



NORTH SHORE MASTERS USMS TIME TRIALS
SATURDAYS APRIL 17 & 24, 2021
Sanctioned by ILMSA for USMS, Inc. #XXX-XXXX

TIME: 6:45 a.m. warm up, Meet Starts: 7:15 a.m. First Heat.
We need to vacate the facility by 9am.

LOCATION: Lake Forest Academy, 1500 West Kennedy Blvd (Route 60), Lake Forest, IL 60045
 As per our current Covid-restricted lifestyle, only bathrooms are available – no locker room facilities.
 Appropriate & modest deck changing is allowed.

FACILITY: 25-yard pool with 4 lanes available for racing during the meet.
 Throughout the meet, lanes 1 & 6 will be available for those who wish to do continuous swimming. All athletes who enter the pool area on either April 17 & 24 will be expected to do at least one meet-level event.
 The length of the competition course is on file with USMS. [List of measured pools by state](#)

ELIGIBILITY: Must be over 18 years of age and a current USMS or USA-Swimming member. For non-NSM members, in accordance with USMS rules, verification of membership registration must be provided with your entry, either copy of membership card or verified through online registration. To register with USMS go to: <https://www.usms.org/reg/register.php>.
 Only athletes in the favor of the meet director are eligible to participate.

HOW TO ENTER: Entry fee is \$10 per day for non-NSM members (to cover the cost of conducting the meet.) Email your registration to MarciaC944@gmail.com, and specify on the entry how payment will be submitted. (See options below.) You will be asked to sign the most current USMS liability release at the event. Payment options: Venmo @Marcia-Cleveland-1
 PayPal & Zelle marciac944@gmail.com

ENTRY DEADLINE: Friday April 16, 2021 at 10am.

MEET CONDUCT: 2021 USMS rules govern the conduct of the meet. All events will be hand-timed finals. All events will be swum slowest to fastest and mixed gender. Participants are limited to 3 individual events per day.

Timing Regulations: Because the primary timing system at this meet will be manual, Official times will be eligible for ILMSA Records and USMS Top Ten, but ineligible for USMS National Records and FINA World Records.
 Competitors attempting to set USMS National records will not be possible since we only have hand timing devices.

ORDER OF EVENTS APRIL 17TH Events #1&2 will be limited to one heat each.

- | | | | |
|--------------------|--------------------|---------------------|---------------------|
| 1. 500 FREE | 5. 50 FREE | 9. 100 FREE | 13. 200 FREE |
| 2. 400 IM | 6. 100 BACK | 10. 100 FLY | 14. 50 FLY |
| 3. 50 BRST | 7. 100 BRST | 11. 200 BRST | 15. 200 BACK |
| 4. 200 FLY | 8. 200 IM | 12. 50 BACK | 16. 100 IM |

ORDER OF EVENTS APRIL 24TH Events #1&2 will be limited to one heat each.

- | | | | |
|--------------------|--------------------|---------------------|---------------------|
| 1. 500 FREE | 5. 100 FREE | 9. 200 FREE | 13. 50 FREE |
| 2. 400 IM | 6. 50 BACK | 10. 200 BACK | 14. 100 BACK |
| 3. 200 BRST | 7. 100 IM | 11. 100 FLY | 15. 50FLY |
| 4. 200 FLY | 8. 50 BRST | 12. 100 BRST | 16. 200 IM |

MEET DIRECTOR: Marcia Cleveland, MarciaC944@gmail.com

HEAD OFFICIAL: Ed Stranc

DIRECTIONS TO THE CURRENT POOL ENTRANCE from Route 60/West Kennedy Road:

Take Academy Drive 1 mile to the very end, past several academic buildings and the tennis courts. (Academy Drive turns into Caxy Drive when you arrive at the school.) Just past the tennis courts, turn left. At the end of this road (200 yards), turn right onto Cottage Drive and park along this road, or behind the building on your right. Enter the pool via the door in the building to your right. (On the backside of the building.) Please leave your shoes in the hallway outside the pool. Need more deets? Visit <https://www.lfanet.org/>

NORTH SHORE MASTERS USMS TIME TRIALS April 17 & 24, 2021

Meet Entry Form Deadline: Friday April 16, 2021 at 10am Central Time

NAME _____ DOB _____ Phone # _____

Email _____ USMS # _____

If not an NSM member, please attach copy of USMS 2021 Registration Card & indicate what way \$10 electronic Entry Fee will be sent: _____

Venmo @Marcia-Cleveland-1 or PayPal & Zelle marciac944@gmail.com

Team: Illinois Masters

Workout group: _____

Event	Seed Time	Event	Seed Time
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Need help with your events and seed time? Contact Marcia.

Sign, date and return attached USMS Waiver.

You will need to sign a COVID Waiver on April 17&24th

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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
- 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)
Signature of Participant			Date Signed	

IF NOT A MEMBER OF NSM, please attach copy of USMS 2021 Registration Card