



**7th Annual NAC Masters Sprinting Turkey Classic
November 18, 2017**

RULES: 2017 USMS Long Course 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. All events will be timed finals.

SANCTION NO: # 157-S011
by Southeastern Masters Swimming for United States Masters Swimming, Inc.,

HOST CLUB: Nashville Aquatic Club Masters

LOCATION: Tracy Caulkins Competition Pool at Centennial Sportsplex
222 25th Avenue North Nashville, TN 37203 (615) 321-3510
Directions to the Sportsplex can be found on www.swimnac.com.

FACILITY: The competitive pool at the Sportsplex is 25 meters long with 8 lanes, and the pool depth is a minimum of 7 feet. The pool is equipped with Colorado Timing. Warm-up/warm-down lanes will be available throughout the meet in an adjacent 25-yard pool. 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 United States Masters Swimming. We encourage swimmers to use the online entry system, which streamlines checking USMS registrations, putting your entries into the meet database, and entry payments. If you are not yet registered with USMS, you will be able to do so as the first step of your meet entry process. Swimmers using the online entry system get a 10% discount on entry fees.

One Event Entry link -

https://www.clubassistant.com/club/meet_information.cfm?c=1982&smid=9445

Multiple Event Entry link -

https://www.clubassistant.com/club/meet_information.cfm?c=1982&smid=9437

Swimmers using a paper entry form need to attach a copy of their USMS card to their entry forms or will be asked to show a 2017 USMS registration card upon check-in at the meet. If not yet registered, swimmers can register online with USMS after the entry due date or at the meet, but *swimmers must be USMS registered before entering the pool or swimming any events at the meet*. Swimmers using paper entries must also print out and sign the USMS waiver of liability found at the end of this meet information.

MEET DATE:

Saturday, November 18, 2017

Open Warm-ups: 3:00pm
Meet Start: 4:00pm

SEEDING: All events will be seeded slowest to fastest with mixed gender. A swimmer with no seed time may indicate "No Time" or "NT" in the time slot and will be seeded as the slowest time in that event. **In order to be seeded in the 800 Free, swimmers will need to positively check in with the Clerk of Course 30 minutes prior to the start of the meet.** There will only be 24 spots available for the 800. The 400 Freestyle will be limited to 32 spots. First come first serve for both races. We will have a waitlist of swimmers not making the top 24 or 32 spots on the 800/400 races. Results will be tabulated by gender and age group, as defined by USMS guidelines.

AWARDS:

Sprinting Turkey Award

DISABLED SWIMMERS: An information sheet for disabled swimmers is available to assist the facility and meet officials in preparation. Please contact the Meet Director.

ENTRIES & FEES: A swimmer may enter up to five (5) individual events electronically for a \$45 flat fee. All paper entries will require a \$50 flat fee. Late entries, as well as deck entries, will be accepted with an additional \$15 fee. Swimmers interested in doing one race may be enter for \$30 flat fee (\$35 if paper entry). Age for entries is determined by the swimmer's age on December 31, 2017. Paper entries should be submitted on the attached form. Swimmers can mail a hard copy to the address below. Checks should be made payable to **Nashville Aquatic Club**.

OFFICIALS: MEET DIRECTOR: Ashley Whitney, awhitney@swimnac.com, 615-975-4887

ENTRY CHAIR: Doug Wharam, dwharam@swimnac.com, 615-321-3510
Nashville Aquatic Club, P.O. Box 128318, Nashville, TN 37212

DEADLINES: **All individual entries and fees must be received by 11:59pm CST on Wednesday, November, 15, 2017.** *Any entries arriving after that date will be considered late and require an additional \$15 fee.* **Relay entries should** be submitted to the head table by the start of the session (4:00pm). There is no extra charge for relay entries.

FACILITY RULES: The Centennial Sportsplex staff respectfully asks that no outside coolers, food, or drinks be brought into the building. Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

SPECIAL NOTES: All men's, women's, and mixed events will be swum together. 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. The HYTEK event file, psych sheet, results, and other meet information will be posted on the NAC website (www.swimnac.com) as they become available.

REFRESHMENTS: The Nashville Aquatic Club Masters Swim Team will provide drinks and snacks throughout the meet at no charge for swimmers participating in the meet.

SATURDAY EVENING SOCIAL: [Pizza and Beer after the meet!](#)

NAC TEAM SPONSORS: There are several local businesses that support NAC and the sport of competitive swimming. These businesses not only contribute to the initiatives of team, but they also strive to better serve our out of town participants and spectators. Often times our NAC Team Sponsors offer special deals and offers the weekends of our swim meets and are ready and able to accommodate large groups, catering orders, and other special requests. Teams are encouraged to check out the listed hotels and restaurants posted on the NAC Team Sponsors page of the website www.swimnac.com when making plans to attend a NAC swim mee

2017 NAC Masters Sprinting Turkey Order of Events

Saturday, November 18, 2017 Warm-Ups at 3:00pm Session Start at 4:00pm	
Event # (W/M)	Event
1	400 Free
2	200 Medley Relay**
	10 Minute break
3	25 Free
4	200 Fly
5	50 Back
6	100 Breast
7	50 Free
8	200IM
9	25 Breast
10 Minute Break	
10	25 Back
11	50Fly
12	200 Free
13	100 Back

14	200 Breast
10 Minute Break	
15	25 Fly
16	100 Free
17	200 Back
18	50 Breast
19	100 Fly
20	200 Free Relay
21	800 Free

*Positive check in required for all events on Saturday (**400 Free**) before 3:30pm. Swimmers participating in the **800 Free** need to positively check in by 4:00pm.

****Relay cards** need to be submitted to the head table by the start of the session (4:00pm)

2017 NAC Masters Sprinting Turkey Entry Form

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc., Sanction No:

Name: _____

Address: _____

City/State: _____

Zip: _____

Cell Phone: _____

E-mail

Address: _____

Age as of December 31, 2017: _____ Date of Birth: _____

Sex: _____

USMS Registration #: _____ Team Name: _____

Team Initials: _____

Please circle event numbers and enter a time:

Payment:

Meet Entry Fee (\$50) Standard	\$50
One Race	\$30
Late Fee, if applicable (\$15)	\$
Total Fees Due	\$

Online entries preferred. If need to mail in entries, make check payable to Nashville Aquatic Club (NAC), and send to:

Doug Wharam
Nashville Aquatic Club
P.O. Box 128318
Nashville, TN 37212

IF YOU USE A PAPER ENTRY FORM:

Please attach a copy of 2017 USMS registration card. A pdf of your card can be downloaded from <http://www.usms.org/>

Please sign and include a copy of the following USMS 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.

1. 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.

1. 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.

1. 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.

1. 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
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