

2023 Ozark LMSC Short Course Meters Championship

Sponsored by St. Louis Area Masters Swimming, Inc. (SLAM)

Sanctioned by Ozark LMSC for USMS, Inc.

Saturday, December 9, 2023 at 12:00 pm



Location: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025

The pool is 50 meters in length with movable bulkheads; the competition pool will be 25 meters in length. There are 5 SCM competition lanes, one buffer and two warm-up/down lanes; a separate 8 lane SCY pool is available for continuous warm-up/down during the meet. The elevated viewing area can seat 499 spectators, the pool level seats 220 coaches and swimmers; there are dedicated men's and women's large size locker rooms. **The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records is contingent on verification of bulkhead placement.**

Time: Warm-up starts at 11:00 am, swim meet begins at 12:00 pm.

Eligibility: Persons eighteen (18) years of age and older and all levels of swimming ability are welcome. Age is determined by swimmer's age on December 31, 2023. Participants are encouraged to be current USMS members; register for USMS membership online at <http://www.usms.org/reg/>. Select "Ozark" as the LMSC (not Missouri Valley or Illinois). One-Event USMS registration (OEVT - add \$20 to entry fee) is allowed but OEVT is not eligible for Relays or USMS recognition.

Conduct: The 2023 USMS rules will govern the conduct of the swim meet. All events will be timed finals and participants are limited to five (5) individual events. Events will be seeded slowest to fastest; genders may be seeded together at the discretion of the meet referee.

Entering Relays: *Unattached swimmers cannot swim on relays.* Online registration includes Relay events, the Director will email entrants to help create teams; please email any already created team lineups to jpenge358@gmail.com. Relay-teams are either 4 MEN or 4 WOMEN or 2M+2W/MIXED; teammates must be registered with the same Club. The aggregate age of the four relay-team swimmers determines the age group: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. Individuals may swim for only one relay team in each relay event. No fees are charged for relays and relay-only swimmers must complete an individual meet entry.

Covid-19 Safety Protocol: Per CDC guidance (dated July 28, 2021), at indoor facilities in areas with substantial or high COVID-19 transmission levels, it is recommended that both vaccinated and unvaccinated attendees wear a mask covering the nose and mouth at all times except while swimming. Proof of vaccination is not required. USMS Safety Plan Addendum for this swim meet is included as the last page of the entry form.

Fees: ONLINE ENTRY ONLY via registration link at www.swimslam.org
- NO PAPER, DECK, OR EMAIL ENTRIES ACCEPTED, NO EXCEPTIONS

\$30 - USMS members

\$50 - Non-USMS members pay the \$30 Meet Entry Fee plus \$20 OEVT fee (membership at meet only)
Meet Entry DEADLINE: 11:59 pm - Thursday, December 7, 2023

Meet Director: Maryanne Barkley barkleymaryanne@gmail.com 618-667-3134

Online Entry Coordinator: Jeff Enge jpenge358@gmail.com 405-200-8927

Driving Directions: Chuck Fruit Aquatic Center, 6168 Center Grove Rd., Edwardsville, IL 62025

I-270 @ Exit #9: Hwy 157 North, continue 3.5 miles; right on Center Grove Rd, right at EHS Sports Complex stoplight.
I-55 @ Exit #23: West 143 to Governors Pkwy 4 miles; left on ESIC Dr, right on Center Grove, left at EHSSC stoplight.
Chuck Fruit Aquatic Center & parking is the first left. A pedestrian tunnel connects CFAC to nearby lodgings.

Lodging: Walking Distance to Pool (Edwardsville): Holiday Inn Express, 1000 Plummer Dr, 618-692-7255; Country Hearth Inn & Suites, 1013 Plummer Dr., 616-656-7829; TownePlace Suites, 6101 Center Grove, 618-655-3001.

Within Ten Miles: Comfort Inn & Suites, 3080 S. Hwy 157, Edwardsville, 618-656-4900; Hampton Inn, 5723 Heritage Crossing Dr, Glen Carbon, 618-589-5000.

