



2024 HLST Jamie Turner Memorial Swim Meet
Hosted by Helena Lions Swim Team
October 12 & 13, 2024

Held under the Sanction of USA Swimming, Inc., issued by Montana Swimming, Inc. Sanction #2501
Sanctioned by Montana LMSC for USMC Inc. Sanction # 314-S005

Meet Referee
Susan Huckeby
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Administrative Official
Piper Lynch
piperlynch@hotmail.com
(406) 459-9726

Meet Director
Casey Driscoll
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(406) 560-1893

Meet Registrar
Piper Lynch
hlstbilling@gmail.com
(406) 459-9726

FACILITY

The meet will be held at the Butte Family YMCA, 2975 Washoe Street, Butte, MT 59701.

The elevation of the facility is 5500'. The pool is an eight lane, 25-yard regulation short course pool with 9 non-turbulent lane lines and Spectrum starting platforms. There is a separate warm-up cool down pool that will be available throughout the meet for coach supervised warm-ups.

Directions: Take the Montana Street exit into Butte then turn south onto Montana Street. Continue south (straight) on Montana Street past the Town Pump on the left and the cemeteries on the right. Veer left at the end of the cemeteries onto Hansen Road. Continue south along Hansen Road to the YMCA (copper and gray building on left). You may also drive to the pool from Harrison Avenue. Take the Harrison Avenue (south) exit. From Harrison Avenue, turn west onto Dewey Boulevard and continue past Rowe Road crossing the railroad tracks until reaching Washoe Street. Turn left onto Washoe Street and continue to the YMCA.

Timing will be by an automatic Colorado Timing System with pads at both ends of the pool or three manual watches.

The pool is 8 feet deep at the start end and 4 feet deep at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). *The competition course has been certified for USMS. 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.*

MEET FORMAT

This is an age group, timed finals meet. There are no relays offered at this meet.

In a meet sanctioned by both USA Swimming and USMS, all swimmers compete according to USA Swimming technical rules for individual strokes, relays, and the conduct and officiating of the competition with the exception that USMS regulations governing events, eligibility, protests of applicable rules, and meet results shall apply to USMS members. Otherwise, each organization's rules and administrative regulations apply to their members.

The meet will be pre-seeded. However, the meet referee reserves the right to reseed events, as appropriate, based on scratches, meet timelines and other factors. If only a few swimmers are entered into an event, other events may be combined, seeded, and swum as a mixed event at the referee's discretion, but will be scored by gender and age group.

The meet referee reserves the right to split sessions after registration entries are received to meet timelines and other factors.

Some events may be over the top starts.

Timers

Registered teams, *with the exception of USMS swimmers*, will be required to provide timers for the meet events based on the number of swimmers registered. The number of times and assigned lanes will be provided with the warm-up schedule.

Teams will be assigned timing lanes based on their total number of swimmers in that session. **Meet Referee reserves the right to penalize \$50 per session for teams not providing assigned timers unless arrangements are made prior to the beginning of the first session of meet.**

Teams will receive timing assignments for the "13&Over distance" sessions (200 Breast & 400 IM on Saturday) and (200 Fly & 500 Free on Sunday) based on the numbers of swimmers they have entered. Swimmers in the 500 Free must provide their OWN counter. The 13&Over 200 Breast, 400 IM, 200 Fly, and 500 Free will be seeded and swum mixed fastest to slowest with all these events scored by age group for both boys and girls.

Timer's Meeting

A timers meeting will be held 15 minutes before the start of each session on Saturday and Sunday.

SAFETY

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, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID -19 while participating in a USA Swimming. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming 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 and the Montana Swimming LSC and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property loss, or any other loss, including but not limited to claims of negligence and give up any claims you may have to see damages, whether known or unknown, foreseen or unforeseen, in connection therewith.

In applying for this sanctioned meet, the Helena Lions Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Montana Swimming, the State of Montana, and Silver Bow County.

The Montana Swimming safety guidelines are in effect for this meet and will be enforced. For circle swimming during warm-ups and cool-downs, swimmers must enter the pool using a three-point entry. **Coaches are advised to closely supervise their swimmers at all times.** NO running or horseplay will be tolerated. A safety marshal will be on deck. The warm-up pool will be open for coach supervised warm-up and cool down throughout the meet. The hot tub will be closed.

RACING STARTS

Any swimmer 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 without the use of the backstroke ledge. 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. Any swimmers who must start in the water shall be listed in a separate document returned with the entries.

RULES

This meet will be conducted in accordance with the current USA Swimming and Montana Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. In granting this approval it is understood and agreed that USA Swimming, Montana Swimming, Montana LMSC, and United States Masters Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

2024 USMS rules apply. Times from this competition will be eligible for world records, USMS records, and Top 10 consideration.

