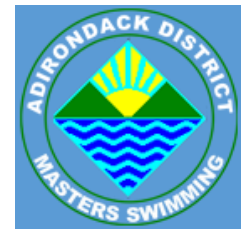




**Glens Falls YMCA Masters
Swim for the Ages
Sunday, October 14, 2018
Glens Falls High School**



- Date:** Sunday, October 14, 2018. Warm-Up 10 AM; Meet begins 11 AM
This meet will alternate events with a Inter-squad Glens Falls YMCA youth team meet
- Entry
Deadline:** On-line entries must be received by Friday, October 12, 2018. Deck entries will be NOT be available on the day of the swim except for relays.
- Sanction:
038-S004** **Held under the sanction of AD-USMS**
- Venue:** Glens Falls High School
15 Quade Street, Glens Falls, NY 12801
(Park and enter adjacent to the football field at the southwestern corner of the HS campus)
- Facility:** Five (5) 25-yard competition lanes with one (1) lane warm-up/down available.
Colorado Timing system
Meet Management is latest HY-TEK version Meet Manager
Seating for participants will be on deck.
Seating for spectators will be in balcony accessible from the second floor. No spectators on deck.
Dressing and locker rooms available on site. Swimmers should bring locks and towels.
Concessions will be sold in the hallway.
If there is a football game parking will be tight and available on neighboring streets. Allow time.
- Water Depth
And Length** The water depth, measured in accordance with Article 103.2.3, is 10 feet, 1 inches at the start end, 10 feet, 0 inches five meters from the start end, 4 feet, 1 inch at the turn end, and 4 feet, 6 inches five meters from the turn end. The length of the competition course is in compliance without a bulkhead and on file with USMS in accordance with articles 105.1.7 and 107.2.1
- Sanction:** Held under the sanction of United States Masters Swimming (USMS). This meet has been sanctioned by the Adirondack Local Masters Swim Committee. **Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USMS Swimming.** The rulebook is available at <http://www.usms.org/rules/>
- Liability:** In granting this sanction it is understood and agreed that United States Masters Swimming, the Adirondack Local Masters Swim Committee, the Glens Falls Family YMCA, Glens Falls High School, and all meet officials shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs. All swimmers must sign a waiver of responsibility prior to swimming. Swimmers must provide a signed waiver (see attached).
- USMS
Registration:** All swimmers, coaches, and officials participating in this competition must be currently (2018) registered with USA Swimming or US Masters Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All should also be prepared to present their US Masters Swimming ID Card as proof of their registration to the Meet Director or designee at any time. Current national and LMSC regulations do not allow for exceptions to these policies. One-Event registration is available for \$22 on-line via Club Assistant. Annual USMS registration is also available on-line through Club Assistant.
- Meet Format:** All events will be swum slowest to fastest, reserving the right to run flyover starts, except backstroke. The Meet Director and Meet Referee reserve the right to include additional breaks between events. The Meet Director and Meet Referee reserve the right to combine events or heats, by age group, gender, distance or stroke, as needed.

- Time Times:** Time Trials can be run at the discretion of the Referee
- Qualifying Times:** There are no qualifying times.
Please enter your best guess time instead of "NT"
- Age up Date:** The age of the USMS swimmer will be his/her age on October 14, 2018
- Entry Restrictions:** An individual swimmer may enter a maximum of five (5) individual events
- Entry Procedures:** On-line sign-up is available through Club Assistant at:
https://www.clubassistant.com/club/meet_information.cfm?c=1538&smid=10958
- Entry Fees:** On-line registrations by noon Friday October 12, 2018, at 11:59 pm.
\$6.00 per individual event
\$6.00 per swimmer surcharge.
No charge for relays (deck entry only)
- Payment and registration must be completed on line through Club Assistant
- Deck Entries:** None except relays (no charge)
- One-Event USMS registration is available through Club Assistant
- Meet Staff:**
- | | | |
|--|--------------------|----------------------------|
| Meet Director: Robert Singer | 518-791-1295 | N5442T@gmail.com |
| Meet Referee: Deb Roberts | 518-796-9156 | |
| Administrative Official: Tom Walton | 518-793-3878 x 307 | DSScott@glensfallsymca.org |
- Deck Official:** Robert Singer
- Deck Changing:** Deck changes are prohibited.
- Special Needs:** Please notify the Referee of any disabilities or special needs of the swimmers so that efforts can be made to accommodate everyone interested in participating Any swimmer expecting to use in-water starts or require assistance exiting the pool after competition, please notify the Referee or Starter so accommodations can be made.
- Officials:** All currently certified and in-training YMCA or USA Swimming officials are cordially invited to participate. All deck officials must be registered with YMCA Swimming and USA Swimming for 2017 and have a current Background Check and Athlete Protection Course acknowledged by the YMCA or USA Swimming. Deck officials are required by rule to prominently display both their YMC OR USA Swimming ID Card while on deck as an official. The wearing of name tags is strongly encouraged.
- Timers:** The YMCA team will provide timers for the short events. Swimmers must provide timers and lap counters for the distance events (over 500 yards).
- Awards:** No awards will be provided.
- Results:** The official times from this meet may be submitted for records and Top Ten consideration. Results will be posted at www.adms.org.

