



Georgia Masters Newsletter

Swimming in Georgia

March 2018

Chair's Corner



I competed at the St. Patrick's Invite a few weeks ago (recap included in this newsletter). It was a fun, fast meet. I met lots of old friends, and made many new ones. I love

swimming for that reason. But it's only one of many reasons I love this sport so much. I strive to become a better version of myself every year, and I figured over the years that one way to get there is to step out of your comfort zone. So, I entered the 400 IM at this meet. It was the last event on day 1, and I had entered 3 other events. By the time I had to step up on the block for this last race, I told the timer "remind me to never do this again." I hadn't even swum yet. But I did it. I pulled myself together and pushed myself (way) out of my comfort zone. And I finished. I showed myself that even when I think I have nothing left to give, my mind can be stronger than anything else. It hurt. It wasn't pretty. But knowing what I am capable of doing when I set my mind to it showed me that I was on to something. In the end, all that counts is that I did it.

When was the last time you left your comfort zone?

Don't Miss These Events



College Club Championships – April 6-8

The first annual College Club Championships will be held at Georgia Tech on April 6-8. **Volunteers**

are needed for timing. For questions, contact Event Director **Maddie Sibilia** at nationals.gtc@gmail.com.

To sign up as a volunteer, visit: <http://www.signupgenius.com/go/60b0e4faeab2fabf58-volunteers>. You'll first click on what sessions you'd like to volunteer for and then click on **Submit and Sign Up** at the bottom of the page. When you sign up and enter your contact information, write "Georgia Masters" in the box labeled "Swimmer or Volunteer).

There's limited availability of parking passes for volunteers and since this is a student-run meet, they can't cover the \$15 parking in the CRC lot for those who do not receive a parking pass. However, all volunteers will receive t-shirts and snacks and/or meals depending on the shift they sign up for.

ART Spring Splash – April 15



The annual Atlanta Rainbow Trout SCY Spring Splash is coming up on Sunday, April 15 at Georgia Tech's Herb McAuley Aquatic Center. Swimmers can enter online or by paper entry. Online deadline is April 11 at 11:59pm. Paper entries must be **received** by April 6; entries received after that will be assessed a \$10 late fee. Meet information and entry is available on the Georgia Masters website at www.georgiamasters.org and also included in this newsletter.

Warmups are at 9:00am with a 10:00am meet start. Please note the following guidelines for entering:

- You must have verification of your 2018 USMS registration. If sending in an entry, a copy of your card **must be included with your entry**.
- Since this is a state meet, any Super Team (GAJA) members will enter their individual club designation rather than GAJA, e.g., Dynamo swimmers would enter DYNA.
- For distance swimmers, note that the 1650yd free is seeded by **time only** (men and women combined in heats) slowest to fastest.
- Relays are deck seeded. Check the meet information for deadlines for submitting relays.

Meet hosts are the **Atlanta Rainbow Trout**. Meet Director is **Shayne Lastinger**. For questions, contact seanfit@gmail.com. This meet is part of the 2018 Georgia Grand Prix.

**USMS Spring Nationals –
May 10-13**

For anyone interested in competing at the upcoming Spring SC Nationals in Indianapolis on May 10-13, note that the entry deadline is **April 9**. You can enter on the USMS website at www.usms.org. Good luck to our Georgia competitors!

**Pan Am Masters Championships
July 28 -August 4**



The upcoming Pan Am Masters LC Championships are to be held in nearby Orlando, Florida from July 28-August 4. For open water enthusiasts, there will also be 1.5k and 5k open water events there on August 5 as well! Remember, there are no Dixie Zone or USMS LC Championships this year to encourage participation at the Pan Ams. We hope to have a big Georgia delegation attending.

For GAJA swimmers who plan to attend, please contact Coaches Chair **Donna Hooe** at rdhooe1@juno.com to let her know your relay availability.

Information on the Pan Am Championships can be found at the Dixie Zone or USMS website.

A Note from Coach Donna

In preparation for the PanAm Games, we will be placing orders for both silicone swim caps with our logo and t-shirts. The t-shirts will be of light weight polyester and will be \$15 for each shirt.