2023 OZARK LMSC Short Course Meters Championship ENTRY FORM
Sanctioned by Ozark LMSC for USMS, Inc. Sanction #223-S005
Saturday, December 9, 2023 – Meet starts 12:00 pm

ONLINE ENTRY FORM WORKSHEET

Name (as listed on 2023 or 2024 USMS card):	Birth Date:	Age (on Dec 31, 2023)	Gender:
Address:	Home Phone		
City:	State:	Zip:	Club Affiliation
2023 or 2024 USMS Number	Email Address:		
Emergency Contact Name:	Emergency Contact Phone:		

SEED TIME REQUIRED – Actual or Estimated Short Course Meters Time
Maximum Entry – 5 events

#	Event Short Course Meters	Seed Time	#	Event Short Course Meters	Seed Time
1	100M Freestyle		12	200M Breaststroke	
2	200M Butterfly		13	50M Backstroke	
3	50M Breaststroke		14	100M Butterfly	
4	Relay 200M Medley M - W - X		15	Relay 200M Freestyle M - W - X	
5	400M Freestyle		16	100M Individual Medley	
6	100M Breaststroke		17	400M Individual Medley	
7	200M Backstroke		18	200M Freestyle	
8	Relay 400M Freestyle M - W - X		19	100M Backstroke	
9	50M Butterfly		20	50M Freestyle	
10	200M Individual Medley		21	Relay 400M Medley M - W - X	
11	Relay 800M Freestyle M - W - X		22	800M Freestyle	
	15-Minute BREAK* SLAM meeting		23	1500M Freestyle	

**Additional breaks may be taken depending on the number of entries*

The 800 FR & 1500 FR require positive check-in before Event 16; Heats seeded & published as soon as possible.

Meet Entry Fee: \$30

+ Non-members add \$20 One-Event USMS Membership (OEVT)

Online Entry Registration Link at swimslam.org

Registration deadline is 11:59 pm, Thursday, December 7

Online entry credit card charge from “Pay Pal”

X

By entering the 2023 Ozark LMSC Short Course Meters Championship Swim Meet, I electronically sign that I have read and agree to comply with its Covid-19 Safety Plan Addendum, including that I may be prohibited from participating if I have symptoms of Covid-19 infection. I further agree that Online Entry includes Electronic Signing of the USMS Participant Waiver (r.09/21/23)



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/or 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, including the Code of Conduct and any safety regulations established by USMS. 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 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, 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/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Revised 09/21/2023



U.S. Masters Swimming COVID-19 Safety Plan Addendum Ozark LMSC Short Course Meters Champs 12/9/23

RESPONSIBILITY - 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. 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 Meet Director immediately.

CAPACITY – St. Louis Area Masters Swimming will comply with and enforce existing health and safety guidelines of United States Masters Swimming, Ozark LMSC, the State of Illinois, and Madison County.

CLEANING - The bleachers, starting blocks and pool deck will be sanitized before the start of the swim meet.

FACILITY - Swimmers may use the locker room bathrooms, changing rooms, and showers. Swimmers are also able to show up in their suits and leave in their suits. Swimmers should provide their own water-bottle and snacks.

SCREENING - All attendees should self-screen at home and take their temperature at home. Stay at home if not feeling well or if you have been in contact with anyone who has or may have Covid-19.

FACE COVERINGS - Masks may be worn by all attendees except when swimming; swimmers will remove their masks just prior to swimming and reapply them after they leave the pool. Masks may be worn at any time by any volunteer, paid official, timer and staff for the duration of the event.

REGISTRATION & CHECK-IN - All registration will be conducted online prior to the meet. Swimmers will be assigned lanes and heats for each of their events; heat sheets will be sent electronically to the swimmers before the meet. Upon arrival at the facility the swimmers will check in by name. They will be advised to space themselves at least 6 feet apart in seating areas.

SPACING on DECK - Swimmers will space themselves at least 6 feet apart in bleachers or in a portable chair on deck. Swimmers will remain in their seat except when swimming or using the restroom. When the heat before them gets up on the blocks they will stand against the wall behind the starting blocks at each lane.

WARM-UP - Swimmers cannot enter the venue until 15 minutes prior to warmups. Swimmers will space themselves at least 6 feet apart in bleachers or portable chairs. The total number of swimmers should not exceed the pool space available.

RACING – Prior to their heat, swimmers will stand at least 6 feet behind the starting block in their lane. They will remain there until the swimmers in the heat before them exit the pool, then they will walk from the wall to stand at the blocks while awaiting the starter's signal. After their race they will exit the pool and clear the competition area.

AWARDS & RESULTS - There are no awards at this meet. Unofficial results will be posted at the meet; official results will be posted online at OzarkLMSC.com and Ozark LMSC Facebook page and will be emailed by the Meet Director to meet participants.

POST-EVENT NOTIFICATION - When registering for the meet, each participant is required to commit to informing Ozark LMSC within 24 hours if they develop symptoms of COVID-19 and/or test positive for COVID-19 within 10 days after the swim meet. All other attendees will be informed of the same requirement. If a positive test result occurs, all meet attendees will receive an email notice.

Dated: September 1, 2023