



Hosted by: Atlanta Rainbow Trout  
Meet Director: Shayne Lastinger

USMS Sanction #: **459-S004**  
Date: May 5, 2019

Time: Sunday Warm-ups start at 9AM; Meet starts at 10AM.

Facility: Georgia Tech Campus Recreation Center (CRC). 10 Lanes, Short-Course Yards 10 Lanes for warm-up/warm-down continuously running through the meet. <http://www.crc.gatech.edu/aquatics/>

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.

A separate warm up pool will be available throughout the meet.

Address: **750 Ferst Dr NW, Atlanta, GA 30318.** Parking Available in lot across Ferst Drive from the Campus Recreation Center (CRC) or in designated lots behind the CRC on **Marietta Street**. Parking on Tech Parkway is no longer permitted. Violators will be ticketed. Please pick up a parking pass inside the facility.

Eligibility: The meet is open to all persons 18 years and older as of May 5, 2019. Your age on May 5, 2019 determines your age at the meet. USMS REGISTRATION IS REQUIRED. If you are not registered, your application can be accepted at the meet. **Please include a copy of your USMS card with your registration.**

Events: Swimmers may enter up to 5 individual events and 3 relays.

Awards: Ribbons will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Individual High point winners will receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup. Times will count toward USMS Records and Top Ten.

Scoring: Top eight finishers will score as follows: 20, 17, 16, 15, 14, 13, 12, 11 for Individual events and 40, 34, 32, 30, 28, 26, 24, 22 for relays.

Fees: \$40 covers facility and meet costs.

Seeding: All events except for the 1650 Free will be seeded in advance and slowest to fastest. 1650 Free will be **limited to the first 20 entries** and seeded slowest to fastest, only after positive check-in has expired. **No exceptions will be made for missing the cutoff for positive check-in.** Men and Women will be seeded together based on time. "NT" entries will be seeded in the slowest heat.

Relays will be deck-seeded and posted at the meet. Psych sheets will be posted at [www.atlantarainbowtrout.com](http://www.atlantarainbowtrout.com) and at [www.georgiamasters.org](http://www.georgiamasters.org) around May 1<sup>st</sup> (depending on the number of late entries being processed).

Relays: Entries for the Medley Relays will be due by 10:00 AM. Entries for the Free Relays will be due by the start of event 10. Relays heat/lane assignments will be posted in various locations around the pool as soon as possible.

Entry deadline: Paper entries must be received by Wednesday, April 24<sup>th</sup>. Mailed entries received after that date will be assessed a \$10 late fee. No heats will be created to accommodate late entries after the meet has been seeded.

ENTER ONLINE at [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=11485](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=11485) until April 29<sup>th</sup> at 11:59PM. No late fee with online registration!



**Include a copy of your USMS Card!**

Last Name:		First Name:		Middle Initial:
Date of birth:	USMS#:	Team/Club Affiliation (NOT GAJA):		
Gender:	Email address:			

Circle the event number and provide your best Short-Course Yard (25Y) time for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events per day. **1650 Free limited to the first 20 entries.**

Warm ups 9 AM; Meet Starts 10AM					
#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	1650 Free		13	200 Breast	
2	Women 200 Medley Relay		14	100 Fly	
3	Men 200 Medley Relay		15	200 IM	
4	Mixed 200 Medley Relay		16	100 Free	
5	200 Free		17	200 Back	
6	50 Back		18	50 Breast	
7	100 Breast		19	Women 200 Free Relay	
8	50 Fly		20	Men 200 Free Relay	
9	100 Back		21	Mixed 200 Free Relay	
10	100 IM				
11	200 Fly				
12	50 Free				

**Payment Info:**  
**Meet Entry Fee:**  
\$40.00

Make Checks Payable to: **Atlanta Rainbow Trout**  
**Mail to:** Atlanta Rainbow Trout, 541 10<sup>th</sup> Street NW, #341, Atlanta, GA 30318  
**Paper Entry must be received by Wednesday, April 24<sup>th</sup>.**  
 Online entry: [https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2176&smid=11485](https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=11485)  
 Questions? Email [Shayne.lastinger@comcast.net](mailto:Shayne.lastinger@comcast.net)

Must sign USMS Liability Release on Back of Entry



**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