohlmann: 618-549-5077, Leave message. E-mail: maryp@siu.edu

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

Entry Form Sat., July 13, 2019, 10am – 3pm (warm-up 9am) Sanctioned by the Ozark LMSC for USMS, Inc.

Name, as it appears on your USMS card:	Birth Date: _____ Age (as of Dec 31, 2019): _____ Gender: _____ M / F
Address:	Home Phone: _____
City: _____ State: _____ Zip: _____	USMS Registered Club Affiliation or Unattached: _____
2019 USMS Number: _____	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;	Check here if entering Sprint NoBrainer
Ironswimmer Glutton Events 2, 8, 12, 18, 23; <i>Circle</i> T-shirt size: Sm Med Lg XL;	Check here if entering Ironswimmer Glutton

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 Relays Men, Female, Mixed	Deck entry	15/16	200/400 Medley Relays Men, Female, Mixed	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 Relays Men, Female, Mixed	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.

<p>Print and mail both pages of this form to enter. No online entry registration is available. Checks payable to: <u>Saluki Masters Swim Club</u> Mail entry form, SIGNED insurance waiver (next page), and check for the appropriate entry fee to: Mary Pohlmann, Entries Chair 405 Deer Lake Dr East Carbondale, IL 62901 Entries must be received by July 10, 2019. Entries received after 7/10 must pay deck entry amount.</p>

<p>Entry Fee Amounts</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Regular Entry received by July 10</td> <td style="text-align: right;">\$20.00</td> </tr> <tr> <td>Saluki Challenge Entry received by July 10</td> <td style="text-align: right;">\$25.00</td> </tr> <tr> <td colspan="2" style="text-align: center;"><i>(Challenge T-Shirt Award included if all 5 challenge events are completed)</i></td> </tr> <tr> <td>Late Registration or Deck Entry Regular</td> <td style="text-align: right;">\$25.00</td> </tr> <tr> <td>Late Registration or Deck Entry Challenge</td> <td style="text-align: right;">\$30.00</td> </tr> <tr> <td colspan="2" style="text-align: center;"><i>(Challenge T-shirt Award if t-shirts still available)</i></td> </tr> <tr> <td colspan="2">No extra fees for relays</td> </tr> </table>	Regular Entry received by July 10	\$20.00	Saluki Challenge Entry received by July 10	\$25.00	<i>(Challenge T-Shirt Award included if all 5 challenge events are completed)</i>		Late Registration or Deck Entry Regular	\$25.00	Late Registration or Deck Entry Challenge	\$30.00	<i>(Challenge T-shirt Award if t-shirts still available)</i>		No extra fees for relays	
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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	