

HAMMERHEAD SPRING SWIM FEST

Saturday, April 2, 2016

Sanction by Florida Gold Coast LMSC for USMS, Inc. Sanction # 506-S006

Sponsored by: Hammerhead Aquatics

Course: 6 lanes 25 yard, with electronic timing. One warm-up/down lanes will be available.

Eligibility: All swimmers must be registered with USMS or FINA and must attach their 2016 registration card. USMS rules will govern the meet.

Facility: Sunrise Middle School, 1750 NE 14 Street, Fort Lauderdale, FL 33304.

Entry Fees: Swimmers must pre-enter by Mail. Swimmers may swim up to 4 events and relays. Entry Fee of \$35.00 is due by March 25, 2016. Late entries (if space is available, no extra heats) is \$50.00. All entries and fees are non-refundable. Make checks payable to Hammerhead Aquatics.

Entry: Entries and a copy of your current registration membership card should be mailed to:

Hammerhead Aquatics
2716 NE 6th Lane
Wilton Manors, FL 33334
Phone # 954-588-6371
swimjohnswim@bellsouth.net

Entry Limit: 4 Individual events and relays

Psych Sheet: Psych sheets will be available at www.hammerheadaquatics.com on March 30, 2016.

Awards: Awards will be given to 1st – 8th place in each event as well as 1st – 3rd in the relay events.

Relays: Entries for relays will be accepted until 9:00 AM day of meet. Relays are \$10 per relay.

Results: Available at the following sites: www.hammerheadaquatics.com and www.dixiezone.org

Make checks payable to Hammerhead Aquatics. Entry Fee is \$35.00

You must sign the waiver on page 3 and include a copy of your current 2016 USMS or FINA card

HAMMERHEAD SPRING FEST
Saturday April 2, 2016– Sunrise Middle School
 Sanction by Florida Gold Coast LMSC for USMS, Inc. Sanction # **506-S006**

Name _____ USMS # _____ attach copy of 2016 registration card

Phone _____ Email _____ Short course (age as of 4/02/16) _____

Saturday April 2, 2016
 (500 warm up 8:00 AM)

	Women	Men
1 _____	500 Free	2 _____
	*****30 minute warm up*****	
3 *****	800 Free Relay	4 *****
5 *****	800 Free Relay - Mixed *****10 minute break*****	***** *****
6 _____	200 Freestyle	7 _____
8 _____	100 Backstroke	9 _____
10 _____	50 Breaststroke	11 _____
12 _____	200 Individual Medley	13 _____
14 *****	400 Medley Relay	15 *****
16 *****	400 Medley Relay - Mixed *****10 minute break*****	***** *****
17 _____	200 Butterfly	18 _____
19 _____	100 Freestyle	20 _____
21 _____	50 Backstroke	22 _____
	*****10 minute break*****	
23 _____	200 Breaststroke	24 _____
25 _____	100 Butterfly	26 _____
27 _____	50 Freestyle	28 _____
	*****10 minute break*****	
29 _____	200 Backstroke	30 _____
31 _____	100 Breaststroke	32 _____
33 _____	50 Butterfly	34 _____
35 _____	100 Individual Medley	36 _____
	*****10 minute break*****	
37 *****	400 Free Relay	38 *****
39 *****	400 Free Relay - Mixed	***** *****



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");

- 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 established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
- 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/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	