

## **Denver Masters Mile High Mile/Short and Sweet SCY Swimming Meet**

Hosted by Denver Masters at Denver University in Denver, Colorado

Denver Masters Swim Team invites you to the 2019 Denver Masters Mile High Mile/Short and Sweet Swimming Meet, to be held at El Pomar Natatorium in the Ritchie Center of the University of Denver in Denver, Colorado, which is located at 2201 East Asbury Avenue, Denver, CO 80210.

The pool is 25 yards by 50 meters, and will be set up with 10, 25 yard competition lanes and two lanes for warm up and warm down. A Colorado Electronic Timing System with backup timing will be used. On-deck seating space will be available. We recommend bringing your own chairs if you plan to make use of on-deck seating areas.

Saturday, March 9, 2019

3:00pm Warm up

4:00pm Start

Sunday, March 10, 2019

12:00pm Warm up

1:00pm Start

### **SANCTION: #329-S007**

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

**TIMING:** Electronic timing will be used for all events, with back-up pickles and hand-timing.

**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](mailto: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 last day of the meet 3/10/2019 determines competition age.

Seeding for the mile event on Saturday, March 9, 2019 as well as the 500 free, 400 IM and 1000 on Sunday, March 10, 2019 will be mixed seeded **fast to slow** by time.

The first 40 swimmers to register for the mile will have mixed seeding according to time.

The first 20 swimmers in the 500 free, 400 IM and 1000 free will have mixed seeding according to time.

**Swimmers in these distance events must supply their own timer and if necessary their own counter. NO positive check in required!**

There are unlimited entries for the 50's, 100's, and 200's on Sunday, March 10, 2019 which will have mixed seeding **slow to fast** according to time.

Event results will be separated according to gender and age groups.

Some events may be combined if entries are too few to run separately.

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

Continuous warm up and warm down lanes will be available and clearly marked. No paddles, kick boards, or pull buoys are allowed during warm up or warm down.

The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

**NUMBER OF ENTRIES:** Entries are limited to 5 events. 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.

**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, "Denver Masters Mile High Mile/Short and Sweet Meet". Follow the prompts to the results for your events.

The final results (.pdf) document will be posted on the COMSA.org website.

**AWARDS:** No awards will be presented

**DEADLINES:** Recommended: Early registration closes on 2/28/2019  
Final online registration closes at 11:59pm Mountain time on 3/7/2019

**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.

Registration Link

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2307&smid=11379](https://www.clubassistant.com/club/meet_information.cfm?c=2307&smid=11379)

Contact the Meet Director, Andrew Le Vasseur at [swimmasters@du.edu](mailto:swimmasters@du.edu) if you unable to enter online.

**ON 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.

Contact the Meet Director, Andrew Le Vasseur at [swimmasters@du.edu](mailto:swimmasters@du.edu), if you think you will need to deck enter, because you missed the entry deadlines.

**ENTRY CONFIRMATIONS:** Your online entries will provide you with email verification of your entries.

**MEET SCHEDULE:**

Saturday, March 9, 2019  
3:00pm Warm up  
4:00pm Start

Sunday, March 10, 2019  
12:00pm Warm up  
1:00pm Start

**ORDER OF EVENTS:** 2019 Mile High Mile/Short and Sweet SCY Swimming Meet

**Saturday, March 9, 2019 - Session 1 - Event 1 (Mixed seeding fast to slow)**

Warm-ups start at 3:00 PM (continuous warm up and warm down lanes available)

Meet Session starts at 4:00 PM

#	Sex	Event	
1	Mixed	1650 Y	Free

**Sunday, March 10, 2019 - Session 2 – Event 2 (Mixed seeding fast to slow)**

Warm-ups start at 12:00 PM (continuous warm up and warm down lanes available)

Meet Session starts at 1:00 PM

#	Sex	Event	
2	Mixed	500 Y	Free

**Sunday, March 10, 2019 - Session 3 – Event 3-9 (Mixed seeding slow to fast)**

Warm-ups start at 12:00 PM (continuous warm up and warm down lanes available)

Meet Session starts at 1:00 PM

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

**Sunday, March 10, 2019 - Session 4 – Event 10 (Mixed seeding fast to slow)**

Warm-ups start at 12:00 PM (continuous warm up and warm down lanes available)

Meet Session starts at 1:00 PM

#	Sex	Event	
10	Mixed	400 Y	IM

**Saturday, March 10, 2019 - Session 5 - Event 11-17 (Mixed seeding slow to fast)**

Warm-ups start at 12:00 PM (continuous warm up and warm down lanes available)

Meet Session starts at 1:00 PM

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

**Sunday, March 10, 2019 - Session 6 – Event 18 (Mixed seeding fast to slow)**

Warm-ups start at 12:00 PM (continuous warm up and warm down lanes available)

Meet Session starts at 1:00 PM

#	Sex	Event	
18	Mixed	1000 Y	Free

**ENTRIES AND FEES WORKSHEET: Registration Link:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2307&smid=11379](https://www.clubassistant.com/club/meet_information.cfm?c=2307&smid=11379)

Swim Meet:

\$15.00 surcharge per swimmer

\$5.00 per individual event (max 5 events)

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

- 1) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_ \$5.00
- 2) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_ \$5.00
- 3) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_ \$5.00
- 4) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_ \$5.00
- 5) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_ \$5.00

Entries Sub Total: \$ \_\_\_\_\_

Swim Meet Grand Total with a \$15.00 surcharge: \$ \_\_\_\_\_

## **LIABILITY WAIVER:**

### **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	

For more information regarding the 2019 Denver Masters Mile High Mile/Short and Sweet Swimming Meet

Please contact:

Andrew Le Vasseur

Denver Masters Head Coach/Meet Organizer

CMS representative to COMSA

USMS Level IV Coach

USMS ALTS Certified Instructor

[swimmasters@du.edu](mailto:swimmasters@du.edu)

(303) 968-6464