



***The 4th Annual
Short Course Meters
Sewanee Masters
Invitational
September 23, 2017***



Celebrating the forgotten heroes of the Metric Revolution of the 1970s!

- Sanction:** Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No. 157-S006.
- Facility:** The Aquatic Center at Sewanee: The University of the South located in the Fowler Center at 77 Texas Ave, Sewanee, TN 37383. *The Fowler Center opens at 8:00 AM.*
- Pool Length:** Indoor 9-lane, 25-meter competition pool with 5 additional 23.5 yard warmup/warmdown lanes in diving well. Colorado timing and scoreboards will be used. Deck space for 200+ swimmers as well as 300+ spectator seating area.
- 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, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.
- Directions:** From either direction on I-24 take exit 134 for Sewanee. Turn left onto 41a North. Continue approximately 4.5 miles and turn right onto University Ave. In $\frac{3}{4}$ mile turn right onto Texas Ave. The Fowler center is immediately on your left. Park in lot on right or continue on Texas Ave. to parking lot next to football field.
- Eligibility:** Open to all 2017 registered United States Masters Swimming (USMS) members 18 years or older as of September 23, 2017.
- Rules:** 2017 USMS rules apply.
- Entries:** Maximum of SIX individual events (including 1500 meter freestyle), plus relays.
Note: The 1500 meter freestyle will be open to the first 18 entrants only.
- As per USMS rules for SCM meets, the swimmer's age group will be determined by the swimmer's age as of Dec. 31, 2017.
- Deadline & Fees:** Entries must be received by Sept. 20, 2017. Late entries will be accepted only as space permits in existing heats (no new heats will be created).
- \$30.00 entry fee (if received by Sept. 20, 2017); late registration is \$40. There is no entry fee for relays.

On-line registration:

https://www.ClubAssistant.com/club/meet_information.cfm?c=2384&smid=9310

Or mail your entry form, a copy of your 2017 USMS card, the signed waiver, and check to: **Alex Bruce, The University of the South, 735 University Ave., Sewanee, TN 37383**. Confirmation e-mail will be sent when paper entries are received. Please be sure to write legibly on the entry form.

Information: Contact Alex Bruce (931) 636-7075, alexandermb Bruce@gmail.com with any questions (e-mail preferred).

Events: Ages and sexes will be combined for competition but separated for results.

- 1 1500m Freestyle (limited to first 18 entries)
- 2 200m Medley Relay (women, men, and mixed) (5 min. break)
- 3 200m Butterfly
- 4 100m Backstroke
- 5 50m Breaststroke
- 6 100m Freestyle
- 7 400m IM (15 min. break)
- 8 100m Free Relay (women, men, and mixed) (5 min. break)
- 9 50m Butterfly
- 10 200m Backstroke
- 11 100m Breaststroke
- 12 50m Freestyle
- 13 200m IM
- 14 400m Freestyle (10 min. break)
- 15 100m Medley Relay (women, men, and mixed) (5 min. break)
- 16 100m Butterfly
- 17 50m Backstroke
- 18 200m Breaststroke
- 19 200m Freestyle
- 20 100m IM (5 min. break)
- 21 200m Free Relay (women, men, and mixed)

Seeding: Heats will be seeded from slowest to fastest using submitted times. Ages and sexes will be combined for competition but separated for results. No time (NT) entries will be seeded in the early heats. **Exception: the 1500 free will be seeded fastest to slowest, and check-in will be required 30 minutes before the start of the event; swimmers not checked in will be scratched.**

There will be scheduled breaks throughout the meet, and the Meet Director reserves the right to insert additional breaks to allow swimmers reasonable time between events.

As a rule, only 7 of the 9 lanes will be used for competition. Exceptions may be made for events of 200m or longer.

