



5th Annual Snag Holmes Masters Invitational

Friday, March 8th – Sunday, March 10th, 2019
Hosted by the Palm Beach Masters
Sanctioned by the Florida Gold Coast LMSC for USMS, Inc
Sanction #: 509-S002



DATES & TIMES:

Friday, March 8th: Warm-up 5:00pm; Meet begins at 5:45pm
Saturday, March 9th: Warm-up 10:00am; Meet begins at 11:00am
Sunday, March 10th: Warm-up 10:00am; Meet begins at 11:00am (Daylight Savings Time begins)

MEET DIRECTOR: Linda Irish Bostic, 561-373-1440, LindaBostic@gmail.com

FACILITY & COURSE: North County Aquatic Complex, 801 Toney Penna Dr., Jupiter, FL, 33458. [Google Map](#)
Eight (8) – Ten (10) 25 yard lanes with electronic timing will be provided for the competition. Pool heaters & chillers keep the pool at an optimum temperature for competition. Eight (8) - 25 meter lanes will be available for warm-up & warm-down at all times.

ELIGIBILITY & RULES: Meet is open to all currently registered USMS or currently registered FINA Masters recognized governing body, swimmers 18 years or older. Age to be determined as of March 10, 2019.
2019 USMS rules will govern this meet.

ENTRY FEES: Entry fee of \$30 plus \$3 per event. All entries include a meet recognition gift.

ENTRIES: Online entries preferred. Swimmers may enter a maximum of five (5) individual events per day. All entries must be received by Tuesday, March 5th, at 11:59pm. All entry & event fees are nonrefundable. The 1650 free will be limited to the first 30 swimmers who register for the event. "Mailed in Entries" should include the entry form, payment, signed waiver, & a copy of your 2019 USMS Registration Card and mailed to Linda Bostic, North County Aquatic Complex, 801 Toney Penna Dr, Jupiter, FL, 33458 with checks made payable to Palm Beach Masters.

SEEDING: All events will be swum in numerical order, seeded slow to fast, with the exception of the 1650 Free, which will be swum fast to slow and mixed gender.

DISTANCE EVENT CHECK-IN: The 1650 free, 400 IM, & 500 free will be deck seeded with a positive check-in.
Check-in deadlines: 1650 free at 5:15pm on Friday; 400 IM at 1pm on Saturday; 500 free at 10:30am on Sunday.

DECK ENTRIES: Deck entries will be accepted each day of the meet during warm-up for an added charge. Entries are only permitted into open lanes. No new heats will be added. "Double Entry Fee" if not already entered in meet. \$5 per event if already entered in meet.

RELAYS: Relay entries will be accepted on the deck up to 75 minutes prior to the start of the relay. Deadline announcement will be made during the meet. There is a \$5 charge for each relay. Only team members registered for the meet may participate. Mixed relays will be swum separately from Women's & Men's Relays and not in combined heats.

BREAKS: There will be a 10-minute break prior to all relays and a 5-minute break after relays. Additional breaks in the meet may be taken at the direction of the Meet Referee.

SCORING & AWARDS: Ribbons and Tri-Fold Award cards will be provided for the placement of individual peel-off award labels as a race record for all. A complimentary meet recognition item (.ie t-shirt) will be given to all participants.

SOCIAL: Join us for a meet social at the Jupiter Beach Resort Pool Bar on Saturday, March 9th after the conclusion of the meet that day. Make new friends, relax with a cold beverage, and enjoy food from their menu.

RESULTS: Results will be available online at PalmBeachMasters.org and on the Meet Mobile app.

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** OFFICIAL PAPER ENTRY FORM **

Online registrations preferred.

Attach 2019 USMS Card Here →

Name: _____

Phone #: _____

Email: _____

Club Abbreviation: _____ **Club Name:** _____

Friday, March 8th

F/M/Mixed	Event	Entry Time	<i>Please submit a SCY entry time (even if an estimated time).</i>
1	1650 Free	_____	
3 / 4 / 5	800 Free Relay	*****	

Saturday, March 9th

F/M/Mixed	Event	Entry Time
7 / 8	200 Free	_____
9 / 10	100 Fly	_____
11 / 12	50 Breast	_____
13 / 14	100 IM	_____
15 / 16 / 17	200 Medley Relay	*****
19 / 20	100 Back	_____
21 / 22	200 Breast	_____
23 / 24	50 Free	_____
25 / 26	400 IM	_____
27 / 28 / 29	400 Free Relay	*****

Sunday, March 10th

F/M/Mixed	Event	Entry Time
31 / 32	500 Free	_____
33 / 34	50 Fly	_____
35 / 36	100 Breast	_____
37 / 38 / 39	200 Free Relay	*****
41 / 42	200 Back	_____
43 / 44	100 Free	_____
45 / 46	200 Fly	_____
47 / 48	50 Back	_____
49 / 50	200 IM	_____
51 / 52 / 53	400 Medley Relay	*****

***** Relays will be deck entered at Meet.

Meet Entry Fee \$30: \$ 30.00

Number of Individual Events _____ **x \$3 = \$** _____

Total: \$ _____

Online entries preferred. Manual entries, with checks payable to Palm Beach Masters, should be mailed to: Linda Bostic, North County Aquatic Complex, 801 Toney Penna Dr., Jupiter, FL, 33458



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");

- 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.
- 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.
- 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.
- 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.
- 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