Order of Events

Distances are in Short Course Yards (SCY)

YMCA Meet and Masters Meet will be scored as two separate meets.

USMS now sanctions records for the new 25-yard events

Sunday, October 14, 2018 / 11:00 AM

Event #	YMCA DUAL MEET	MASTERS MEET
1	Mixed 8 & Under 100 Medley Relay	
2	Mixed 9-10 200 Medley Relay	
3	Mixed 11-12 200 Medley Relay	
4	Mixed 13 & Over 200 Medley Relay	UNSANCTIONED Relay*
5	Mixed 11-12 200 Freestyle	
6	Mixed 13 & Over Freestyle	
7		200 Freestyle
8		400 Individual Medley
9	Mixed 8 & Under 25 Freestyle	
10		25 Freestyle
11	Mixed 9-10 50 Freestyle	
12	Mixed 11-12 50 Freestyle	
13	13 & Over 50 Freestyle	
14		50 Freestyle
15	Mixed 8 & Under 25 Butterfly	
16		25 Butterfly
17	Mixed 9-10 50 Butterfly	
18	Mixed 11-12 50 Butterfly	
19		50 Butterfly
20	Mixed 13 & Over 100 Butterfly	
21		100 Butterfly
22	Mixed 8 & Under 50 Freestyle	
23	Mixed 13 & Over 400 Freestyle Relay	UNSANCTIONED Relay*
24	Mixed 9-10 100 Freestyle	
25	Mixed 11-12 100 Freestyle	
26	Mixed 13 & Over 100 Freestyle	
27		100 Freestyle
28	Mixed 13 & Over 500 Freestyle	
29		500 Freestyle
30	Mixed 8 & Under 25 Backstroke	
31		25 Backstroke
32	Mixed 9-10 50 Backstroke	
33	Mixed 11-12 50 Backstroke	
34	Mixed 13 & Over 50 Backstroke	
35		50 Backstroke
36		100 Backstroke
37	Mixed 8 & Under 100 IM	
38	Mixed 9-10 100 IM	
39		100 IM

40	Mixed 11-12 200 IM	
41	Mixed 13 & Over 200 IM	
42		200 IM
43	Mixed 8 & Under 25 Breaststroke	
44		25 Breaststroke
45	Mixed Open 50 Breaststroke	
46	Mixed Open 100 Breaststroke	
47		50 Breaststroke
48		100 Breaststroke
49	Mixed 8 & Under 100 Freestyle Relay	
50	Mixed 9-10 200 Freestyle Relay	
51	Mixed 11-12 200 Freestyle Relay	
52	Mixed 13 & Over 200 Freestyle Relay	UNSANCTIONED Relay*

**Swim for the Ages* Relays are non-scoring events. No fee will be charged. Each relay team will be composed of two Masters Swimmers and two YMCA age-group swimmers. Masters Swimmers 49 & Under must pair with an Age-group swimmer 10 & Under. Master Swimmers 50 & Over may pair with any YMCA age-group swimmer. Order of start may be determined by each team.

The Meet Referee may at his/her discretion add breaks between events depending on the timeline.



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

Revised 07/01/2014