

SplashMaster

January 2016

Adult Learn-to-Swim Gains Traction throughout Inland Northwest

By Margaret Hair

At your next workout, have 1/3 of your co-swimmers stand on deck. This group represents the adult non-swimmer who is missing the opportunity to participate in the fourth most popular recreational activity in the United States. As you resume the workout, think about these individuals who are unable to enjoy the benefits of swimming.

The Adult Learn-to-Swim Program (ALTS) is a USMS program developed to train adult instructors in the latest methods for teaching an adult how to swim and become safer in and around the water. To this end, USMS has adopted the American Red Cross five water competency goals:

1. Step or jump into water over your head
2. Return to the surface and float/tread water for 1 minute
3. Turn around in a full circle and find an exit
4. Swim 25 yards to the exit
5. Exit the water. If in a pool, without the use of a ladder

The ALTS program was developed specifically for adults and provides a “best process” for teaching adults to acquire the skills necessary to meet the competency goals.

HOW TO GET STARTED

-) Secure a pool. Do you want to partner with a facility or do you want to “own” the ALTS business? Partnering means you would be the instructor and/or director of the ALTS program. Owning means you likely rent pool time and are responsible for all aspects of the ALTS program.
-) Establish a program schedule. What time of day works for the majority of prospective students? How many lessons per week? How many lessons per session? How many students per class?
-) Establish a registration process.
-) Secure instructors. Are instructors paid or volunteers? Keep instructor-to-student ratio low, around 1:3. Are instructors available for the

(cont. pg 3)

Spring Swim Events across Inland Northwest

The **Spring Splash** had 80 participants last year and would love to hit the 100 participant mark this March. The Kroc Center is a fantastic place for a swim meet. In addition to a super pool, the facilities are top notch.

Why you should sign up:

-) Brute Squad events on Friday evening March 4th. How great is that? Do the Brute Squad (1500M Free, 400 IM, 200 Butterfly) then sleep for the night. It's genius!
-) Masters breakfast Saturday morning - a must do social.
-) Splash Dash 25 meter events, individual and relay lengths (unsanctioned). Great for those first timers who are afraid of that 50M barrier...
-) Low-hanging fruit! Like to try for USMS Top Ten times? Fewer people compete in short-course meters events than short-course yards. You never know where that 200M fly time might put you within your age group. www.usms.org/comp/tt/

The Central Washington University Swim Team Masters are hosting the **Inland NW Short-course Yards Championship swim meet** on April 2-3 at the CWU aquatic center. You certainly do not need to be a champion to swim in this meet and have fun.

Why you should sign up:

-) All the events are offered. That makes it perfect for distance swimmers and sprinters alike and offers opportunities for teams looking to swim relays.
-) Two-day format gives you ample rest time to swim your best.
-) Socialize Saturday evening at the Inland NW banquet where annual awards are given. Many thanks to the Central Washington University Swim Club for hosting the “Wildcat Invitational” in May. The Wildcats conducted a well-run and fun meet for those who participated. It served as another step in preparing the club for hosting the Inland Northwest Masters Swimming champs meet.

See the enclosed entry forms to enter. Or visit www.inlandnwmasters.org for links to online meet entry.

Fitness, Competition in Open Water Swims

Check out these open water swims. Make it your goal to swim in one of these local events in 2016. These events are not USMS sanctioned.

Long Bridge Swim – 8/6/16

1.76 mile swim in Lake Pend Oreille at Sandpoint, Idaho. www.longbridgeswim.org

Swim the Snake – 8/13/16

0.7 mile swim across the Snake River at Lyons Ferry (near Starbuck, WA). Contact Resource Conservation and Development Council for more information, [509-337-8968](tel:509-337-8968), or check Facebook: Resource Conversation & Development- RC&D Council for entry information.

Coeur d'Alene Crossing – 8/14/16

2.4 mile swim in Lake Coeur d'Alene at Coeur d'Alene, Idaho. www.cdacrossing.com

Lake Chelan Swim – 9/8/16

1.5 mile swim in Lake Chelan at Chelan, Washington. www.lakechelanswim.com

Columbia Crossing Swim – 9/10/16

Approximately 1.5 mile swim across Columbia River at Tri-Cities. www.racecenter.com

Steve Omi Swim – Date TBD

1 mile swim in Lake Coeur d'Alene at Coeur d'Alene, Idaho. Typically this event, in its 23rd year, is mid-July which makes it a great warm-up event for LB Swim and CDA Crossing. Check www.omiswim.com for event date.



