

# 2023 TEST Spring Splash

April 15-16th, 2023

A Long Course Meters Timed Finals Meet

HOSTED BY

Texas Elite Swim Team



Gulf (USAS)

Sanction Number #

Your Sanction Number Here

Gulf Master's

(USMS) Sanction#:

Sanctioned by Gulf LMSC for USMS, Inc, 253-S003

**ENTRIES DUE TO THE ENTRY CHAIR ([coachclay@texaseliteswimteam.com](mailto:coachclay@texaseliteswimteam.com)) BY 11:59 PM, FRIDAY, MARCH 31ST, 2023**

**LOCATION:** Fort Bend Practice Facility  
16701 Bissonnet St  
Houston, TX 77083

**DIRECTIONS:** From Houston Follow I-69 and Westpark Tollway W to Westpark Dr. Take the exit toward FM 1464 from Westpark Tollway W and turn left, take FM 1464 ~2.7 mile to Bissonnet and turn left. The pool is ~.7 miles on your right.

**SPECIAL**

**INSTRUCTIONS:**

- FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.
- Spectators will be allowed in a designated viewing area for limited times, but must set up outside the facility. There will be limited adult volunteers that will be necessary to run the competition.

**MEET STAFF:**

**MEET REFEREE:**

Kyle Stewart, [kyle.stewart63@gmail.com](mailto:kyle.stewart63@gmail.com)

**ADMIN OFFICIAL:**

Lisa Blok, [lisablok.tx@att.net](mailto:lisablok.tx@att.net)

**MEET DIRECTOR(S):**

Christine Hewitt, Clay Pruitt, [coachclay@texaseliteswimteam.com](mailto:coachclay@texaseliteswimteam.com),  
832-348-0577

**SAFETY MARSHAL:**

Jesse Newsom,



**COACH(ES):** Ryan Dugal

**POOL:** One eight lane, 50 Meter indoor pool with non-turbulent lane lines will be used for warm-up and competition. A separate warm-up / warm-down area with 5 lanes will be made available during the competition.

**TIME AND DATE:** This is a three session, 2 day timed finals meet.

Saturday & Sunday AM Sessions: Warm-ups: 7:30-8:45am, Meet Starts at 9:00am

Saturday PM Session: There will be a 45 minute open warm-up between the AM & PM Session. The PM session will start 1 hour after warm-ups begin.

\*Split warm-ups will be in effect. Lane assignments for warm-ups and timing will be designated in the psych sheet and posted on the TEST website by Monday, April 10th, 2023. Open warm-ups will be in effect for the Saturday PM Session.

**MEET TYPE:** This meet will be run utilizing "Chase Start " procedures unless a waiver is received from the Technical Planning Committee Chair. events will swim with heats in the order of fastest to slowest, including distance events with all Girls events in the Lobby End Pool and all Boys events in the Diving Well End Pool.

**SAFETY GUIDELINES AND WARM-UP PROCEDURES:**

See attached Safety Guidelines and Warm-up Procedures

**SEEDING:** The meet will be pre-seeded with the exception of the 400 Free/IM, Coaches please inform your swimmers of pre-seeded and deck seeded rules. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the clerk of course of swimmers not attending the meet. Empty lanes will be used for deck entries.

**ORDER OF HEATS:** Events will swim with heats in the order of fastest to slowest, including distance events with all Girls events in the Lobby End Pool and all Boys events in the Diving Well End Pool.

**400 IM AND 400 FREE:**

These events will be limited to the fastest 24 Girls & fastest 24 Boys that enter along with the fastest 24 USMS (male or female) entries If a swimmer enters in either the 400 IM or 400 Free and is outside the top 24, they will be allowed to enter another event. All swimmers must circle in on sheets that will be available at the start of warm-up for the session. Check in for the 400 IM and 400 Free are due at the start of each session, respectively. After the events are officially closed, no one may check-in or scratch. After checking-in, failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine.



## ENTRY INFORMATION:

**Entry Times:** Swimmers must enter at their best time. Entry times must be submitted in the course at which the best time was achieved – long course meters (L), short course meters (S), or short course yards (Y). Do not convert meter (yard) times to yard (meter) times. If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested. Times must be from USA Swimming meets.

**Age:** As of April 15th, 2023

**Number of Events:** Swimmers may compete in up to six (6) individual events per day and are limited to seven (7) events for the entire meet.

**Eligible Teams:** Open to all swimmers who are registered with USAS or USMS and in good standing with the team may compete in this meet. TEST reserves the right to limit sessions in order to adhere to the Gulf 4-hour rule. Updates will be posted on the TEST as well as the Gulf Swimming website.

**Eligible Swimmers:** Swimmers attached to a registered Gulf Swimming team, swimmers in the documented process of transferring to a Gulf Swimming team may participate in this invitational meet.