All 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 MAAPP is a condition of participation in the conduct of this competition.

- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Deck changing is not appropriate and is absolutely prohibited. Swimmers may change into and out of swimsuits in appropriate men’s or women’s locker rooms.
- Spectators, coaches, and officials may use the restroom on deck next to the hot tub or the family locker rooms. You may not use the restrooms in the boys’ and girls’ locker rooms.
- Visual recording devices, including cell phones, are not permitted behind the starting blocks and on the balcony behind and above the starting blocks.
- 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.
- No glass containers, tobacco, or alcoholic beverages are allowed in the swimming venue.
- The USA Swimming Code of Conduct, MAAPP 2.0, Safe Sport, and athlete protection provisions will be enforced.
- All persons acting in any coaching capacity on deck must be currently registered coach members of USA Swimming.
- Swimmer registration will be confirmed with Montana Swimming Registration Chairperson prior to the start of the meet. Coaches and officials must present their

USA Swimming credentials to the meet referee or designee to officiate or coach on deck at this meet.

- This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
- Swimmers competing at the meet without their regular coach in attendance will be assigned to a coach in attendance at the meet. Swimmers may request to be assigned to a specific coach when entering the meet.
- No area of the building should be considered secure. Helena Lions Swim Team or the Butte Family YMCA are not responsible for the loss or damage of any items.

Medical Supervision

A first aid station is available for athletes participating in the meet. An AED is available in the lobby. Lifeguards are on duty during the meet. Emergency medical services can be activated by a phone call.

ELIGIBILITY

All age group swimmers must be registered with USA Swimming, Inc, *USMS swimmers, or the foreign equivalent*. Swimmers must be registered by the team entry deadline. There will be no on deck USA Swimming registration available at this meet. USA Swimming teams entering swimmers who are not currently registered USA Swimming athlete members may be fined \$25 per swimmer by the Montana Swimming Registration Chair.

Meet registration will be verified by the meet registrar prior to the meet to ensure that individuals who are ineligible for participation are unable to participate in this competition. This includes, without limitation, individuals listed on the U.S. Center for SafeSport's Centralized Disciplinary Database, USA Swimming's list of Individuals suspended or ineligible for membership, and as of October 2, 2024, all adult members (defined by SafeSport Code for Olympic and Paralympic Movement as 18 years and over) of USA Swimming who have not completed athlete protection education as required by the U.S. Center for Safesport.

Age as of the first day of the meet shall determine the age group in which the swimmer must compete. There are no qualifying times for this meet. Age group for USMS swimmers will be determined by the age as of the last day of the meet.

SWIMMERS WITH DISABILITIES

The Helena Lions Swim Team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to compete at the meet. Disabled swimmers or their coaches are required to provide advance notice in writing to the meet referee and meet director to arrange for any needed accommodations including personal assistants required and/or registered service animals by the meet entry date. It is at the discretion of the Meet Referee to determine whether the needed accommodations can be met by the meet resources. Failure to provide advance notice may limit the Helena Lions Swim Team's ability to accommodate all requests.

An external strobe is available for hearing impaired swimmers. Let the meet referee know if needed.

ENTRIES

Entries should be submitted as follows:

1. Teams should e-mail entries to Piper Lynch at hlstbiling@gmail.com

using Hy-Tek or Team Unify software (preferred method) by **Saturday, October 5, 2024**. Along with your *meet entry file*, include your **team meet entry report, team entry fee report** from Team Manager or Team Unify (in PDF, word or rich text format). Please e-mail all reports. Signed waivers and entry fees must be received by **October 12, 2024**, and can be turned in at the administration/timing table at the meet. Team entries must be paid with a team check.

Any team (excluding USMS swimmers) submitting more than two swimmers for manual entry will be subject to an additional \$5 per swimmer charge.

2. *USMS swimmers, unattached swimmers, and individual swimmers (not entered by their team) should complete the attached Master Swimmer Entry Form.* The entry form should be emailed to Piper Lynch hlistbiling@gmail.com by **October 5, 2024**. Hand deliver **signed USAS or USMS waiver** and **entry fees** to the administration/computer table at the meet before the meet starts on **Saturday October 12, 2024**.

3. Deck entries will only be allowed at the discretion of the meet referee and based on lane availability. Meet will not be re-seeded to accommodate deck entries. Deck entry swimmers will be placed in NT heats or any heat with lane availability.

ENTRY LIMITS

13&Over swimmers may compete in a total of ten **(10)** individual events with a maximum of four **(4)** individual events on Saturday general session plus one **(1)** distance event, and four **(4)** individual events on Sunday general session plus one **(1)** distance event. 12&Under swimmers may compete in a total of eight **(8)** individual events with a maximum of four **(4)** individual events on Saturday and four **(4)** individual events on Sunday.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Registrar must receive all entries by **October 5, 2024**.