Mark Your
Calendars!

Adult Learn-to-Swim

(from pg. 1)

the proposed schedule?

-) Train the trainers. Establish date(s) for ALTS certified instructors to train the instructors on the ALTS progression lesson plan. USMS certified ALTS instructors in the Inland Northwest LMSC currently are Mike Hamm, Margaret Hair and Gloria Waggoner
-) Promote the program through a variety of media.
-) You are now ready to hold a class. Make a difference in someone's life!

Why go to the effort? Offering an ALTS program can give your club a chance for meaningful volunteering and put adults in your area on a path to being future Masters swimmers.

For additional information, contact the one of the following certified instructors:

Mike Hamm 208-771-2876 swimdude41@aol.com

Margaret Hair 208-771-2676 margarethair15@gmail.com

IWMSC Board of Managers

Elected and Appointed Positions

Chair: Matt Bronson (FAF)

Vice chair: Margaret Hair (LCNM)

Secretary: Tom Williams (MCM)

Treasurer: Joelle Olson (WWM)

Past Chair & Newsletter Editor: Paige Buehler (MCM)

Webmaster: Dave Cabrey (TCAS)

Registrar: Sean Murphy (TCAS)

Coaches Chair: Mike Hamm (KM)

Fitness Chair: Margaret Hair (LCNM)

Officials Chair: Wes Bratton (TCAS)

Open Water Chair: Kathy Farrell Guizar (WWM)

Sanctions Chair: Carolyn MaGee (WENM)

Top Ten Recorder: James Adams (WENM)

In addition, each Club and HMS Workout group has a representative on the IWMSC Board. See www.inlandnwmasters.org/leadership for the link to the club and workout group reps.



Meet Wrap-up: Turkey Trifecta

The Moscow Chinooks Masters pulled out the turkey décor for the 3rd annual Turkey Trifecta on November 14. About 80 people participated in the one day event at the University of Idaho swim center. Congratulations to those who won in a trifecta: three events usually of the same stroke where combined times determined age group winners.

Backstroke 50-100-200

Angela Bunce
Lauren Torok
Lorna Henry
Bryan Brosious
Asaph Cousins
Brian Johnson
Stephen Tanner

Freestyle 50-100-200

Amy Mazur
Barbara Cosens
Sam Stewart
Mathew Wintzer
Larry Krauser

Individual Medley 100-200-400

James Adams

"Brute Squad" 400IM-200Fly-1650Free

Kathy Farrell Guizar
Paul Gentry

And the Ultimate Trifecta Combo: Brute+Butterfly

Thomas Williams, the lone entrant
in the 50-100-200 Fly+400 IM+1650 Free

Breaststroke 50-100-200

Anna Sharpe
Kathy Amarasinghe
Cynthia Clutter
Susan Collins
Conner Ridgeway
Trent Shino

Michael Hamm

Allen Tedrow

Butterfly 50-100-200

Emily Brown
Margaret Hair
Gregory Luntzel
Matthew Bronson

Go The Distance

GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count—just the effort to attain whatever goal you set for yourself.

2015 Summary of participants registered in the Inland Northwest

- * 38 Swimmers
- * 7,274.44 Total Miles
- * 181.86 Average Miles/Swimmer

Search "GTD"
at usms.org

Coach and Stroke Clinics from 2015



Inland NW swimmers say new backstroke drills are "O.K." at the stroke clinic held last February at the Kroc Center.



Bill Brenner, USMS Education Services Director, presents the dryland portion of the Stroke Clinic held in Coeur d'Alene in February 2015. He and Mel Goldstein also held a Level 1 & 2 and Level 3 Coach Certification clinics during the same weekend.

What is IWMSC?

The Inland Northwest Local Masters Swimming Committee (IWMSC) manages its own fees, programming, governance and service to members under U.S. Masters Swimming. As a non-profit organization it must have a board of managers including chair, vice chair, secretary and treasurer to guide the decisions and carry out the mission of *promoting health, wellness, fitness and competition for adults through swimming.*

The IWMSC Annual Membership Meeting will be held Saturday, April 2nd in Ellensburg. See www.inlandnwmasters.org for more information.

Inland Northwest Local Masters Swimming Committee

PO Box 161

Richland, WA 99352

To the swimming household of:

Left-lane Letter

by Matt Bronson, Inland NW LMSC Chair

2015 was a busy year with clinics and meets. The USMS convention was held in late September. Officers were elected and the House of Delegates approved a new budget. For the first time the House of Delegates approved a national sanction fee for pool meets and re-adjusted the sanction fee for open water swims. The LMSC will need to review how these fees affect our budget. An LMSC task force will be looking at this issue to see if a change needs to occur to our LMSC fee structure and how the LMSC collects funds to support our endeavors.