If you want caps with your last name on them there is a minimum order of two. The link for the cap orders is <http://store.swimshop1.com/georgia-masters-swimming-silicone-cap-wname-p3440.aspx>. You can also order just a single silicone cap without your name as well. Swim cap orders need to be made before **May 27**.

T-shirts orders will be thru me. If you are interested in ordering t-shirts you may send me your order \$15 each and don't forget to include your size. Send your payment and size to:

Donna Hooe
693 Pate Rogers Rd.
Fleming, GA 31309

T-shirts will be distributed at the meet since we will have the names on the back. For questions email me at rdhooe1@juno.com.

Georgia 2018 Grand Prix Events

February 15-18	USMS Winter Fitness Challenge: 30-minute swim
March 17& 18	St Pat SCY @ Dynamo
April 15	ART Spring Splash
June (TBA)	Athens Bulldog LC Invitational
July7	Georgia Games Open Water-Lake Allatoona
July 15-31	USMS Summer Fitness Challenge 2k

July 28-Aug 4	Pan Am Championships-LCM Orlando
September TBD	Southside Seals SCY Pentathlon
November 15-30	USMS Fall Fitness Challenge: 1 mile
December TBD	St Nicholas SCM Invitational

Swimmers participating in the Pan Am Championships will receive points for competing, but not for performance. Fitness Challenge events are worth five points. For questions about the Grand Prix, contact **Pat Eddy** at patddy52@aol.com

Meet Recaps

St Pat Recap – March 17&18

This meet was true to its name this year, as the dates actually fell on St Patrick’s Day! Held at the Dynamo Swim Center, about 120 swimmers competed at this annual event, representing clubs throughout Georgia and the Dixie Zone. Georgia clubs represented included: Athens Bull Dogs (ABSC), Atlanta Rainbow Trout (ART), Atlanta Water Jocks (AWJ), Concourse Masters (CONC), meet hosts Dynamo Masters (DYNA), Gwinnett County Masters (GMAC), Georgia Killer Whales (GMKW), Marietta Stingrays (RAY), Swim Atlanta Masters (SAMS), Southside Seals (SSS), Windy Hill Aquatics (WHA), and Northwest Y Gray Fins (YGF).



Mike Gaw, Elaine Krugman, Cathy Jones and Dan Beaty

Thanks to meet director **Sam Wilson** and all of the Dynamo volunteers who helped to bring this meet to fruition. Special thanks to the officials who dedicated their time to officiate the meet as well as the timers. Results of this meet can be found on the Georgia Masters website. 2017 Georgia Grand Prix awards and 2017 Go The Distance awards were given out at the meet (winners were listed in the January newsletter).

This meet was the first event of the 2018 Georgia Grand Prix Series. (See above for a list of other events)

Other News

Swimmer Profile – Stan Delair

By Elaine Krugman



If you have been to a regional swim meet over the past five years, you may have seen a swimmer in his 60’s walking on deck with the aid of crutches. That was Stan Delair, and he wants people who are curious to know he contracted polio as a child. “I had polio when I was three years old, a

couple of years before they had a vaccine,” he explained.

Polio didn’t hold Stan back from being an active kid, though. “I learned to swim when I was four or five years old at the YMCA. An interesting fact about the YMCA back in those days was that the swim lessons [for boys] were all given in the nude. They did this starting in the 1920’s and up until the 1960’s. They didn’t do that for the women; it was just for the men,” Stan said, encouraging me to look it up. Sure enough, my Google search confirmed this odd fact!

While growing up, Stan spent a lot of time in the water during the summers, but never competed on an age group swim team. He took a chance anyway and tried out for his high school squad. The freshman was surprised he made the cut, because their team was top-ranked in Nebraska. Due to the stiff competition, though, Stan didn't get much opportunity to compete at meets.

Following high school, Stan was invited to try out for the swim team at the University of Nebraska where his former high school coach was now the head coach. As Stan explained about the offer, "I thought, If I'm going to keep swimming in college, I want to go someplace where I can compete (rather than sit on the bench). I went to a smaller school, a state college in northern Nebraska and swam there for two years."

