



2019 Ensworth Aquatics Masters Long Course Summer Soirée June 22, 2019

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc.,
USMS SANCTION NUMBER: 159-S006

HOST CLUB: Ensworth Aquatics Masters

LOCATION: The Ensworth School, Devon Farm Campus, 7401 Highway 100, Nashville, TN, 37221. [Directions.](#)

FACILITY: The state-of-the-art [Ensworth Natatorium](#), located on the campus of The Ensworth School and opened for use in 2013, offers a 10-lane, 50-meter competition pool, with a 6.5-foot minimum depth, non-turbulent lane lines, a fully automatic electronic timing system, and a scoreboard with lane/time/place display. During the meet, 8 lanes will be used for competition, one lane will be utilized for warm-up/down swimming, and there will be an empty buffer lane between each of those entities. 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.

ELIGIBILITY:

All swimmers must be registered with U.S. Masters Swimming for 2019; you will not be able to swim in the meet unless you are a current USMS member. Be sure to bring your 2019 USMS membership card for verification at meet check-in.

MEET START TIMES:

Warm ups: 12:00pm

Competition begins: 1:00pm

A tentative meet timeline will be available upon determination of the heat sheet prior to the meet.

ENTRIES & FEES: A swimmer may enter up to 5 individual events exclusive of relays. Long course (50m) entry times should be submitted. No Time (NT) entries will be seeded as slowest times; please avoid using NT times whenever possible. There are anticipated short breaks after Events 5, 9, 15, 18, & 21, but they will be dependent on the number of entries and length of the meet. Meet entries are due by 11:59 pm Central Time on Saturday, June 15th. The meet entry fee will be \$40, however, entries submitted after the deadline, including deck entries, will incur an additional \$15 fee. Note: Late entries will be accepted based on lane space availability. Age submitted for meet entry is based on your age as of 12/31/19, as per USMS LC rules, and age groups for relays are designated by the cumulated ages of the swimmers in each relay. Note: We will only offer the 1500 free event to the first 24 swimmers who register for it.

PAPER ENTRIES: There are no online entries available for this meet; all entries will be paper entries using the form in this meet invitation. All entries must be *received* (not postmarked) by Saturday, June 15th, 2019. Paper entries received after that date will be considered deck entries and will incur a late fee of \$15. All entry fees are nonrefundable. Please make checks payable to Ensworth School, and mail to: Ensworth Aquatics, Attn: 2019 ENSW LC Summer Soirée, 7401 Highway 100, Nashville, TN 37221. Be sure to include a signed waiver and a copy of your current USMS membership card.

MEET FORMAT/SEEDING:

This is Timed Finals meet. All races will be swum in a 50-meter course. The 1500 Freestyle will be seeded fastest to slowest without regard to age or gender. All other events will be seeded slowest to fastest without regard to age or gender. Results will be tabulated by gender and age group, as defined by USMS.

DISABILITIES:

Disabled swimmers are welcome. Please let Chris McPherson, Meet Director, know what accommodations are necessary, and communicate these needs to the meet referee on the day of the meet, as well.

OFFICIALS:

Meet Director: Chris McPherson mcpersonc@ensworth.com

Meet Referee: TBA

SPECIAL NOTES:

Meet Information Availability: A psych sheet based on online entries will be posted on Monday, June 17th, 2019. Please send any necessary corrections to the Meet Director: mcpersonc@ensworth.com. Corrections will be accepted until 12:00 noon Central Standard Time on Wednesday, June 19th, at which time the meet will be seeded and heat sheets printed. The HYTEK event file, psych sheet, timeline, results, and other meet information will be posted on the Ensworth Aquatics website (www.ensworthaquatics.com) as they become available.

The Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet. The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated. The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events.

400 IM & 1500 FR POSITIVE CHECK-IN AND RELAY ENTRIES:

Positive check-in by the start of warm-ups at 12noon is required for the 400 IM and 1500 Freestyle events. Relay entries will be due by 1:00pm, at the start of the meet. Paper relay cards will be available to pick up at the check-in desk.

RULES:

2019 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.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms.

Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

Chairs are permitted on the balcony overlooking the pool, but must be against the back wall, not the railing.

REFRESHMENTS: Snacks and drinks will be provided throughout the meet at no charge for all meet participants.

QUESTIONS? Contact Chris McPherson, Meet Director: mcpersonc@ensworth.com.



2019 Ensworth Aquatics Masters LC Summer Soirée

LAST NAME _____ FIRST NAME _____ E-MAIL _____
 POSTAL ADDRESS _____
 DAYTIME PHONE (____) _____ - _____
 EVENING PHONE (____) _____ - _____
 BIRTHDATE _____
 AGE AS OF 12/31/2019 _____
 USMS REGISTRATION NUMBER _____
 CLUB NAME _____
 CLUB ABBREVIATION _____

Meet entry \$40.00 \$ _____
 Late entry fee, \$15.00 \$ _____
 Total enclosed: \$ _____

Checks made payable to: Ensworth School

Saturday, June 22, 2019

Warm-ups at 12:00pm; Competition at 1:00pm.

Event #	Entry Time		Entry Time	Event #
WOMEN				
1	_____	400m IM	_____	1
2	_____	50m Back	_____	2
3	_____	100m Breast	_____	3
4	_____	100m Fly	_____	4
5	_____	50m Free	_____	5
		10 MINUTE BREAK		
6	_____	200m Free	_____	6
7	_____	200m Back	_____	7
8	_____	50m Breast	_____	8
9	_____	200 Fly	_____	9
		10 MINUTE BREAK		
10	_____	100m Free	_____	10
11	_____	200m Breast	_____	11
12	_____	100m Back	_____	12
13	_____	400m Free	_____	13
14	_____	50m Fly	_____	14
15	_____	200m IM	_____	15
		10 MINUTE BREAK		
16	_____	200m Medley Relay (women)	_____	
		200m Medley Relay (men)	_____	17
18	_____	200m Mixed Free Relay	_____	18
		5 MINUTE BREAK		
19	_____	200m Free Relay (women)	_____	
		200m Free Relay (men)	_____	20
21	_____	200m Mixed Medley Relay	_____	21
		10 MINUTE BREAK		
22	_____	1500m Free	_____	22

Please sign the waiver on next page, include a copy of your 2019 registration card, and provide a check made out to Ensworth School for your entry fee. Thank you!



**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	M.I.	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street address, City, State, Zip				
Signature of Participant			Date signed	