2016 brings many opportunities. The Kroc Center has been selected for the NW Zone SCM championships with the meet scheduled for November. The USMS Summer National Long Course Championships are scheduled for August 17-21 at Mt Hood Community College in Gresham, Oregon. The USMS 10K Open Water Championship will be held at Applegate Lake, Oregon in July. The LMSC and clubs plan to host other meets this winter and spring culminating with the Champs meet and annual meeting in early April. Hope to see you there.

If you have suggestions on how the LMSC can better serve our membership, have ideas on clinics or any other input please reach out to your club representative or a board member. The LMSC is always looking for ideas and ways to provide our membership the best product possible.

Many thanks to the Board of Managers, meet organizers and all those who helped make 2015 a great year for the Inland Northwest LMSC.

Just in time for the beginning of spring swim meet season, an opportunity to learn...

-) *What all those whistles mean*
-) *How to know when to swim*
-) *What a legal turn and finish look like*
-) *How to read a meet program*
-) *What to pack in your swim bag*

SURVIVAL TO SUCCESS MEET CLINIC

SATURDAY, FEBRUARY 20, 2016

10:00 AM – 2:30 PM

**BENEWAH WELLNESS CENTER,
PLUMMER, ID**

The clinic includes a mini-meet of short events and relays for you to practice new skills and ready you for Spring Splash and Inland NW Champs. "Veteran" meet attendees are welcome to participate and warm up their skills.

**SEE ENCLOSED ENTRY FORM
FOR DETAILS**

MEET SURVIVAL-TO-SUCCESS CLINIC

Basic Training for Masters swimmers new to competition

Learn how to enter a meet, how to read a Meet Program, what all the whistles mean, legal turns and finishes, and best of all, DIVES and BACKSTROKE STARTS. Put all you've learned into practice at the "Survival-to-Success" mini-meet directly following the clinic.

DATE: Saturday, February 20, 2016

LOCATION: Benewah Wellness Center, 1100 'A' St., Plummer, Idaho 83851

TIMELINE:

-) Clinic: 10:00 AM – Noon
-) Nutrition Break: Noon – 12:30 PM (BYOLunch, snack bar available at BWC)
-) Mini-meet: 12:30 PM warm-up, 1:00 PM meet start

COST: \$25.00 for U.S. Masters Swimming Members (extra for one-event membership)

INCLUDED IN THIS EVENT:

-) **MEET CLINIC** tailored to swimmers new to participating in swimming competition and/or wanting more experience learning dives and starts from blocks, pool deck and in-water.
-) **MINI-MEET** featuring short distance events and two relays to put into practice the knowledge and skills learned during the clinic. The mini-meet will have timers so your swims will be "official" and you'll be able to see your times in the MyUSMS area of the usms.org website within 14 days of the event.

INSTRUCTORS:

Brian Johnson is a USA-Swimming certified stroke and turn judge. Brian's been swimming most his life, competing as an age group, collegiate, and masters swimmer, and has a blood chlorine level of 0.08. Brian will go through the starting sequence of a race and share his knowledge of legal touches, turns and stroke essentials.

Shelly Ruspakka is the head coach of Moscow Chinooks Masters Swimming. As a former NCAA All-American swimmer in backstroke she is passionate about swimming. Shelly has been breaking down the elements of dives and starts for her Masters swimmers as well as the Junior Development age-group swimmers she coaches for Vandal Aquatics Club. She'll also cover pre-race essentials.



SURVIVAL TO SUCCESS

A CLINIC & MINI-MEET FOR SWIMMERS NEW TO MEETS

Date/Times: Saturday, February 20, 2016

- Clinic begins at 10:00am.
- Warm-up starts at 12:30pm (after lunch break)
- Meet starts at 1:00 pm.

Sponsored & Sanctioned by [Inland Northwest Masters Swimming](#) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number 356-S003.

Facility: Benewah Wellness Center pool. 25 yard competition pool with 5 lanes. Locker rooms adjacent to pool deck. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Directions: From ID Hwy 95 turn west on 'A' Street (CdA Tribal Police Stn on corner). Head two blocks west to the Benewah Wellness Ctr. Enter main doors and check in at front desk.