**Unattached Swimmers:** An unattached swimmer not affiliated with a USA Swimming Club must follow the same entry procedures as those swimmers affiliated with a team. In order to be seeded in a Gulf Open meet, an unattached swimmer not affiliated with a USA Swimming Club, must enter by the entry deadline, following the entry procedures in the Meet Announcement, and provide proof of a registered coach responsible for their supervision on deck during the meet.

**Entries:** All USA Swimming teams MUST submit their entries electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software. All USMS athletes MUST enter via Club Assistant Link: coming soon here and on the Gulf Masters & USMS Website.

**Deadline:** Entries must be in the hands of the Entry Chair no later than 11:59 pm, Friday, March 31st, 2023. Email entries to: [coachclay@texaseliteswimteam.com](mailto:coachclay@texaseliteswimteam.com)

<b>Meet Entry Fee:</b>	\$75.00 All USA Swimming Athletes \$30/day All USMS Masters Athletes
<b>Facility Surcharge Fee (per swimmer):</b>	\$0.00.

**Make entry fee checks payable to:** Texas Elite Swim Team

Mail entry fees **(POSTMARKED BY FRIDAY, APRIL 10TH, 2023)** to the address below:

Texas Elite Swim Team  
26502 Everett Glen Dr.



Katy, TX 77494

- ON-DECK ENTRIES:** On-deck entries will be accepted each day up to 45 minutes before the start of each session. Those swimmers missing the 11:59 pm, Friday, March 31st, 2023 deadline may enter the meet on-deck in the following manner:
1. Swimmers must pay a \$30/session entry fee at the time of entry..
  2. Swimmers must supply completed entry forms. The swimmers will be seeded into open lanes in the pre-seeded events and according to their best times in deck seeded events.
  3. Swimmers must enter all events for the session forty-five (45) minutes prior to the start of the session's first event.
  4. Swimmers must not exceed the allotted number of events allowed each day.
  5. Heats will not be added. We will use empty lanes for on deck entries

**AWARDS:** There will be no awards at this meet

**SCORING:** Individual Events: 1st through 16th : 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

All events will be swum combined but will be scored separately as 10 & Under, 11-12, 13-14, and 15 & Over.

**RULES AND SANCTIONS:**

The current US Masters, USA Swimming, and Gulf Swimming rules will apply. The meet will be held under the sanction of US Masters Swimming, USA Swimming, and Gulf Swimming. It is understood and agreed that US Masters Swimming, USA Swimming, and Gulf Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. No entries can be accepted unless the entrant is a registered member of USA Swimming as provided in Article 302. On deck USA Swimming membership registration will not be permitted. Gulf Swimming teams and unattached swimmers assigned by the Technical Planning Chairman may only participate in this invitational meet.

**POOL MEASUREMENT:**

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is	7'	feet measured from 1 meter to 5 meters in the lobby end pool, and	13'	feet measured from 1 meter to 5 meter in the diving board end pool.
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**USMS POOL MEASUREMENT:**

The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the



meet (USMS articles 105.1.7 and 106.2.1). The pool will be measured and turned in for certification so all times will count.

**TIMING SYSTEM:** A Colorado Model 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers at both prelims and finals based on their percentage of swims at the meet. Timing assignments will be published in the meet program or on the Gulf Swimming website. Swimmers in the 400 IM/Free must provide their own timers.

**POOL DECK RESTRICTION:**

Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshalls, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Heat Sheets and for admission to the Hospitality Room. Coaches must supervise their swimmers.

Spectators will be allowed in a designated viewing area for limited times, but must set up outside the facility.

**DECK CHANGES:** Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.

**AUDIO/VIDEO RECORDING DEVICES:**

Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**MAAPP POLICY:** 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.

**DRONES:** 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

**UNACCOMPANIED SWIMMERS:**



Any swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. 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.

**SWIMMERS WITH DISABILITIES:**

Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

**HOSPITALITY:**

A hospitality room will be available.

**OFFICIALS:**

USA Swimming Qualified Officials and Apprentices are welcome to come and help officiate the meet. Official attire for timed final sessions and preliminary sessions will be white golf shirts over khaki slacks/skirts/shorts and white shoes. Official attire for final sessions will be navy golf shirts over khaki slacks/skirts and white shoes. There will be an officials' briefing one (1) hour before the start of each session.

**USA / GULF  
SWIMMING  
DISCLAIMER:**

- 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 Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., Gulf Swimming, and Texas Elite Swim Team cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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 sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- 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 SWIMMING, Texas Elite Swim Team, AND (GULF SWIMMING) EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Texas Elite Swim Team has taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while at the facility. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and



guests with underlying medical conditions are especially vulnerable. By participating in this event at the Texas Elite Swim Team hosted swim meet, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19  
PROCEDURES:**

- This meet will be conducted in compliance with local, state, and USA Swimming COVID 19 restrictions.

