



2019 SCY State Championship Meet

Saturday & Sunday, April 13-14, 2019
University of St. Thomas
Anderson Athletic and Recreation Complex
2115 Summit Avenue
St. Paul, MN 55105

Schedule: Please note different start times for Saturday and Sunday. T-shirt registration deadline is March 31st.

	Saturday, April 13th	Sunday, April 14th
Registration	10:00AM - 10:30AM	8:00AM - 8:30AM
Warm-up Period	10:00AM - 10:50AM	8:00AM - 8:50AM
Events <i>(End Times are Approximate)</i>	11:00AM - 4:00PM	9:00AM - 2:00PM

Meet Sanction: 309-S003

Meet Director: Shannon Swartz (shannonswartz@comcast.net)

Entry Changes: David Bergquist (david.bergquist@minnesotamasters.com)

Online Entry Link: https://www.clubassistant.com/club/meet_information.cfm?c=1156&smid=11716

Entry Information: Entrant Must be a USMS registered member for 2019. No One-Event or Non-Member rate available.

Entry Type	Early Bird	Normal Rate*	Day of Meet**
Deadline	March 17, 11:59 PM	April 10, 11:59 PM	April 13-14, by 10:30 AM
One-Day of Competition (Saturday or Sunday)	\$20.00	\$30.00	\$45.00
Both Days of Competition (Saturday & Sunday)	\$40.00	\$50.00	\$70.00

*In order to prepare event seeding and psych sheets, registration is suspended from this date and time until the day of the meet.

** A swimmer may pay the annual USMS registration fee of \$56 and the corresponding "Day of Meet" fee of either \$45 for 1 day or \$70 for both days on the day of the meet. No non-member registrations are available for this meet. ***We strongly encourage all swimmers to pre-register with USMS and pre-register for the meet prior to the Normal Rate deadline.***

Registration: Participants may enter a maximum of 6 individual events per day. Entry fees are non-refundable. Online entries are paid by credit card to "ClubAssistant.com Events." Deck entries on the day of the meet are limited to new or existing USMS members. Deck entries to be paid by check or cash only. No credit cards on day of meet.

Course: 8 lane, 25 yard pool, using 8 lanes for competition. 3 Lanes in adjoining diving well area will be available throughout the meet for warm-up and cool down. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Meet Conduct: All events will be timed finals. Events will be swum slowest to fastest by gender with the women's heats going first followed by the men's heats. Seeding will take place after pre-registration closes on April 10th. Deck entrants may be placed into open lanes or separate heats. The 1000y free and 1650y free will be swum as mixed gender events. The 500 free may be swum as a mixed gender event or separated by gender.

Positive Check-in: Positive check-in is required for the 500y free by 9:45 AM and for the 1,000y free and 1,650y free by 2:00 PM. Positive Check-in may be required for all 200y events. Swimmers who do not check-in at the registration table may be scratched from the event. Check-in requirements and procedures will be announced in the meet program that will be published Friday before the meet.

Relays: Relay entries will be accepted up until 15 minutes prior to the respective relay. All relays teams must either e-mail their information to david.bergquist@minnesotamasters.com by 11:59 PM on Thursday, April 11th or complete a relay entry card at the Meet complete with first and last name, age and gender of each swimmer. Each card or e-mail must include the club/workout group name. For the relay to be official none of the four members may be "unattached," all must be registered with the same club but may be from different workout groups. The distance and type of relay must be circled or otherwise indicated. Participants may only compete once in each relay. Women's, Men's, and Mixed relay heats may be combined depending on entries.

Scoring: At the conclusion of the meet, an Overall Team Champion will be crowned. The "Team Champions" will win bragging rights along with the coveted Minnesota Masters Swimming Loon Trophy. The winning team will be the Minnesota LMSC based Club or Workout Group who has the most cumulative points at the end of the meet. Athletes & Relays will score points for their respective USMS Clubs and workout groups. Points will be awarded as follows; for Individuals: 9,7,6,5,4,3,2,1; Relays: 18,14,12,10,8,6,4,2. Note: all 4 members of the relay must belong to the same Workout Group for that Workout Group to receive any points. Club MINN Athletes & Relays will not score points towards overall team totals, but workout groups under Club MINN will.

Results: Will be posted at the meet, on Meet Mobile throughout the meet and online at www.minnesotamasters.com within one week. Times swum by non-USMS Members are not eligible for USMS Top 10 or records consideration. (Article 201.1.3B). Times swum by non-Minnesota LSMC members are not eligible for Minnesota LMSC records.

Event T-Shirt: If you register by 11:59PM Sunday, March 31st, you will have the option to pre-order a Minnesota Masters Swimming 2019 Short Course Yards State Meet t-shirt. Short sleeve shirts are \$12, and Long sleeve shirts are \$18. Note: The t-shirts are only available via pre-order. They will not be available for purchase at the event. YOU MUST REGISTER BY SUNDAY MARCH 31st, 11:59PM TO ORDER A MEET T-SHIRT.



Paper Entry (2 pages)

I plan to attend the following day(s):

- 1 day - Saturday
 1 day - Sunday
 2 days - Both Saturday and Sunday

I would like an event T-shirt

- Short sleeve (\$12) XS L
 Long sleeve (\$18) S XL
 ***Include your shirt size M XXL

Saturday				Sunday			
Event Number		Event	Entry Time	Event Number		Event	Entry Time
W	M			W	M		
Day 1		Saturday - 11:00 a.m. Start		Day 2		Sunday - 9:00 a.m. Start	
1		200y Free Relay Mixed		26		200 Medley Relay Mixed	
2	3	100y Fly	__:__:__	27	28	200y I.M.	__:__:__
4	5	200y Free	__:__:__	29	30	50y Fly	__:__:__
6		400y Medley Relay Mixed		31		400y Free Relay Mixed	
7	8	100y I.M.	__:__:__	32	33	200y Breast	__:__:__
9	10	50y Back	__:__:__	34	35	500y Free	__:__:__
11	12	800y Free Relay W/M		36		800 Free Relay Mixed	
13	14	100y Breast	__:__:__	37	38	100y Free	__:__:__
15	16	400y I.M.	__:__:__	39	40	50y Breast	__:__:__
17	18	200y Medley Relay W/M		41	42	200y Free Relay W/M	
19	20	50y Free	__:__:__	43	44	200y Fly	__:__:__
21	22	200y Back	__:__:__	45	46	100y Back	__:__:__
23	24	400y Free Relay W/M		47	48	400 Medley Relay W/M	
25		1650y Free	__:__:__	49		1000y Free	__:__:__

*There may be a short pause before relays.

Paper Entry (USMS members Only), please mail:

- (a) This form (2 pages)
 (b) A check for the correct amount made payable to Minnesota Masters Swimming
 (c) A copy of your USMS card

To:
 David Bergquist
 c/o Recruit Masters-Suite 300
 8200 Humboldt Ave. So.
 Bloomington, MN 55431

PLEASE PRINT

Print Name: _____ Male Female
 Birthdate: ___/___/___ Age: _____ Phone: _____ - _____ - _____
 USMS #: _____ - _____ Club: _____
 Email Address: _____

Signature required on following page (please mail both pages and funds with your registration)



**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	