



1st Annual

Colorado Springs Masters Invitational

Saturday, March 9, 2019

HOSTED BY: The Pikes Peak Athletics Foundation

Pikes Peak Athletics Foundation would like to extend an invitation to all 2019 USMS registered swimmers, to attend the 1st Annual Colorado Springs Masters Invitational Swim Meet (SCY). Come swim in the fastest pool, with some of the fastest masters swimmers in the country!

*All proceeds from this meet will go to the Pikes Peak Athletics Foundation: Reducing financial barriers that may inhibit those of all skill levels from achieving success as swimmers.

LOCATION: Pikes Peak Athletics Training Center
602 Elkton Dr. Colorado Springs, CO 80907

FACILITIES: Indoor, 10 lane, 25-yard pool. Up to 10 lanes will be used for competition. Continuous warm-up/cool-down is available in the adjacent 3-lane 15 yard teaching pool.

Start end depth is 7 feet. Turn end depth is 7 feet.

Omega Timing System with touch pads and 10-line electric scoreboard.

SANCTION: Sanctioned by COMSA (Colorado Masters Swimming Association) for USMS, Inc. (United States Masters Swimming, Inc)

WARM-UP: 8:00-8:45am. Meet start at 9:00am.

ELIGIBILITY: Only Masters Swimmers with 2019 USMS Registration or foreign equivalent may participate. Verification of your current (2019) USMS card or card from foreign master's equivalent must accompany your registration. A one-day USMS registration will be available for \$15 on the day of the meet. Online USMS registration is available at <http://www.comsa.org/joining/join-online.html>. Contact the COMSA registrar, Marcia Anziano at coregistrar@usms.org with questions.

RULES: Current USMS Rules govern the competition, including a NO FALSE START RULE, and whistle alerts announcing the start of each race. Age on the day of the meet 3/9/2019 determines competition age.

SEEDING: All events will be Mixed gender and seeded slow to fast according to time, except for the 500yd Freestyle. The 500yd Freestyle will be seeded fast to slow.

Be sure to enter your Short Course Yards times on your registration. All events are timed finals.

OF ENTRIES: Entries are limited to 5 individual events and 3 relays. All entries are to be submitted via the Swim Meet Registration system (no individual time cards are required). A heat sheet and meet program will be posted on the day of the meet.



- TIMING:** Electronic timing will be used for all events, with back-up pickles and hand-timing.
- SCORING:** Team and individual points will not be calculated.
- RESULTS:** Results will be posted by the Meet Director at the swim meet, as soon as possible after each event. Swim Phone will have on line results posted as well. To find results on line, go to swimphone.com, click on "swim meets" and choose from the list, "1st Annual Colorado Springs Masters Invitational". Follow the prompts to the results for your events.
- Event results will be separated according to gender and age groups.
- The final results (.pdf) document will be posted on the COMSA.org website.
- AWARDS:** No awards will be presented.
- REGISTRATION:** Preferred method for receiving entries is online at on Club Assistant. Click on the registration button and follow the prompts. Online entries are processed with a credit card by ClubAssistant.com.
- [\(link coming soon\)](#)
- Contact the Meet Director, Andrew Ladrow, or Audrey Eldridge at ppaswimfoundation@gmail.com if you unable to enter online.
- DEADLINES:** Online registration closes at 11:59pm MST on Wednesday 3/6/2019
- DECK ENTRIES:** On Deck entries are allowed for an additional \$10.00 charge. On Deck entries will only be allowed in events that have lane space available. We will not reseed those events to which the On Deck entry has been added.
- ENTRY**
- CONFIRMATIONS:** Your online entries will provide you with email verification of your entries.



USE THE FORM BELOW FOR ON-DECK ENTRIES ONLY:

\$38.00 Entry fee per swimmer (Maximum 5 individual events and 3 relays)

\$10.00 fee for on deck entries (\$48.00 for on deck entry)

Enter event numbers/distance and stroke or IM/seed times

1) _____ / _____ / _____ : _____ . _____

2) _____ / _____ / _____ : _____ . _____

3) _____ / _____ / _____ : _____ . _____

4) _____ / _____ / _____ : _____ . _____

5) _____ / _____ / _____ : _____ . _____

What relays are you interested in participating in?

_____ / _____ / _____ : _____ . _____

_____ / _____ / _____ : _____ . _____

_____ / _____ / _____ : _____ . _____

If you have questions, need more information, or help registering, please contact: Andrew Ladrow, Meet Director,
or Audrey Eldridge at ppaswimfoundation@gmail.com



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ORDER OF EVENTS

Event 1 (Mixed Seeding Fast to Slow)

#	Sex	Event
1	Mixed	500 Y Free

10 MINUTE BREAK POOL OPEN

Events 2-8 (Mixed Seeding Slow to Fast)

#	Sex	Event
2	Mixed	100 Y IM
3	Mixed	50 Y Fly
4	Mixed	200 Y Free
5	Mixed	100 Y Breast
6	Mixed	50 Y Back
7	Mixed	200 Y Fly
8	Mixed	50 Y Free

Events 8-10 (Seeding Slow to Fast)

#	Sex	Event
8	Women's	200 Y Relay Free
9	Men's	200 Y Relay Free
10	Mixed	200 Y Relay Medley

10 MINUTE BREAK POOL OPEN

Events 11-17 (Mixed seeding slow to fast)

#	Sex	Event
11	Mixed	50 Y Breast
12	Mixed	200 Y Back
13	Mixed	100 Y Fly
14	Mixed	100 Y Free
15	Mixed	200 Y Breast
16	Mixed	100 Y Back
17	Mixed	200 Y IM

Events 18-20 Relays (Seeding Slow to Fast)

#	Sex	Event
18	Women's	200 Y Relay Medley
19	Men's	200 Y Relay Medley
20	Mixed	200 Y Relay Free





**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	