Following college, Stan swam only sporadically. About one of his swimming stints, he said, "I set the American Record for my classification in disability at age 66. It didn't last very long; some 24-year-old came along five months later and beat it." Stan also qualified for the Paralympic Trials; however, he did not participate.

Five years ago, he decided to return to swimming once again. "I was badly out of shape and out of breath, so I gradually built it up to where I could swim a whole mile! I got to the point where I thought, 'This is great, but if I do this on my own, I'm kind of lazy and I won't do as well.'" Stan decided it would be better to train with a coach and team, so he joined Masters and the Stingrays in 2013 and trains with them Mondays, Wednesdays, and Fridays at 5:30 AM. Additionally, he swims 2-3 days per week on his own.

Stan swims a total of 10 – 12,000 yards per week, usually swimming 1,500 – 2,000 yards per session, when he swims on his own. "I don't think for me personally that racking up a lot of yards is the right way to go," he explained, adding that fatigue is the major factor, and when he gets tired, he stops to

rest. Stan's the oldest swimmer on the Stingrays, and he finds it difficult to keep up with the younger swimmers in their 20's.

Although he limits his yardage in workouts, this freestyler tackles the mid-distance and distance free events at meets. In college, Stan specialized in the 500 and 1650 free, and although he told himself when he joined Masters that he would never compete in those events again, he has ended up doing just that. "I did not enjoy doing the 1650 when I was in college, and I said that nobody is ever going to get me to do one of those again, but I guess they did! I'm still not crazy about it, but I'll do it. I kind of have to do it, because without a kick, I'm not very good for sprints, so I have to focus on the distance events."

As he has gotten older, though, this determined swimmer has made some changes in his 1500 and 1650 race strategy—something many Masters swimmers find they need to do as they age up: give up flip turns in favor of open turns, and breathe every stroke. "I just don't have the lung capacity anymore to do flip turns for 60 or 66 turns," Stan lamented, but added that switching to open turns, increasing his distance per stroke, and breathing every stroke has helped improve his race endurance.

That's the nice thing about swimming backstroke, and one of the reasons Stan adopted it as his second stroke— you can get as much air as you need! It is also a stroke he could swim without a good kick; although, as he describes his backstroke, "It's a work in progress!" The work he has put in to improve his stroke technique has paid off, though, because he beat out five of his competitors in the 200 Yard Backstroke to take home a bronze medal at the 2017 National Senior Games.

As Stan looks ahead to future meets, he has one goal he hopes to achieve. "When I hit 70 (in two

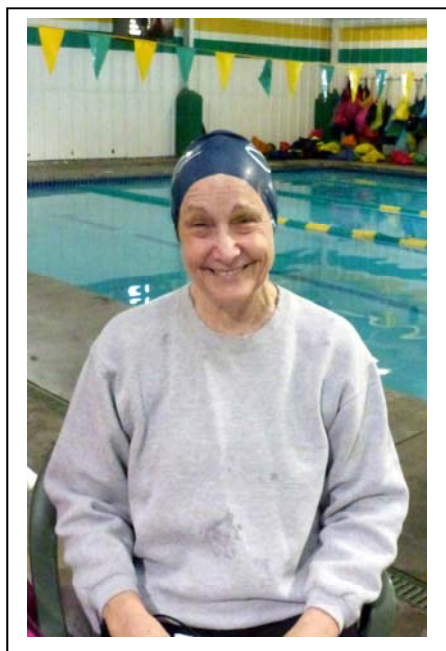
years), I would like to go to Nationals and make a Top Ten or two.”

In the meantime, he is working towards that goal by competing in meets about once each month. In addition to swimming in Masters meets, Stan swims with the Shepherd Sharks, a team of Paralympic-classified swimmers sponsored by the Shepherd Center. Located in Atlanta, the private, not-for-profit hospital specializes in medical treatment, research and rehabilitation for people with spinal cord injury, brain injury, multiple sclerosis, spine and chronic pain, and other neuromuscular conditions. Stan is the oldest swimmer on their adult team and has traveled throughout the country to compete with them at Paralympic meets.

