



Oregon or Bust Meet *Long Course Meters – July 9, 2016*

- Sanctioned By:** Gulf Masters Swimming for United States Masters Swimming, Inc., Sanction #
- Hosted By:** Woodlands Masters Swim Team
- Meet Referee:** Claude Humbert
- Meet Director:** Frank Bergfield – c/o WMST, PO Box 7084, The Woodlands, TX 77387
Phone: 936-523-0540
E-mail: fbergfield@hotmail.com
- Location:** The CISD Natatorium
19133 David Memorial Drive
Shenandoah, Texas 77385
- Date & Times:** Saturday, July 9, 2016
Warm-ups – 9:00 AM
Meet Starts – 10:00 AM
- Facilities:** Indoor 8 lane 50-meter non-turbulent pool. Adjacent 25 yard lanes will be available for warm-ups during the meet. Showers and lockers will be available. 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.
- Timing:** A Daktronics Omnisport 2000 automatic timing and scoring system with touch pads as the primary timing system will be used during the competition. Secondary timing system will be manual-electronic with 1 button and 1 digital watch per lane. Hy-Tek's Meet Manager software will be used to manage and score the meet.
- Rules:** Current United States Masters Swimming technical rules and code of regulations will govern this meet.
- Eligibility:** All participants must be registered with United States Masters Swimming. Competitors must be 18 years of age on or before July 9, 2016. The eligibility of a participant is determined by their age as of December 31, 2016. You may register for the Meet online at www.wmst.net. Additional links are available at www.gulfmastersswimming.org or www.usms.org. You may also register by mail. If you do, a copy of your 2016 USMS Registration Card must be attached.

- Event Time Limit:** To enter the 800 meter freestyle, you must be able to complete the event in 30 minutes or less.
- Conduct of Meet:** All events will be timed finals; women and men will be seeded together by time only, slowest to fastest. Enter the meet using your best long course meters time for the event. If you only have short course yards times and are using the on-line entry system, please use the on-line time conversion utility to adjust your times to long course meters. If you are entering the Meet using paper entries, please use the *Swimming World* time conversion utility to convert your times www.swimmingworldmagazine.com/results/conversions.asp. The Meet Director may, at his discretion, correct, adjust or insert an entry time for any swimmer.
- Hospitality:** Available for Officials, Timers, and Meet Volunteers.
- Limit of Events:** Each entered swimmer may swim a maximum of 5 events.
- Entry Fees:** On-time entry (online entry and/or paper entry received by June 22 will be \$40)
Late entries (received after June 22 until the close of entries on July 5th will be \$50)
All entries will close midnight, July 5th.
- All snail mail entry fees must be made payable to:
"WMST" and sent with the Entry Form to Frank Bergfield, Meet Director,
c/o WMST, P. O. Box 7084, The Woodlands, TX 77387.
- Age Groups:** Individual: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc.
- Relays:** Will not be scheduled for this meet
- Awards:** For individual events 1st, 2nd, and 3rd place ribbons will be awarded for each age group
- Results:** Results will be posted electronically on the Woodlands Masters Swim Team website at www.wmst.net and the Gulf Masters Swimming website at www.gulfmastersswimming.org
- Parking:** Plenty of free parking is available adjacent to the Natatorium
- Lodging:** Hotels can be found on our team website, www.wmst.net
- Facility Rules:** This meet is conducted on the grounds of a school district campus. The CISD asks that all swimmers, spectators, and coaches comply with the facility regulations.

Oregon Or Bust Meet Presented by WMST
Swimmers Information & Meet Entry Form
 Sanctioned by Gulf Masters Swimming for USMS

(Please Print)

LAST Name: _____ FIRST Name: _____ USMS #: _____

Birthdate: _____ Team Name _____ Team Abbreviation (5 letters max): _____

Swimmer's Age as of 12/31/2016: _____ Sex (circle): Male Female

Address: _____ City: _____ State: _____ Zip: _____

Home Phone #: _____ Work Phone #: _____ E-mail: _____

Women		Saturday – July 9 th	Men	
No.	Time-meters	Event Schedule	No.	Time-meters
1		400 Meter Individual Medley	1	
2		100 Meter Breaststroke	2	
3		50 Meter Backstroke	3	
4		200 Meter Freestyle	4	
5		100 Meter Butterfly	5	
6		50 Meter Breaststroke	6	
7		200 Meter Individual Medley	7	
8		400 Meter Freestyle	8	
9		100 Meter Backstroke	9	
10		200 Meter Butterfly	10	
11		50 Meter Freestyle	11	
12		200 Meter Breaststroke	12	
13		50 Meter Butterfly	13	
14		100 Meter Freestyle	14	
15		200 Meter Backstroke	15	
16		800 Meter Freestyle	16	

Entry Fees

On time (by 6/22/16) – \$40.00 _____
After 6/22 until entries close on 7/6/16) – \$50.00 _____

If you enter online, you will receive confirmation of entry by email. If you submit a paper entry, you must include your completed and signed Meet Entry Form, a copy of your current USMS Membership Card, and a check in the appropriate amount made payable to "WMST". Mail paper entries to Frank Bergfield – Meet Director, c/o WMST, P.O. Box 7084, The Woodlands, TX 77380.

Questions should be directed to Frank Bergfield, Meet Director, fbergfield@hotmail.com

THE USMS LIABILITY RELEASE FORM ON THE NEXT PAGE MUST BE SIGNED, AND

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ATTACHED.



**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	

Revised 07/01/2014