Hand deliver fees to the administration/computer table at the meet before the meet start on **Saturday, October 12, 2024**.

Email entries for individuals must be submitted by **October 5, 2024**. Email the individual entries to Piper Lynch hlistbiling@gmail.com. Checks can be turned into the computer/administrative table at the meet.

No text messages will be accepted for entries.

ENTRY FEES

Make checks payable to: Helena Lions Swim Team in US dollars; All fees are non-refundable	
Individual Event	\$5.00 per event
Relays	N/A
Entry Fee	\$35.00
Late Entry Fee	\$70.00

An entry fee of \$35.00 will be charged for each swimmer competing in the meet. Entry fees must accompany the entries in US dollars. Make checks payable to Helena Lions Swim

Team. One check per team, please. Swimmers will not be permitted to participate without payment of entry fees and proper paperwork by the start of the meet. Waivers must be signed. There will be no refunds. Late entries, if accepted, will require double entry fees.

SEEDING

Swimmers should enter with their fastest officially recorded time in yards (or enter with a converted LCM or SCM time). No time (NT) entries will be accepted. Times will be seeded in yards. Swimmers will be seeded slowest to fastest in all events except as noted. Distance races will be swum as a mixed event.

Deck seeding will only be allowed if heats and lanes are available and approved by the meet referee.

CHECK-IN

Positive check-in will not be required. Please adhere to the meet scratch instructions.

SCRATCHES

There will be no clerk of course. Heat and lane assignments will appear in the program. Swimmers are responsible for taking their position behind the blocks. Coaches should report scratches on the scratch sheet or to the meet referee prior to the start of the meet both days. There will be no penalty for swimmers who fail to scratch from an event.

SCORING

Individual events will be scored to sixteen places as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.

Age groups are as follows: 8&U, 9-10, 11-12, 13-14, 15-16, 17&O

AWARDS

There will be no awards given at this meet.

RESULTS

Results will be available through Meet Mobile and will be posted to the Montana Swimming website at <http://www.mtswimming.com>.

OFFICIALS

To the extent possible, teams are asked to provide certified meet officials. On deck training time will be available for those wishing to train as an official. E-mail the meet referee prior to the meet if you plan to officiate and sign in at the officials meeting each day in the hospitality room. Apprentice trainees should attend the pre-meet officials' meetings daily and sign in. Trainees should have a USA Swimming apprentice official's membership. All officials on deck must be registered and certified with USA Swimming. Officials and trainees must show their USA Swimming credentials to the meet referee, or designee, to be allowed on deck to officiate. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. The official dress for this meet is a white polo shirt with navy blue bottoms, white socks, and white shoes.

The times for the officials' meetings will be determined after the entries have been received. There will be an officials' meeting prior to each session. The Saturday and Sunday morning meeting times will be listed on the warm-up schedule.

COACHES

All coaches and junior coaches on deck must be registered and certified with USA Swimming. All coaches must show their USA Swimming credentials on their mobile device or a printed copy to the meet referee, or designee, to be allowed on deck to coach. Coaches are responsible for their team's swimmers throughout the meet, including warm-ups and warm downs.

Coach seating will be available along the wall on the lane one side and on the balcony.

There will be a coach meeting in the hospitality room prior to the start of the first session warm-ups on Saturday. The time will be listed on the warm-up schedule. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

PROTESTS:

All protests should be given to the meet referee.

HOSPITALITY

There will be a hospitality area open to all coaches and officials.

**CONCESSIONS
/SWIM SHOP**

The Helena Lions Swim Team parents will be operating a concession stand and swim shop during the meet serving a variety of healthy foods for breakfast, lunch, and snacks.

SPECTATORS

Spectators must stay on the pool deck and in the main lobby. Spectators will be expected to yield to passing swimmers on the deck and to be aware of the necessary movement of swimmers around the pool deck area so as not to hinder their ability to make their way to the starting blocks or coaches tables.

Spectators, coaches, and officials may use the restroom on deck next to the hot tub or the family locker rooms. You may not use the restrooms in the boys' and girls' locker rooms.

The weight room upstairs will not be available for viewing the meet.

Bleachers will be available for seating on deck. Coaches may be seated along the railing on the balcony. Spectators may set up chairs on the balcony behind the coaches or on the deck. No spectators are allowed or behind the blocks on deck. Emergency exits, walkways, and elevator access points may not be blocked.

Spectators will be expected to refrain from any behavior and or gestures that are rude and unsportsmanlike directed towards Board Members, Coaches, Officials, Athletes and Volunteers. Failure to comply will result in removal from the Meet and Facility for the duration of the meet. This is a one strike and you are out! The Meet Director, Meet Referee and the Safe Sport Chair will work together on any issues brought to their attention.