Eligibility: All swimmers must be currently registered U.S. Masters Swimming swimmers or foreign equivalent. New members can register online: www.usms.org/reg. One-event membership available for an extra \$15 payable to IWMSC.

Rules: 2016 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present. Events will be seeded slow to fast.

Deadlines: All paper entries must be received by Thursday, February 18, 2015 6:00pm. There will be no online entries due to the small event size.

Fees: \$25 for clinic & meet entries. Make check/money order payments to "IWMSC"

Conduct of the meet: Each participant may swim five individual and two relay events. Since this is a developmental meet no points will accumulate for individuals or teams towards Inland NW high point awards.

Relays: Will be formed on deck with willing participants. Fun will be had by all!

QUESTIONS: Contact Clinic/Meet Director Paige Buehler at (208) 892-1328 IWEvents@gnorth.net

No Online entries due to the small event size.

Mail Entries to: Paige Buehler
814 Mabelle St.
Moscow, ID 83843

Entry Receipt by: Thursday, Feb. 18 6:00pm PDT

Entry fee: \$25.00

Checks payable to: IWMSC

USE THIS AREA TO ENTER THE "SURVIVAL-TO-SUCCESS" CLINIC & MINI-MEET (KEEP A COPY, SEND ORIGINAL)

Name _____ (circle one) Male/Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ Email _____ USMS # _____ Club/Team _____

Enter events using Yard Times • Maximum of 5 Individual and 2 Relay Events.

#	Event Name	Your estimated time	#	Event Name	Your estimated time
1	500 Free		5	50 Breast	
2	50 Fly		6	50 Free	
3	50 Back		7	100 Individual Medley (I.M.)	
4	200 Medley Relay	Pref stroke:	8	200 Free Relay	Formed on deck

Entries without the U.S. Masters Swimming Participant Waiver will be returned or held.



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.

Please fill out COMPLETELY

Form with fields: 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

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. 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 or 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 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 Events." Online meet registration is available at 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 4th
 Warm-ups begin at 6:30pm
 Event 1 starts at 7:15pm

1- 400 M Individual Medley _____ 3- 200 M Butterfly _____
 2- 1500 M Freestyle _____

Saturday March 5th
 Warm-ups begin at 10:00am
 Event 4 starts at 10:45am

Breakfast? Yes No

<p>4- 400 M freestyle _____</p> <p>RELAY CARDS DUE</p> <p>15 Minute Break</p> <p>5- 200 M Freestyle Relay _____</p> <p>6- 200 M Mixed Freestyle Relay _____</p> <p>7- 200 M Breaststroke _____</p> <p>8- 100 M Backstroke _____</p> <p>9- 50 M Butterfly _____</p> <p>10- 100 M Freestyle _____</p> <p>11- 50 M Breaststroke _____</p> <p>10 Minute Break</p>	<p>12- 200 M Medley Relay _____</p> <p>13- 200 M Mixed Medley Relay _____</p> <p>14- 200 M Freestyle _____</p> <p>15- 100 M Butterfly _____</p> <p>16- 50 M Backstroke _____</p> <p>17- 100 M Individual Medley _____</p> <p>10 Minute Break</p> <p>SPLASH DASH (Unsanctioned)</p> <p>18- 25 M Butterfly _____</p> <p>19- 25 M Backstroke _____</p> <p>20- 25 M Breaststroke _____</p> <p>21- 25 M Freestyle _____</p>	<p>SPLASH RELAYS (Unsanctioned)</p> <p>22- 100 M Splash Relay _____</p> <p>23- 200 M Splash Relay _____</p> <p>10 Minute Break</p> <p>24- 200 M Backstroke _____</p> <p>25- 100 M Breaststroke _____</p> <p>26- 50 M Freestyle _____</p> <p>27- 200 M Individual Medley _____</p> <p>28- 400 M Freestyle Relay _____</p> <p>29- 400 M Mixed Freestyle Relay _____</p>
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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.

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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

Central Washington University Masters presents
Inland Northwest LMSC Championship
Saturday, April 2nd and 3rd, 2016

Date/Times: Saturday and Sunday, April 2nd and 3rd, 2016. Warm-up starts at 9:00am, Meet starts at 10:00 am on both days. (Second warm-up for Saturday starts around 12:00pm)

Sponsor: Central Washington University Swim Club. Sanctioned by [Inland Northwest Masters Swimming](http://www.inlandnwswimming.com) (IWMSC) for United States Masters Swimming, Inc. (USMS) Sanction number is 356-S002.