Between swimming with the Shepherd Sharks and Stingrays, swimming has been a very positive experience for Stan, since returning to the sport in 2012. As he listed off his favorite things about Masters, they included, “The camaraderie with the people, you get to meet a lot of nice people at the meets, the people I work out with, and you’re doing something worthwhile that’s good for you. The health benefits are obvious. Since I have started swimming, I have had a lot more energy and stamina.”

With a list of benefits like that, it looks like we will be seeing Stan competing in area swim meets for years to come!

Pictures from St’ Pat’s Meet



Francine Williams



Donna Guest, Muriel Cochran & Mark Rogers



**Ginger Penn,
Margo Schneider,
Ellen Briggs,
Eleanor Jones
& Sue Ott**

Upcoming Events

April 2018			
15*	ART Spring Splash at Georgia Tech	19-22	YMCA Nationals – Ft Lauderdale
May 2018			
6*	LMSC Conference Call at 7pm. Contact Britta at brittaoleary@gmail.com if you'd like to participate	10-13	USMS Spring SC Nationals - Indianapolis
June 2018			
	LMSC Conference Call	TBA*	Athens Bulldog LC at UGA; contact craigwpage@gmail.com
July 2018			
	LMSC Conference Call		Georgia Games Open Water
18-4	Pan Am Masters Championships – Orlando FL		
August 2018			
	LMSC Conference Call	5	Pan Am Masters Championships-Open Water

Information on these and other Dixie Zone events can be found on the Dixie Zone website at www.dixiezone.org/Meets.htm.
 *Dates in red are Georgia LMSC events.



Cathy Jones



Ed Saltzman

Swim Websites	
ASL Silverking TRI-Masters	Swimasl.com
Athens Bulldog Swim Club	http://www.athensbulldogs.com
Atlanta Rainbow Trout	https://www.atlantarainbowtrout.com
Atlanta Water Jocks	http://www.atlantawaterjocks.com
Chastain Park Athletic Club	www.ChastainParkAthleticClub.org
Columbus Aquatic Club	http://www.swimhurricanes.com
Concourse Athletic Club	wellbridge.com/concourse-athletic-club/sandy-springs
Cumming Waves Swim Team	www.cummingwaves.net
Decatur Family YMCA	ddy.ymcaatlanta.org
DeKalb Aquatics Masters	http://daqswim.com
Douglas County Stingreys	douglascountystingrays.org
Dynamo Swim Club Masters	http://dynamoswimclub.com
Fyns	http://www.fynsmasters.com
Great White Shark Aquatics	www.gwsaswim.com
John P. Thayer YMCA Masters Swim	Columbusymca.com
Savannah Masters	http://www.tlb975.wix.com/mastersswimming
Stingrays Masters Swimming	http://www.stingraysswimming.com
Swim Macon Masters	www.swimmacon.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Tidal Wave Masters Swimming	tidalwaveswimming.com
Windy Hill Athletic Club Masters	http://www.midtown.com/windyhill
Georgia Masters Swimming	www.georgiamasters.org
USMS Dixie Zone	www.dixiezone.org/links.htm
USMS	www.USMS.org



