



ILLINOIS MASTERS SWIM ASSOCIATION (ILMSA)
2018 SHORT COURSE STATE CHAMPIONSHIP
Friday April 13 – Sunday April 15, 2018
Sanction by Indiana LMSC for USMS Inc. Sanction #

Location: Munster H.S. Aquatic Center, 8808 Columbia Ave., Munster, IN 46321

Meet Host Website / Entry website: www.munstermasters.org

Meet Director: Matt Lee – matthewalee@comcast.net

Meet Referee: Ed Stranc – stranc.e@rcn.com

Facility: 2 x 10 Lane, 25 yd. by 25 yd. competition pool. Minimum (4) lanes for warm-up/cool down. Deck seating for competitors; elevated spectator seating for up to 800. Colorado Timing system (6) / Meet Manager 6.0. Men's and Women's locker rooms are adjacent to the pool deck. Vending done by Swim-Ville USA. Parking is around Munster HS in (3) different lots including Middle School parking and Community Park lots.

Rule 202.1.1A(4) 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.

Eligibility: Proof of 2018 USMS registration which is offered at the time of online entry. Age as of the last day of the meet shall determine age for the entire meet. Swimmers entering the 400 IM, 500 Free and 1000 Free must have an ILMSA provable time achieved within the previous 2 years. Please use page 4 to submit a certified practice within the required time that must be signed by a coach. Entered times must be accurate.

Entry Limit: Swimmers may enter and swim no more than 4 individual and 3 relay events a day. No swimmer may compete in more than 9 individual events (nor more than 5 relays) for the entire meet.

Entry Procedures: Online entry is preferred. Illinois Masters will have an exclusive period from 3/1/18 (6pm) to 3/15/18 (6pm) for entering the meet. All other swimmers may enter the ILMSA State meet starting at 6pm on 3/15/18. The online deadline is April 6, 2018, 10:00 PM CDT. All paper entries must use the ILMSA consolidated multi-day entry form and be postmarked between February 26, 2018 and April 6, 2018. Distance events will fill up online so paper entries will not suffice. Please mail paper entries to: **Matt Lee, 242 Briar Lane, Munster, IN 46321**. Checks should be made out to "Munster Swim Club". No late entries will be accepted.

https://www.clubassistant.com/club/meet_information.cfm?c=1863&smid=10238

Entry fees: \$25 swimmer surcharge, plus \$4 per individual event, for relay only swimmers 35.00 meet charge. T-shirts will be for sale for \$10 each. Relay fees will be \$10 each submitted relay payable on deck at time of entry.

Events: All events are timed-final events. Events are offered in age categories as per rule: 102.3.1 and swum slowest to fastest. The 400IM and 500 Freestyle will be limited to the first (200) entries and 1000 Freestyle will be limited to the first 176 entries.

Hospitality information: There will be Coach and Official Hospitality ALL weekend. Multiple vendors will be available outside pool area for all swimmers/attendees.



Relay Events: Relay forms will be available at the scorer's table all weekend. See rule 102.9.8 regarding relay limits. A completed form with a \$10 payment must be turned into the scorers' table along with entry form in order to be entered into a relay. You SHOULD indicate your relay availability via the online entry. Each

day's relay cards/entries are due the day prior to the start of each relay. (Modifications can be made the day of each relay)

Seeding: All events except the 400 IM, 500 and 1000 Free will be pre-seeded. Swimmers entered in these events must check in to declare their intent to swim. Swimmers who do not check in for those events by the published deadlines will be scratched from those events. These check-in sheets will be in the HALLWAY OUTSIDE THE LOCKER ROOMS EACH DAY. Pools are separated by gender for all individual events and men/women relays will be swum in the north competition pool ONLY.

Check-In: Swimmers may check in for distance events online or at the meet.

Positive check-in for the 1000 closes by 4:00 p.m., Friday April 13, 2018

Positive check-in for the 400 IM closes at 8:00 a.m. Saturday, April 14, 2018

Positive check-in for the 500 Free closes at 8:00 a.m. Sunday, April 15, 2018

Competition Pool Warm-up Hours: (all times are CDT)

Friday, April 15, 2016 3:20 pm– 4:10 pm Meet begins at 4:15 pm

Saturday, April 16, 2016 7:00 am– 8:20 am Meet begins at 8:30 am

Sunday, April 17, 2016 7:00 am– 8:20 am Meet begins at 8:30 am

(4) Lanes are available for warm-up/cool down continuously through the meet ON FRIDAY ONLY. There will be (2) middle lanes open for warm-up/cool down on SAT and SUN (middle lanes) The MHS will not be OPEN to participants before 3:05pm Friday!

Warm-up Procedures: Swimmers must enter the pool feet first in a cautious and controlled matter. No diving or backstroke starts will be allowed, except in designated sprint lanes starting at specific times each morning. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pool ONLY. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.13.3.) Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.

Scoring: Individual Events: 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 / Relays: 22, 18, 16, 14, 12, 10, 8, 6, 4, 2

Awards: Individual: Medals Places 1-3, Ribbons 4-10 Relays: Ribbons 1-3

High Point Award: One male and female (each age group)

Team Trophy: Trophies 1st through 3rd will be awarded to Large, Medium, and Small teams



Order of Events: Pools will be separated Men/Women with exception of Relays which may be separated at discretion of Meet Host

Friday April 13

MEN'S EVENT		WOMEN'S EVENT	
1	1000 Free	2	1000 Free

Saturday April 14

MEN'S EVENT		WOMEN'S EVENT	
3	400 IM	4	400 IM
5	200 Medley Relay	6	200 Medley Relay
7	100 IM	8	100 IM
9	200 Free	10	200 Free
11	50 Breast	12	50 Breast
13	400 Free Relay	14	400 Free Relay
15	50 Free	16	50 Free
17	200 Breast	18	200 Breast
19	100 Fly	20	100 Fly
21	100 Back	22	100 Back
23	200 Mixed Free Relay		

Sunday, April 15

MEN'S EVENT		WOMEN'S EVENT	
25	500 Free	26	500 Free
27	200 Free Relay	28	200 Free Relay
29	50 Back	30	50 Back
31	200 Fly	32	200 Fly
33	100 Free	34	100 Free
35	200 IM	36	200 IM
37	400 Mixed Free Relay		
39	50 Fly	40	50 Fly
41	200 Back	42	200 Back
43	100 Breast	44	100 Breast
45	200 Mixed Medley Relay		



Please use this form as proof of performance if submitting a seed time that is achieved in an organized practice.

Split Sheet Organized Practice Swim

Swimmer Name _____ USMS # _____

Club _____ Workout Group _____

Coach's Name _____

Event (please circle) 1650Fr 1000Fr 500Fr 400IM Course (please circle) 25y 25m 50m

Please record the 50 splits for the event.

Distance	Split	Distance	Split
50		900	
100		950	
150		1000	
200		1050	
250		1100	
300		1150	
350		1200	
400		1250	
450		1300	
500		1350	
550		1400	
600		1450	
650		1500	
700		1550	
750		1600	
800		1650	
850		Final Time	

Coach Signature _____ Athlete Signature _____



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