

Kroc Masters  
**Spring Splash**

**Entry Form**  
**Friday, March 4 & Saturday, March 5, 2016**

**DATE/TIMES:** Friday, March 4, 2016: Warm-up at 6:30pm. Meet starts at 7:15 pm. Saturday, March 5, 2016: Warm-up at 10:00am, Meet starts at 10:45am.

**AWARDS:** First-Third place ribbons will be available free of charge.

**LOCATION:** The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815

**FEES:** \$35 for online entries with breakfast (\$30 without breakfast) completed by midnight (PST) on March 2, 2015 (online entries are preferred). Online entries are charged to your credit card by "ClubAssistant.com/Events." Online meet registration is available at [www.InlandNWMasters.org](http://www.InlandNWMasters.org). Paper entries must be postmarked by February 26, 2015. Make checks payable to: The Salvation Army Kroc Center. Cash will not be accepted with entry forms.

**ELIGIBILITY:** All swimmers must be currently registered with US Masters Swimming or foreign equivalent. To register/renew with USMS visit [www.usms.org/reg](http://www.usms.org/reg) or [www.InlandNWMasters.org](http://www.InlandNWMasters.org) for the form. Include a copy of your registration card if registered outside Inland NW Masters.

**SPONSOR:** Kroc Masters Swim Club (KM). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 356-S001

**RULES:** All current USMS rules will apply. Please consult [www.usms.org/rules](http://www.usms.org/rules) about proper stroke and turn rules. Events will be seeded slow to fast on Saturday and fast to slow on Friday.

**DIRECTIONS TO THE SALVATION ARMY RAY AND JOAN KROC CENTER COMPETITION POOL:** From I-90 take the Northwest Blvd exit (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

**CONDUCT OF THE MEET:** Participants are limited to five individual events and three relay events for the Saturday session. **The limits include Splash Dash individual events (no points/records will be given for these races).**

**QUESTIONS:** Contact Glenn Mabile 208-699-6201.

**CHECK-IN:** Positive check-in required for 400 Free, 400 IM & 1500 Free. Deadline is 10:15 a.m. Saturday for 400 Free. Deadline for 400 IM and 1500 Free is 6:45pm Friday.

**NOTE:** Nourishment will not be provided to athletes. Concessions available in the lobby. Please no food on pool deck.

**RELAYS:** Submit relay cards to the clerk of course by 11:30 am or the completion of Event 4 on Saturday, whichever is sooner. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

**SATURDAY BREAKFAST:**  
**SERVED FROM 8:00 AM TO 9:30 AM DETAILS WILL BE PROVIDED UPON ENTRY IN THE MEET.**

**Entry Fees:**

- \$35 for online entries with breakfast (\$30 without breakfast) completed by midnight (PST) on March 2, 2016 (online entries are preferred). Online entries are charged to your credit card by "[ClubAssistant.com](http://ClubAssistant.com) Events." Online meet registration is available at [www.InlandNWMasters.org](http://www.InlandNWMasters.org).
- Paper entries must be postmarked by February 26, 2016.

**Checks Payable to:** Salvation Army Kroc Center  
**Postmarked by:** February 26, 2016  
**Mail Entries to:** Glenn Mabile  
214 S Pine Ct  
Post Falls, ID 83854

# Kroc Masters Spring Splash

## Entry Form

Friday, March 4 & Saturday, March 5, 2016

Name \_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Inland NW Team \_\_\_\_\_ Email \_\_\_\_\_

### \*Short Course Meter Times\*

**Maximum of 5 Individual and 3 Relay Entries (Saturday session)**  
**Entry limits include the Unsanctioned Splash Dash Individual Events**

### Friday March 4<sup>th</sup>

Warm-ups begin at 6:30pm

Event 1 starts at 7:15pm

1- 400 M Individual Medley \_\_\_\_\_  
2- 1500 M Freestyle \_\_\_\_\_

3- 200 M Butterfly \_\_\_\_\_

### Saturday March 5<sup>th</sup>

Warm-ups begin at 10:00am

Event 4 starts at 10:45am

Breakfast?  Yes  No

4- 400 M freestyle \_\_\_\_\_

#### **RELAY CARDS DUE**

#### **15 Minute Break**

5- 200 M Freestyle Relay \_\_\_\_\_

6- 200 M Mixed Freestyle Relay \_\_\_\_\_

7- 200 M Breaststroke \_\_\_\_\_

8- 100 M Backstroke \_\_\_\_\_

9- 50 M Butterfly \_\_\_\_\_

10- 100 M Freestyle \_\_\_\_\_

11- 50 M Breaststroke \_\_\_\_\_

#### **10 Minute Break**

12- 200 M Medley Relay \_\_\_\_\_

13- 200 M Mixed Medley Relay \_\_\_\_\_

14- 200 M Freestyle \_\_\_\_\_

15- 100 M Butterfly \_\_\_\_\_

16- 50 M Backstroke \_\_\_\_\_

17- 100 M Individual Medley \_\_\_\_\_

#### **10 Minute Break**

#### **SPLASH DASH (Unsanctioned)**

18- 25 M Butterfly \_\_\_\_\_

19- 25 M Backstroke \_\_\_\_\_

20- 25 M Breaststroke \_\_\_\_\_

21- 25 M Freestyle \_\_\_\_\_

#### **SPLASH RELAYS (Unsanctioned)**

22- 100 M Splash Relay \_\_\_\_\_

23- 200 M Splash Relay \_\_\_\_\_

#### **10 Minute Break**

24- 200 M Backstroke \_\_\_\_\_

25- 100 M Breaststroke \_\_\_\_\_

26- 50 M Freestyle \_\_\_\_\_

27- 200 M Individual Medley \_\_\_\_\_

28- 400 M Freestyle Relay \_\_\_\_\_

29- 400 M Mixed Freestyle Relay \_\_\_\_\_

Your Signature \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE MAKE SURE TO READ AND SIGN THE FOLLOWING TWO PAGES, WE CANNOT PROCESS YOUR ENTRY WITHOUT YOUR SIGNATURE ON BOTH.**



## 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.

**Revised 07/01/2014**

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	

**THE SALVATION ARMY PARTICIPANT WAIVER AND RELEASE OF LIABILITY,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

DISCLAIMER: The Kroc Masters, IWMSC, USMS are not owned or operated by The Salvation Army. This content and the conduct of its programs are not controlled or supervised by The Salvation Army Ray and Joan Kroc Center.

LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

In case of illness or accident, the Salvation Army Kroc Center is authorized to secure emergency medical treatment at my expense. The Salvation Army Kroc Center reserves the right to dismiss any participant who does not show respect for the facility, including but not limited to: property, equipment, policies, other members and staff. Members who are dismissed will not be given a refund of fees paid. The Salvation Army Kroc Center assumes no responsibility for personal property that is either in or out of lockers. By signing this entry form, I hereby waive any and all claims against The Salvation Army Kroc Center. I understand that the use of the facilities and equipment at The Salvation Army Kroc Center may involve risk of bodily injury or property damage and I agree to assume any such risks. I understand that it is up to me to consult physicians and other professionals to make sure that I can safely participate in this swim meet at The Salvation Army Kroc Center. I also understand and agree that by signing this Entry Form, I am giving up my right to make any claim against The Salvation Army Kroc Center, its agents, employees and volunteers, including the right to sue them, for bodily injury or property damage or any other loss that I might suffer while using The Salvation Army Kroc Center facilities and services, except as limited by law.

By signing and submitting this form, I agree to the terms of the "Liability Release."

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

\_\_\_\_\_  
DATE