Facility: Central Washington University's Aquatic Facility. 25 yard competition pool with 10 lanes and automatic timing system. Dedicated 2 lanes of the pool for warm up/down. Locker rooms adjacent to pool deck. Spectator balcony.

Eligibility: All swimmers must be currently registered USMS swimmers or foreign equivalent. New members can register online: www.usms.org/reg.

Rules: 2016 USMS rules will apply. Available at www.usms.org/rules/ and at the meet. Certified stroke and turn judges will be present. Events will be seeded slow to fast.

Fees: \$40 for entries.

Entries: Paper entries: Make payment by check/money order payable to CWU Swim Club. **Cash will not be accepted.**

Mail to: Oldens, 711 E 18th Ave. Unit I-5 Ellensburg, WA 98526

Online entries (preferred): \$40 will be charged to a credit card. The charge on your card will be from "ClubAssistant.com Events" for this meet. Visit www.inlandnwswimming.com for entry link.

Deadlines: All paper entries must be postmarked by Saturday, March 26th. Online meet entry closes Tuesday, March 29th at 11:59pm PST.

Conduct of the meet: Each participant may swim six individual and three relay events. No more than five individual events per day.

Relays: Submit relay cards to the Clerk of Course by event #4 200 butterfly and event #10 200 breast stroke for Saturday, and event #20 50 butterfly and event #28 200 backstroke on Sunday. Individuals must be signed up with the club they represent to have their relay points count for that club.

Awards: First-Third place ribbons will be available.

Food: There will be concessions sold.

Saturday Social: The Inland NW Local Masters Swimming Committee will hold its annual membership dinner meeting on the evening of Saturday, April 2nd in Ellensburg. All members and guests are invited to attend regardless of participation in the meet. More details to be published at www.inlandnwswimming.com

Directions: **1a.** From I-90 heading either east or west take exit 106. **2.** Continue straight on University Way. **3.** Take a left on D St, continue to the second stop sign on E Dean Nicholson Blvd and take a right. **4.** Take a left onto N Walnut St and parking will be to the left right out side of the Aquatic Facilities (boxy brick building next to the football field and Dorothy-Purser Hall)

Accommodations: Nearby hotels are the Hampton Inn, Holiday Inn, Comfort Inn, Quality Inn, Best Western, Days Inn, and Motel 6.

QUESTIONS: Contact Meet Director Jaegger Olden at (360) 591-5521 before 9pm PST or email oldenj@cwu.edu. Assistant Meet Director is Sarah Olden at (360) 589-9548 and can also answer any questions or requests.

Name _____ Male Female Birthdate _____ Age _____
 Address _____ City, State, Zip _____
 Phone _____ Email _____ USMS # _____ Club/Team _____

Enter events using yard times Maximum of 6 individual and 3 relay events 5 Individual races max for each day

Saturday April 2nd warm up at 9:00am

- 1) 400 Ind. Medley _____
- 2) 1650 Freestyle _____

Second Warm-up at Approx. 12:00 pm

- 3) 50 Backstroke _____
- 4) 200 Butterfly _____
- 5) 100 Freestyle _____
- 6) 200 Mixed Medley Relay _____
- 7) 400 Mixed Medley Relay _____
- 8) 100 Backstroke _____
- 9) 50 Freestyle _____
- 10) 200 Breaststroke _____
- 11) 200 Ind. Medley _____
- 12) 200 Freestyle Relay Women _____

13) 200 Freestyle Relay Men

- 14) 400 Freestyle Relay Women _____
- 15) 400 Freestyle Relay Men _____
- 16) 800 Freestyle Relay Women _____
- 17) 800 Freestyle Relay Men _____

Sunday April 3rd warm up at 9:00am

- 18) 500 Freestyle _____
- 19) 100 Breaststroke _____
- 20) 50 Butterfly _____
- 21) 200 Freestyle _____
- 22) 200 Medley Relay Women _____
- 23) 200 Medley Relay Men _____
- 24) 400 Medley Relay Women _____

25) 400 Medley Relay Men

- 26) 100 Ind. Medley _____
- 27) 50 Breaststroke _____
- 28) 200 Backstroke _____
- 29) 100 Butterfly _____
- 30) 200 Mixed Freestyle Relay _____
- 31) 400 Mixed Freestyle Relay _____
- 32) 800 Mixed Freestyle Relay _____
- 33) 1000 Freestyle _____

You must read/sign the Participant Waiver (pg. 2) to enter the meet



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.

Form with fields: 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