**MEET WARM-
UPS & START
TIME**

Meet warm-up times will be determined after all the entries are received. Warm-up times and the meet start time will be emailed to teams and posted on the Montana Swimming website. Warm-ups on both days will be no earlier than 7:00 a.m. There will be a short warm-up prior to the distance session on both days.

- Deck Marshals will be assigned to supervise the warm-up. Deck Marshals have the authority to remove any swimmer, coach, or club who does not follow the safety rules during warm-ups or the meet.
- Backstroke swimmers enter the water feet first, no diving over persons in the water.
- Swimmers should use a three-point entry to enter the pool during warm-ups except when practicing starts.
- No diving from the shallow end of the pool at any time. No diving from the blocks or sides of pool except for when teams designate dive lanes during assigned warm-ups. Jumping into the pool is not allowed.

**MEET
PROGRAMS**

Meet programs/heat sheets will be available for purchase on Meet Mobile.

2024 HLST Jamie Turner Memorial Meet Order of Events

Session 1- Saturday, October 12, 2024

Girls/Women	Event	Boys/Men
1	11&12 200 Breast	2
3	8&U 50 Back	4
5	9-10 50 Back	6
7	13&O 100 Back	8
9	11&12 100 Back	10
11	9-10 25 fly	12
13	8&U 25 fly	14
15	11&12 50 Free	16
17	9-10 50 Free	18
19	13&O 50 Free	20
21	11&12 100 IM	22
23	9-10 100 IM	24
25	8&U 25 Freestyle	26
27	13&O 100 Fly	28
29	11&12 100 Fly	30
31	8&U 50 Breast	32
33	9-10 50 Breast	34
35	11&12 50 Breast	36
37	13&O 50 Breast	38
39	11&12 200 Free	40
41	13&O 200 Free	42

Session 2- Saturday, October 12, 2024

Girls/Women	Event	Boys/Men
43	Mixed 13&O 200 Breast	43
45	Mixed 13&O 400 IM	45

2024 HLST Jamie Turner Memorial Meet Order of Events

Session 3- Sunday, October 13, 2024

Girls/Women	Event	Boys/Men
47	9-10 100 Free	48
49	13&O 100 Free	50
51	8&U 100 Free	52
53	11&12 100 Free	54
55	9-10 100 Back	56
57	11&12 50 Back	58
59	13&O 50 Back	60
61	8&U 25 Breast	62
63	9-10 100 Breast	64
65	11&12 100 Breast	66
67	13 & Over 100 Breast	68
69	8&U 50 Free	70
71	11&12 200 IM	72
73	13&O 200 IM	74
75	8&U 25 Back	76
77	9-10 50 Fly	78
79	11&12 50 Fly	80
81	13&O 50 Fly	82
83	11&12 200 Back	84
85	13&O 200 Back	86

Session 4 -Sunday, October 13, 2024

Girls/Women	Event	Boys/Men
87	Mixed 13&O 200 Fly	87
89	Mixed 13&O 500 Free	89

HLST Jamie Turner Memorial Entry Fee Summary and Waiver/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Helena Lions Swim Team):
Meet Registrar, c/o Piper Lynch PO Box 936, Helena, MT 59624. Email to: hlstbilling@gmail.com

Team Name	
Club Code and LSC Code	
Coach Name	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$5.00 per event	\$
Swimmer Surcharge		\$35.00 per swimmer	\$
Total Fees Due			\$

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. Swimmer and coach registration will be verified. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and Montana Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. Helena Lions Swim Team, Butte Family YMCA, USMS, Montana Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

We hereby submit our team's entry sheets and fees for your upcoming meet and verify that the above-named coaches will be in attendance. These coaches are current in all the requirements set forth by USA Swimming; Red Cross Safety Training for Swim Coaches or Lifeguard Training (STFSC-O and STFSC-W), First Aid, CPR and all other requirements.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

Unattached Swimmer / US Master Swimmer Entry Form

Name: (name as appears on USMS/USAS Registration): _____

Club: _____ LSC: _____ Gender: _____

USMS/USAS ID # _____ Date of Birth: _____

Your Phone: _____ Email address: _____

Coach: _____ Coach Email: _____

Age Group: _____

USAS Swimmers and Unattached: Age on October 12, 2024: _____

USMS swimmers: Age on Oct. 13, 2024: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Event: _____ Event Number: _____ Time: _____

Total Fees:

Number of swimmers on this sheet _____ X \$35.00= \$ _____

Number of Individual Events this sheet _____ X \$ 5.00= \$ _____

Total Due \$ _____

Email entry form and signed waiver by October 5, 2024, to: hlstbilling@gmail.com

Mail entry fees to: Helena Lions Swim Team, PO Box 936, Helena, MT, 59624



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) ☐ ☐	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed