

2018 Muffins & Mimosas Masters Swim Meet Saturday, August 18, 2018 in Destin, Florida

SANCTIONED BY: Southeastern Masters Swimming for U. S. Masters Swimming, Inc., Sanction No. 158-S006

HOSTED BY: Okaloosa Liquid Dragons Swim Team.

MEET DIRECTOR: Kathi Heapy – phone # 850-585-6233, email: ecfitnessfoundation@cox.net

MAIL ENTRIES TO: Kathi Heapy, 51 Meigs Drive, Shalimar, FL 32579. Daytime Phone # 850-243-1233.

FAX ENTRIES TO: 850-243-5786, attn.: Kathi Heapy

ENTRY FEE: \$40 per swimmer – includes party immediately following meet. Make check payable to: Tiffany Sydow

ENTRY DEADLINE: Entry deadline is Tues., Aug.14, 2018. Entries must be received, not postmarked, by the deadline. Late entries arriving by email and by fax after that date will be accepted at the discretion of the meet director, plus a \$10.00 late entry fee, and only if such entries do not require additional heats. You may send an email with entries to: kheapy@theflooringauthority.com
On-line entry is encouraged and on-line entry deadline is midnight Thursday Aug. 16, 2018. The web address for on-line entry is: <https://www.ClubAssistant.com/club/m.cfm?c=2379>

DECK ENTRIES: Deck entries will be allowed at the discretion of the Meet Director. We will try to accommodate deck entries but only if such entries do not require additional heats. Swimmers registering for the meet as deck entries will be asked to pay both the regular and the late entry fees. Deck entries made by swimmers registered in our meet simply to enhance their or their team's chance to score points will not be accepted.

FACILITY: Aquatic Center in Destin 4345 Commons Drive West, Destin, FL 32541. 25 Yard outdoor 8 lane competition pool, 5' deep at both ends, tapering to 6' deep in the middle, with Competitor lane lines and approved starting blocks. 7 lanes will be used for competition and one lane will be designated for warm-up/warm-down. Spectator entry fee is \$1.00 per person. There is a family pool that spectators will be welcome to swim in during the competition.

RULES: 2018 USMS Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups except for designated sprint lanes.

ELIGIBILITY: All swimmers must be registered with United States Masters Swimming, Inc. Please enclose a photocopy of your year 2018 USMS registration with your entry materials. If not provided in advance, you will be asked to show a 2018 USMS registration card when you check in. Swimmers will be able to register with USMS at the meet.

ENTRIES: A swimmer may enter up to 5 individual events, exclusive of relays. Please submit entries on the attached form or online. Entry times will be assumed to be in yards unless otherwise indicated. NT entries will be seeded as slowest times. Please avoid using NT times whenever possible, and please use realistic entry times.

SEEDING: All events will be seeded slow to fast and without regard to age or gender. Results will be tabulated by gender and age group as defined by USMS.

SCHEDULE: Warm-up will begin at 9:00 a.m. Competition will begin at 10:00 a.m.

HEAT SHEETS: Will be available at the meet at no charge.

SCORING: First 7 finishes in each event, by age and gender, will be scored as follows: Individual events 8,6,5,4,3,2,1; Relay events 12,8,6. For purposes of awards and scoring, the age of the youngest relay team member shall determine the age group in the following age categories: 18+, 25+, 35+,45+, 55+, 65+, 75+, 85+, etc.

RELAYS: Relays will be deck-entered using forms provided at the meet. Relay team members must be registered with the same club. Relay points will count towards team point totals but not towards individuals point totals.

AWARDS: High point awards will be given to top male and female swimmers in each age group based on points scored in individual events. There will also be a high point team award. Age groups for individual events are: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, etc. Your age is determined as of the day of the meet.

EMERGENCY PHONE CONTACT: The phone number at the pool office is 850-837-7946. This number is for emergency purposes only during competition.

CONCESSIONS AND SEATING: There is no concession stand at the swimming pool. You are welcomed to bring in coolers. There are three sets of bleachers at the pool and an outdoor patio area with some tables and chairs. There is a pro-shop on the property where swim supplies, snacks and drinks will be available for sale.

Directions to the Pool:

From I-10: Exit 56 to Crestview and head South on FL Hwy 85, take exit on to 293, headed to the Mid-Bay Bridge and Destin. THIS IS A TOLL-BY-PLATE ROAD AND A TOLL BRIDGE. Otherwise, take Hwy 85 south to State Road 20, turn Left and follow 20 until you get to the turn off for the Mid-Bay Toll Bridge (\$4.00), Once over the bay, turn right on to Commons Drive and follow it west. Once you go through the traffic circle at the Home Depot, the Aquatic Center will be the next parking lot on your right.

