2019 ALASKA MASTERS
SCY STATE CHAMPIONSHIPS

Saturday & Sunday, March 9-10

Hosted by Stingray Swim Team (FAST Masters)

- We encourage online entries through the Club Assistant system. Entry information is at https://www.clubassistant.com/club/meet_information.cfm?c=1816&smid=11153. You will be able to submit your entry times, use a secure site for payment of fees, sign the standard USMS waiver electronically, and have your USMS membership verified through this system. You will also be able to access the USMS database of times associated with your USMS registration number to help you determine appropriate seed times. Online entries will reduce the workload associated with putting together a meet. Online meet registration accepts credit cards. Your credit card statement will show a charge from "ClubAssistant.com Events".
- **Online meet registration closes at midnight, Sunday, March 3, 2019**
- **The meet director must receive paper (or email attachment) entries by midnight, Friday, March 1, 2019**
- Meet entry fee is $20.00 (swimmer surcharge) + $5.00 per entered event (relays have no event charge)

SANCTION	Under sanction **#569-S002** by US Masters Swimming and Alaska Masters Swimming.	
LOCATION	Wescott Memorial Pool 300 E. 8th Ave. North Pole, AK 99705	
FACILITY	Six (6) lane, 25 yard competition pool, divided by Flo-thru lane lines. CTS6 timing system with touch pads, DisplayLink scoreboard, CTS Dolphin back-up watches, and horn/strobe light start. Pool depth is 4.5 feet at start end and 3.5 feet at turn end. 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	
EVENT PERSONNEL	**Meet Referee**: Raymond Billings Email: raymond.billings@gmail.com **Meet Director**: Josh Gregory Email: coachjosh@aksst.com **Entry Chair**: Josh Gregory Email: coachjosh@aksst.com	
SCHEDULE	**General Warm Up (Sat & Sun)**	9:00-9:50am
	Official's Meeting (Sat & Sun)	9:30am
	Coach's Meeting (Sat & as needed)	9:50am
	Competition (Sat & Sun)	10:00am
	PROJECTED TIMELINE: will be established and distributed by Friday, March 8, along with the heat/lane assignment report.	
FORMAT	• This meet will be conducted in SCY • Diving Well will be open for continuous warm up/cool down (102.4)	
RULES	This meet will be run according to USMS rules and regulations. No glass on deck at any time. No shaving allowed on site. Smoking or use of other tobacco products in not permitted before, during or after the meet within the facility of adjacent outdoor areas. No food on deck.	