GEORGIA CLUBS			
NAME	ABBR	CONTACT	EMAIL
Atlanta Rainbow Trout	ART	Sean Fitzgerald	seanfit@gmail.com
Atlanta Water Jocks	AWJ	Lorenzo Benucci	lbenucci@gmail.com
Andrew & Walter Young YMCA Masters	AWYY	lilonga Thandiwe	linz.t@mindspring.com
John P. Thayer YMCA Masters Swim	BARM	Scott Balkcum	sbalkcum@ymcacolumbusga.com
Cumming Aquatic Center	CMMS	Susan Alston	cac2@cityofcumming.net
Concourse Athletic Club	CONC	Nancy Overheim	noverheim@wellbridge.com
Chastain Park Athletic Club	CPAC	Jim King	jimkingusa@gmail.com
Cumming Waves Swim Team	CWGA	Teresa Coan	swimcummingwaves@gmail.com
DeKalb Aquatics Masters	DAQM	Melissa Wilborn	daqswim@bellsouth.net
Decatur Family YMCA	DFY	Beth Costello	bethc@ymcaatlanta.org
Georgia Masters	GAJA	Lisa L Watson	lisa.watson@ung.edu
Gwinnett County Masters Club	GMAC	Destry Dispain	destry.dispain@gwinnettcounty.com
Great White Shark Aquatics	GWSA	Phil Donihe	coachphil17@yahoo.com
Columbus Aquatic Club	HURM	Kathy Gramling	cachurricanes@gmail.com
Marietta Marlins	LINS	Larry Baskin	larry@larrybaskin.com
Life Time Swim Georgia	LTMS	Alicia Kockler	ryanbell@msn.com
Stingrays Masters Swimming	RAY	Ian Goss	rayscoach@gmail.com
Spartans Aquatic Masters Club	SAMC	Kris Kester	kris@kris-fit.com
Tidal Wave Masters Swimming	TWMS	Andrew Baer	swimbaer@comcast.net
Windy Hill Athletic Club Masters	WHA	Keith Berryhill	keith.berryhill@windyhillclub.com
Northwest YMCA Grayfins	YGF	Muriel Cochran	murielcochran@gmail.com
GEORGIA SUPERTeam (GAJA)			
ASL Silverking TRI-Masters	ASLM	Kathleen Greely	aslcoachgreely@gmail.com
Athens Bulldog Swim Club	ABSC	Craig Page	craigwpage@gmail.com
Douglas County Stingreys	DCS	Jarrod Hunte	douglascountystingrays@gmail.com
Dynamo Swim Club Masters	DYNA	Mike Cotter	mikedynamo@earthlink.net
Fyns	FYNS	Raquel Terroba	fyns.coach@gmail.com
Georgia Masters Killer Whales	GMKW	Lisa Watson	lisa.watson@gsc.edu
Life Time Swim Alpharetta	ALPL	Ryan Moss	COCNAquaticsManager@lt.life
Life Time Swim Atlanta	ATLL	Katie Payne	GAATAquaticsManager@lt.life
Life Time Swim Johns Creek	JCL	Merrie Copeland	GAJCAquaticsManager@lt.life
Life Time Swim Sugarloaf	SUGL	William Breland	GASLAquaticsManager@lt.life
Life Time Swim Woodstock	WSKL	Jonathan Sims	GAMBAquaticsManager@lt.life
Savannah Masters	SAVM	Donna Hooe	rdhooe1@juno.com

Southside Seals	SSS	Rob Copeland	rob_copeland@comcast.net
Stingrays Masters	RAYS	Ian Goss	rayscoach@gmail.com
Swim Atlanta Masters	SAMS	Scot Davis	sdavisswim1980@yahoo.com
Swim Macon Masters	SMM	Tana Selby	tanatanas@bellsouth.net
Tidal Wave Masters Swimming	TWM	Andrew Baer	swimbaer@comcast.net

Who Y'All Can Call

Name	Title	Phone	Email
Rob Copeland	Long Distance	(678) 817-1602	rob_copeland@comcast.net
Pat Eddy	Member at Large	(614) 670-1108	pateddy52@aol.com
Donna Hooe	Coaches Chair	(912) 884-6456	rdhooe1@juno.com
Bob Kohmescher	Newsletter Editor	(770) 722-2192	bobk340@comcast.net
Elaine Krugman	Contributing Editor	(678) 603-1543	ekrugman@aol.com
Bill Lotz	Member At Large	(404) 261-1906	blotz@mindspring.com
David Morrill	Safety	(770) 862-2533	latycar@latycar.org
Britta O'Leary	LMSC Acting Chair	(636) 295-3222	brittaoleary@gmail.com
Andy Rettig	LMSC Registrar	(678) 417-6411	arettig@gmail.com
Ed Saltzman	Treasurer, Records, Meet Sanctions, Communications	(770) 442-9075	swimsalt@bellsouth.net
Jeff Tacca	Member At Large	(404) 256-0733	jtacca@comcast.net
Lisa Watson	Vice-Chair	(770) 497-1901 (678)717-3646	lisa.watson@ung.edu
Karol Welling	Secretary	(770) 631-9195	krw83@mindspring.com
John Zeigler	Fitness	(770) 972-7981	jvzeigler@bellsouth.net