**MEET RESULTS:**

Meet results will be posted on the Gulf Swimming Web Page ([www.gulfswimming.org](http://www.gulfswimming.org)), within three days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.

**CONCESSIONS:**

Concessions will be available as well as food trucks.

**MERCHANDISE:**

D&J Sports will be at the meet selling swim apparel and swim gear.

**FACILITY RULES:**

- FBISD Policy: There is absolutely NO FOOD allowed on the pool deck. Violators of this rule will be asked to take their food outside and will be asked to leave the facility if they are asked a second time. FBISD will impose a \$50 fine to the violating team if this occurs.
- Spectators will be allowed in a designated viewing area for limited times, but must set up outside the facility. There will be limited adult volunteers that will be necessary to run the competition.

**ATTACHMENTS:**

Meet Format, Gulf Safety Guidelines and Warm-up Procedures



**2023 TEST Spring Splash**  
April 15-16th, 2023  
A Long Course Meters Timed Finals Meet  
HOSTED BY  
Texas Elite Swim Team

**Entry Rules:**

Type of meet	Timed Finals
Max # individual events per day	Six(6) events/day. 7 events for the entire meet
Swimmers eligible	All registered USAS/USMS athletes
Entry times in	LCM/SCM/SCY
Qualifying times	None
Cut-off times	None
Enter with no time?	Yes
Gulf "three event rule" applies?	Does not apply
Gulf "up/down rule" applies?	Does not apply
Gulf "beyond IMX" rule applies?	Does not apply
Fees	\$75.00/athlete for USA Swimming Athletes \$30.00/day for US Masters Athletes
Facility Surcharge	\$0.00

All events will be seeded fastest to slowest.

All events will swim combined but scored separately as 10&U, 11-12, 13-14, and 15 & Over.

\*Circle-in for 400 IM/Free closes at the start of the meet.

\*Swimmers in the 400 IM/Free must provide 2 timers.

\*The 400 IM/Free will swim fastest to slowest with Girls starting at the Lobby End and Boys at the Diving Well End.

These 400IM/FREE will be limited to the fastest 24 Girls & fastest 24 Boys that enter.





<b>Saturday AM</b> <b>April 15th, 2023</b> <b>Warm-ups: 7:45-8:45am Meet Starts: 9:00am</b>			
<b>Girls</b>			<b>Boys</b>
<b><u>Event#</u></b>		<b><u>Event Name</u></b>	<b><u>Event#</u></b>
1	200	Back	2
3	50	Fly	4
5	50	Free	6
7	200	Breast	8
9	400	Free*	10

<b>Saturday PM</b> <b>April 15th, 2023</b> <b>Warm-ups: 45 minute open warm-up will start after the AM session</b>			
<b>Girls</b>			<b>Boys</b>
<b><u>Event#</u></b>		<b><u>Event Name</u></b>	<b><u>Event#</u></b>
11	200	Free	12
13	100	Fly	14
15	50	Back	16
17	100	Breast	18
19	200	IM	20

<b>Sunday AM</b> <b>April 16th, 2023</b> <b>Warm-ups: 7:45-8:45am Meet Starts: 9:00am</b>			
<b>Girls</b>			<b>Boys</b>
<b><u>Event#</u></b>		<b><u>Event Name</u></b>	<b><u>Event#</u></b>
21	100	Back	22
23	200	Fly	24
25	100	Free	26
27	50	Breast	28
29	400	IM	30



## GULF SAFETY GUIDELINES AND WARM-UP PROCEDURES

### WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
  - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
  - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
  - 2. Lanes are **ONE WAY ONLY**.

### SAFETY GUIDELINES

- A. Swimmers Responsibilities
  - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
  - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
  - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
  - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
  - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
  - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
  - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
  - 1. Swimmers should be reminded by coaches that breaststrokes need more lead time than freestyle or butterfly swimmers.
  - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
  - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
  - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or



playing during warm-up periods.

5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.

6. All diving boards and equipment are **OFF LIMITS**.

E. Pool Rules

1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
2. Glass containers are prohibited.
3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.





## DECLARATION OF INTENT

### To swim a dual-sanctioned meet as a Masters swimmer

#### MEET INFORMATION

Name \_\_\_\_\_

Location \_\_\_\_\_

Dates \_\_\_\_\_

USMS Sanction Number \_\_\_\_\_

#### SWIMMER INFORMATION

Name \_\_\_\_\_

USMS Number \_\_\_\_\_

USMS Club \_\_\_\_\_

Events entered \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Instructions

This form (ALL pages) must be completed prior to competition.

Complete two copies. Give one copy to the meet director prior to competition and one copy to the LMSC Top Ten Recorder.

It is the responsibility of the swimmer to complete and submit this paperwork.

I hereby declare my intent to swim this dual sanctioned meet as a Masters swimmer.



## 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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. 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.
6. 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 (check) M      F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

**Revised 04/28/2022**