From US Hwy 98:

Turn off of US Hwy 98 in Destin at Triumph Rd. Go around the Traffic Circle to Commons Drive W on the West side of the circle. The Aquatic Center will be immediately on your left. It is next to Home Depot and can be seen from Commons Drive.

2018 Muffins & Mimosas Masters Swim Meet
Entry Sheet
Saturday, August 18, 2018
Aquatic Center in Destin, Destin, Florida

ATHLETE NAME _____, _____ SEX _____ AGE _____
 (Last, First) (Age as of 8/18/2018)

POSTAL ADDRESS _____, _____, _____

EMAIL ADDRESS _____ USMS REGISTRATION NO. _____
(Legibility is a virtue) *(Please attach copy of 2018 USMS registration card)*

DAYTIME PHONE (_____) _____ - _____

EVENING PHONE (_____) _____ - _____

BIRTHDATE _____

Entry Fees: Please make checks payable to:
Tiffany Sydow
Meet entry fee: \$40.00

SWIM CLUB NAME _____ SWIM CLUB ABBREVIATION _____)

SATURDAY August 18, 2018

Warm-ups at 9:00 a.m.; Competition at 10:00 a.m.

Online Entry submission at <https://www.ClubAssistant.com/club/m.cfm?c=2379>

Or email to kheapy@theflooringauthority.com

WOMEN			MEN	
<u>Event No.</u>	<u>Entry Time</u>	<u>Event</u>	<u>Entry Time</u>	<u>Event No.</u>
1	deck enter	200 Yard Mixed Medley Relay	deck enter	1
2	_____	100 Yard Free	_____	3
4	_____	50 Yard Fly	_____	5
6	_____	100 Yard Back	_____	7
8	_____	50 Yard Free	_____	9
10	_____	100 Yard Breast	_____	11
12	_____	50 Yard Back	_____	13
14	_____	500 Yard Free	_____	15
16	_____	100 Yard Fly	_____	17
18	_____	50 Yard Breast	_____	19
20	_____	100 Yard IM	_____	21
22	_____	200 Yard Free	_____	23
24	deck enter	200 Yard Free Relay (women)		-
-		200 Yard Free Relay (men)	deck enter	25
26	_____	1000 Yard Free	_____	27



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



EMERALD COAST FITNESS FOUNDATION, INC.
9 CAMBRIDGE AVENUE
FORT WALTON BEACH, FL 32547
FEIN: 47-2708975

INDEMNITY AND HOLD HARMLESS AGREEMENT

I _____ am a participant in the Masters Swim Meet and acknowledge that by signing this document, I am releasing the Okaloosa Liquid Dragons Swim Team, Tiffany Sydow, Emerald Coast Fitness Foundation, Inc., Mattie Kelly Arts Foundation, Inc. and the City of Destin, its officers, agents and employees from liability. This is a contract with legal consequences. I have been advised to read it carefully before signing.

The undersigned hereby covenants and agrees to investigate all claims of every nature at its own expense and to indemnify, protect, defend, hold and save harmless Okaloosa Liquid Dragons Swim Team, Tiffany Sydow, Emerald Coast Fitness Foundation, Inc., Mattie Kelly Arts Foundation, Inc.. and the City of Destin, its officers, agents and employees, from any and all claims, actions, lawsuits and demands of any kind or nature arising out of this agreement.

For and in consideration of the opportunity to participate in swimming activities at the Aquatic Center in Destin swimming facility at 4345 Commons Drive West, Destin, Florida, the undersigned participant, my heirs, successor and assigns, forever hold harmless the Okaloosa Liquid Dragons Swim Team, Tiffany Sydow, Emerald Coast Fitness Foundation, Inc., Mattie Kelly Arts Foundation, Inc.. and the City of Destin, its officers, agents and employees from any and all liability whatsoever for any personal property damage or for any personal injury that may result from said participation.

I agree, for myself, my successors and assignee, that the above representations are contractually binding and are not mere recitals, and that should I or my successors assert any claim in contravention of this agreement, the asserting party shall be liable to the expenses (including legal fees) incurred by the other party or parties.

This agreement may not be modified orally, and waiver of any provision shall not be constructed as a modification of any provision herein or as consent to any subsequent waiver or modification. I am at least 18 years of age and suffer from no physical, mental, legal or other disabilities that prevent me from fully understanding the terms of signing this agreement.

DATE: _____

PARTICIPANT'S SIGNATURE: _____

PARTICIPANT'S NAME (printed): _____

HOME ADDRESS: _____

EMAIL ADDRESS: _____

PHONE#: _____

EVENT NAME: 2018 Muffins and Mimosas Master's Swim Meet