RED RIVER MASTERS
Janet Martin Invitational
Short Course Yards

Date:	Saturday November 11, 2017
Times:	Saturday November 11, 2017 Warm-up 10:30 a.m. Meet Starts 11:30 a.m.
Sanction:	Sanctioned by Southern Masters Swimming for USMS Inc. (#247S004)
Facility:	BHP Billiton Branch of the YMCA of Northwest Louisiana in the Miles A Fitzgerald Pool at 3455 Knight Street in Shreveport, Louisiana. Indoor, 8-lane 25 yard course, depth 9 feet at starting end, 4'4" feet at turning end; indoor, 8-lane 25 yard pool available for warm-up during the meet. 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.
Rules	2017 USMS Rules shall govern.
Eligibility:	All participants must be registered with United States Masters Swimming. A copy of your 2017 USMS card is required with the completed entry.
Deadline	All mail-in entries must be received by November 6, 2017.
Fees:	$30.00 per swimmer for the full meet
Entries:	Swimmers may enter a maximum of six individual events per day, plus relays. Prior to November 6, 2017, please mail completed entry form, copy of USMS card, and check (payable to YMCA of NWLA) to: Mason McGee Janet Martin Masters Invitational 3455 Knight Street Shreveport, LA 71105

Seeding:	All events will be seeded slow to fast without regard to age. Women and Men may swim in a combined heat of the 500 depending on number of entries. There will be a short break after the 200 medley relay and before the 200 freestyle relay.
Age Groups:	18-24, 25-29, 30-34, 35-39, 40-44, etc. Relays 18+, 25+, 35+, 45+, etc. (the age of the youngest relay member determining the age group)
Scoring:	Individual events: 9-7-6-5-4-3-2-1. Relays are double points.
Results:	Will be available on the Internet at ymcanwla.org
Director:	Mason McGee (318) 674-9635 Email – MasonM@ymcanwla.org
Awards:	Ribbons 1st – 3rd will be provided for all events.
Hospitality:	A meal will be provided after the meet for all participants.
Hotel:	Hilton Shreveport 104 Market Street Shreveport, LA 71101 318-698-0900

Order of Events

Saturday November 11, 2017
Warm-up 10:30 a.m.
Meet Starts 11:30 a.m.
200 Medley Relay
100 IM
50 Free
100 Breast
50 Back
100 Free
50 Fly
500 Free
50 Breast
100 Back
200 Free
100 Fly
200 Free Relay

ENTRY FORM
Red River Masters
JANET MARTIN INVITATIONAL

Sanctioned by Southern Masters Swimming for USMS Inc.,

Name:_____ Age (as of 11/11/2017):_____ DOB:_____ Sex: _____
Address:_____ City/State: _____
E-Mail Address:_____ Zip Code:_____ Phone: _____
USMS #:_____ Team Name:_____ Team Abbreviation: _____

Circle desired event numbers and list seedtime in yards (if you do not have a time, please estimate a seed time based on a practice swim). Limit of six individual events. Relays deck entered.

SHORT COURSE YARDS

Saturday, November 11, 2017			
Warm-up 10:30 a.m. Meet 11:30 a.m.			
W	M	Event	Seed Time
1	2	200 Medley Relay	xxxxxxxxxxx
3	4	100 IM	
5	6	50 Free	
7	8	100 Breast	
9	10	50 Back	
11	12	100 Free	
13	14	50 Fly	
15	16	500 Free	
17	18	50 Breast	
19	20	100 Back	
21	22	200 Free	
23	24	100 Fly	
25	36	200 Free Relay	xxxxxxxxxxx

* There will be a short break between relays and distance swims on Saturday.

LIABILITY RELEASE:
The attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT must be signed and turned in before participating in the swim meet.

Entries must be received by
Monday, November 6, 2017
Mail entries to:
Mason McGee
Janet Martin Masters Invitational
3455 Knight Street
Shreveport, LA 71105

Fees: Payable to YMCA of NWLA

$30.00 per swimmer for the full meet Send copy of 2017 USMS registration card

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