Warm-up: *The Fowler Center opens at 8:00 AM.* The pool will be available for warm-up from 8:15 AM - 9:00 AM prior to the 1500m freestyle. A second warm-up session will be from 10:00am-11:00am. Five separate lanes will be available for the duration of the meet in our diving well. One way sprint and pace lanes will be opened 30 minutes prior to end of each warm-up session.

Relays: Relay swimmers must be entered in at least one individual event. Relays can be entered as men, women, or mixed (swimmers cannot swim in both a single-sex and mixed relay

in a given relay event). Relays will be deck entered. Relay entry forms will be provided and must be submitted 30 minutes before the relay event.

Challenge: In celebration of the forgotten heroes of the metric revolution of the 1970s, we will award a special prize to the swimmer in each age group (for each sex) who swims the longest cumulative distance (individual events only). In the event of a tie, the recipient will be determined through a metric system trivia challenge.

Social: We are planning an event for after the meet. The cost will be \$20 for adults (\$5 for youth ages 6-17) to attend with alcoholic beverages being an additional cost. This is a fundraiser for our college team to travel to Puerto Rico for training trip. Your attendance is very much appreciated.

Lodging: The Sewanee Inn is on the campus of the University of the South. Other hotels are located in Monteagle, TN (at I-24, about 10 minutes from the pool).

The Sewanee Inn
1235 University Ave
Sewanee, TN 37375
931-598-3620

Best Western Smokehouse
844 W Main Street
Monteagle, TN 37356
931-924-2268

Super 8
713 W Main Street
Monteagle, TN 37356
931-924-2222

Motel 6
742 Dixie Lee Ave
Monteagle, TN 37356
931-924-2900

2017 SEWANEE MASTERS SCM INVITATIONAL, SEWANEE, TN

You are encouraged to register online through ClubAssistant.com. However, if you prefer a paper entry:

Name _____ Sex _____ Age _____ (as of 12/31/17)

Street _____ City, State, ZIP _____

E-mail address (neatly!) _____

Preferred phone _____ Alt. phone _____

USMS registration # _____ Birthdate _____

Club name _____ Club abbreviation _____

Meet entry fee: \$30.00

Optional social: \$20.00 (per adult; children 6-17 only \$5)

Total enclosed: \$ _____

(If received after Sept. 20, a required late fee of \$10.00 will be collected at the meet.)

Please mail CHECK (payable to "University of the South"), ENTRY FORM, COPY of USMS CARD, and WAIVER to Alex Bruce, The University of the South, 735 University Ave., Sewanee TN 37383

ENTRIES

Swimmers may enter up to SIX individual events per day. Relays do not count in the limit. Please use current meter times; enter "NT" for "no time" entries. Ages and sexes will be combined for competition but separated for results. To allow adequate rest, meet director may insert additional breaks depending upon number of entrants and timeline of events.

Saturday, Sept. 23, 2017: 8:15 AM warmup; 9:00 AM start (NOTE: check-in by 8:30am!)			
1. 1500m Freestyle		<i>Note: limited to first 18 entries</i>	
Saturday, Sept. 23, 2017: 10:00 AM warmup; 11:00 AM start			
2. (W, M, mixed) 200m medley relay	<i>deck entry</i>	12. 50m Freestyle	
<i>5 minute break</i>		13. 200m IM	
3. 200m Butterfly		14. 400m Freestyle	
4. 100m Backstroke		<i>10 minute break</i>	
5. 50m Breaststroke		15. (W, M, mix) 100m medley relay	<i>deck entry</i>
6. 100m Freestyle		16. 100m Butterfly	
7. 400m IM		17. 50m Backstroke	
<i>15 minute break</i>		18. 200m Breaststroke	
8. (W, M, mixed) 100m free relay	<i>deck entry</i>	19. 200m Freestyle	
9. 50m Butterfly		20. 100m IM	
10. 200m Backstroke		<i>5 minute break</i>	
11. 100m Breaststroke		21. (W, M mixed) 200m free relay	<i>deck entry</i>



**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	