ELIGIBILITY	Open to all USMS registered swimmers. USMS registration must be done separately, there IS NOT a USMS registration option on the entry form nor will they be accepted at the meet. USMS registration must be for the entire year in order to compete in the State Championships. USMS membership will be verified upon receiving entries. You may register with USMS at: https://www.usms.org/reg/register.php Remember: Be sure to include a copy of your current 2019 USMS registration card if you enter the meet using the paper entry form. You must be registered with the workout group for which you intend to compete by the meet entry deadline in order for your points to count for that workout group.
SEEDING	Individual events (except 1650 and 500 frees) will be pre-seeded slowest to fastest regardless of gender or age group.
500/1650 Free	Positive check-in will be required by 9:30a for both the 500 and 1650 frees. Seeding is fastest to slowest regardless of gender or age group. All 1650 swimmers must provide one timer and their own lap counter.
RELAYS	Relays will be deck seeded at the meet. Indicating your availability for a relay does not mean that you will be in a relay. Relay team organization is the responsibility of those interested in swimming relays. All relays MUST be declared by 9:30a each day for seeding.
ENTRY RULES	**ENTRIES MUST INCLUDE**: Full legal name, Date of Birth, USMS ID number, and signed liability waiver. **AGE:** Age group shall be determined by the age as of the LAST day of the meet. If you enter the meet electronically, your age group will be calculated for you. **DECK ENTRIES**: Deck entries will not be accepted.
ENTRY LIMITS	**Six (6) individual events with no more than five (5) individual events per day**. Swimmers will not be guaranteed twenty minutes between events.
ENTRY DEADLINE AND SUBMISSION	**ENTRY DEADLINE:** **Paper or Email Attachment –** Midnight on Friday, March 1, 2019 **Online –** Midnight on Sunday, March 3, 2019. Late entries will not be accepted. **MEET ENTRY CHAIR**: Josh Gregory Email: coachjosh@aksst.com Phone: 970-689-1407 Address: 2189 Goldstream Rd, Fairbanks, AK 99709
ADAPTIVE SWIMMERS	Disabled or adapted swimmers are welcome and encouraged to participate. Individuals should include a written description of the special needs of the disabled/adaptive swimmer with entries. Questions regarding final assignment within specified heats should be brought to the attention of the Meet Referee.
ENTRY FEES	**INDIVIDUAL EVENT**: $5.00 **ATHLETE SURCHARGE**: $20.00 If using the paper entry form, please make checks payable to: **Stingray Swim Team** Paper/Email Attachment entry fees must be turned in at the computer table on first day of the meet and can be paid by cash, check, or money order. Entry fees are non-refundable. Athlete surcharge also applies to relay-only swimmers.
SCRATCHES	Scratches shall be made at the computer table on the provided scratch sheet.
LIABILITY	It is understood and agreed that USMS and Stingray Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SCORING	*(Individual scoring separated by age group/gender)* **INDIVIDUAL**: 7-5-4-3-2-1
AWARDS	*(Individual awards separated by age group/gender)* • 1st – 3rd combined team • 1st individual overall highpoint • Per Event: 1st – 6th ribbons
EVENT SPONSOR	Sponsor your favorite event(s) and have your name printed on the heat sheet and recognized on the Alaska Masters website. $10 per event.
CONCESSIONS	A concession stand will not be offered
MEET PROGRAMS AND RESULTS	Heat sheet will be available at the beginning of warm ups. Live results will be available on Meet Mobile. Final results will be posted on Alaska Masters website.
DECK CHANGING	Deck Changes are prohibited.
RECORDING BAN	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Visual recording devises are not permitted behind the blocks during the start sequence throughout the meet.

ANNUAL MEETING & ELECTIONS	The annual meeting will immediately follow the meet on Saturday. Food will be provided.
	• Order of business:
	  ○ Reading and adoption of previous meeting minutes
	  ○ Reports of Officers
	  ○ Reports of Committees
	  ○ Unfinished business
	  ○ Nominations and Elections
	  ○ New business
	  ○ Resolution and Orders
	  ○ Adjournment

ORDER OF EVENTS

Saturday, March 9

Warm-up 9:00a, Competition 10:00a

WOMEN	EVENT	MEN
1	400 Medley Relay	2
3	Mixed 400 Medley Relay*	3
4	Mixed 100 IM	4
5	Mixed 200 Back	5
6	Mixed 50 Fly	6
7	800 Free Relay	8
9	Mixed 800 Free Relay*	9
10	Mixed 100 Free	10
11	Mixed 400 IM	11
12	Mixed 100 Breast	12
13	Mixed 50 Back	13
14	200 Free Relay	15
16	Mixed 200 Free Relay*	16
17	Mixed 500 Free**	17

*Mixed relays must consist of two (2) females and two (2) males, with declaration due by 9:30a

**Positive check-in due by 9:30a

Sunday, March 10

Warm-up 9:00a, Competition 10:00a

WOMEN	EVENT	MEN
18	400 Free Relay	19
20	Mixed 400 Free Relay*	20
21	Mixed 200 Free	21
22	Mixed 50 Breast	22
23	Mixed 200 Fly	23
24	Mixed 100 Back	24
25	Mixed 200 IM	25
26	Mixed 100 Fly	26
27	Mixed 50 Free	27
28	Mixed 200 Breast	28
29	200 Medley Relay	30
31	Mixed 200 Medley Relay*	31
32	Mixed 1650 Free**	32

*Mixed relays must consist of two (2) females and two (2) males, with declaration due by 9:30a

**Positive check-in due by 9:30a

MEET ENTRIES AND LIABILITY WAIVER

Athlete Name _____ DOB_____

USMS ID# _____

LMSC _____

Workout Group _____

Entries: (Max six (6) individual events)

EVENT #	EVENT	TIME (can be estimate)
Available for Relays?		YES or NO

Athlete surcharge $20.00
Event - $5 per event x _____ # of events $_____
Total Fees Enclosed $_____

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		