

9th Annual Colorado Swimming Hall of Fame Pentathlon

Sponsored by Stan Benson, Ameriprise Financial Advisors
And Chris O'Sullivan, Brothers BBQ

Saturday, February 9, 2019

Sanctioned by USMS (Sanction #329-S003) -

All athletes must be USMS members and present card at check in on deck.

Meet Information

Meet Directors: Andrew Harbuck

Phone. (484) 843-4314 E-mail (Preferred) CoachAndrew@Swimdogs.net

Additional contact Stan Benson- Phone (720) 231-1400 E-mail

Sbenson7@msn.com

FACILITY- George Washington High School, 655 South Monaco Parkway,
Denver, CO

GWHS is a 6-Lane, 25-Yard competition pool. Colorado Timing Systems
touch-pads and scoreboard will be used.

TIMES- Saturday, February 9, 2019 8:00 Warm-up, 9:00 Start. After the
meet has been seeded, we will announce a warm-up and final start time
for the meet. A warm-up/warm-down lane will be available at all times.

AGE GROUPS 18-24, 25-29, 30-34, 35-39, 40-44,.....100+. No awards at
this meet.

ELIGIBILITY – Swimmers must be current members of USMS with valid
membership card to compete. All athletes must sign a USMS waiver to
participate.

ENTRIES – You may enter one of two ways

Online at www.swimdogs.net and pay via Credit Card. Deadline for online
entries is Thursday, February 7.

OR

Via Mail with Check Payment:

Please copy this form and mail to Andrew Harbuck at: 5291 E Cornell Ave,
Denver, CO 80222. Deadline for mail in entries is Wednesday, Feb. 6th.

Deck entries will be allowed to within 30 minutes of the start of the meet for an additional \$5.

ENTRY FEES - Flat Fee of \$30.00 for up to 6 events during the pentathlon, but most will either swim 50's and the 100 IM or 100's and the 200 IM. The 500 free will be an additional \$3.00

The Hall of Fame Ceremony will be after event #12, providing a break in the meet.

The after party will be hosted by Brothers BBQ on deck, after Event #20 by Stan Benson, Ameriprise Financial Advisors and Chris O'Sullivan, Brothers BBQ

Proceeds will fund the Colorado Swimming Hall of Fame, GW HS Swim Team and Swim Dogs. Additional contributions are Tax Deductible.

Entry Form and Waiver - Colorado Swimming Hall of Fame Pentathlon

Name _____ Age _____

DOB _____

USMS NUMBER (required and must present card at check in on deck) _____

Phone _____

Address _____

Email-for updates

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- Attached USMS Waiver Must be completed and Mailed in with Entries
 - Please enclose \$30 Entry Fee (payable to Swimdogs) for up to 6 events.
 - 500 Free is a bonus event. Please include an additional \$3.00.
 - Additional contribution for Colorado Swimming Hall of Fame (Tax Deductible) \$ _____

Please use form to enter seed times.

Seed Time	F	EVENT	M	Seed Time
	1	100 IM	2	
	3	100 Fly	4	
		5 Min Break		
	5	50 Free	6	
	7	100 Back	8	
		5 Min Break		
	9	50 Breast	10	
	11	100 Free	12	
		Hall Of Fame Ceremony		
	13	50 Back	14	
	15	100 Breast	16	
		5 Min Break		
	17	50 Fly	18	
	19	200 IM	20	
		5 Min Break		
	21	500 Free	22	



**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	

Revised 07/01/2014