2017 Grand Prix Winners



Go the Distance Winners – John Zeigler and Pat Eddy



Hal Stoltz, Albert Woods, Rebecca Hamilton & David Miller



Hosted by: Atlanta Rainbow Trout

USMS Sanction #: 458-S005

Meet Director: Shayne Lastinger

Date: Sunday, April 15, 2018

Time: Warm-ups at 9 AM, meet starts at 10 AM. A separate warm up pool will be available throughout the meet. **Positive check-in required for the 1650 by 9:30AM.**

Facility: Georgia Tech University 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.

Address: 750 Ferst Dr NW, Atlanta, GA 30318. Paid parking Available in lot across Ferst Drive from the Campus Recreation Center (CRC). Limited parking behind the CRC on Tech Parkway/Please pick up a parking pass from the attendants. Tech has decreased the number of spaces on Tech Parkway and we will only receive 50 passes.

Eligibility: The meet is open to all persons 18 years and older as of April 15, 2018.

Your age on April 15, 2018 determines your age at the meet. USMS REGISTRATION IS REQUIRED. **Please include a copy of your USMS card with your registration.** For GAJA teams, this is an in-state meet, so your team is your "chapter" not GAJA.

Events: Swimmers may enter up to 5 individual events.

Awards: Ribbons will be awarded for 1st, 2nd, and 3rd places. Team scores will be kept and the team with the highest scores will be announced as winners for the top 3 highest teams. There will be no team award. High point winners will be announced and will receive an award.

Timing: Touchpads/electronic timing with hand/stopwatch backup.

Scoring: Top eight finishers will score as follows: 9, 7, 6, 5, 4, 3, 2, 1 for Individual events and 18, 14, 12, 10, 8, 6, 4, 2 for relays.

Fees: \$40 covers facility and meet costs. Entries received after the deadline will be assessed a \$10 late fee.

Seeding: All events except for the 1650 Free will be seeded in advance and slowest to fastest. 1650 Free will be 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 and at www.georgiamasters.org around April 12th.

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: Entries must be received by Friday, April 6th. Online entry will remain open until Wednesday, April 11th at 11:59PM Deck, paper, and email entries received after April 6th will be assessed a \$10 late fee. There is no late fee for online entry. No heats will be created to accommodate deck entries or after the meet has been seeded. Online Entry URL: https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=10322



Include a copy of your USMS Card!

Last Name:		First Name:	Middle Initial:
Date of birth:	USMS#:	Club Affiliation (<i>NOT GEORGIA MASTERS/GAJA</i>):	
Gender:	Email address:		

Circle the event number and provide your best Short-Course Yards (25 Yards) time or NT (No Time) for each event you plan to enter. No deck entries will be accepted for Individual events. Maximum of 5 individual events. **1650 limited to the first 30 entries.**

#	EVENT	Time (00:00:00)	#	EVENT	Time (00:00:00)
1	1650 Freestyle		12	50 Freestyle	
2	Women's 200 Medley Relay		13	200 Breaststroke	
3	Men's 200 Medley Relay		14	100 Butterfly	
4	Mixed 200 Medley Relay		15	200 IM	
5	200 Freestyle		16	100 Free	
6	50 Backstroke		17	200 Backstroke	
7	100 Breaststroke		18	50 Breaststroke	
8	50 Butterfly		19	Women's 200 Free Relay	
9	100 Backstroke		20	Men's 200 Free Relay	
10	100 IM		21	Mixed 200 Free Relay	
11	200 Butterfly				

Payment Info:

Meet Entry Fee:	\$40.00	Make Checks Payable to: Atlanta Rainbow Trout
<i>Late fee (after 4/6)</i>	<i>\$10.00</i>	<i>Mail to: Young Jeong 1445 Monroe Dr. NE Unit C30, Atlanta, GA, 30324</i>

Entry must be received by Friday, April 6th.

Questions? seanfit@gmail.com

Enter Online at: https://www.ClubAssistant.com/club/meet_information.cfm?c=2176&smid=10322

Please sign the waver on the back!



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	