



29th Annual San Diego Senior Games 2016
Bill Earley Memorial Short Course Yards Swim Meet
Coggan Family Aquatic Complex - La Jolla, CA
September 18, 2016 - Recognition #446-R001



Meet Information

Recognition: Recognized by San Diego-Imperial Local Masters Swimming Committee (SI LMSC) for United States Masters Swimming, Inc. (USMS). Recognition Number #446-R001.
Date/Time: Sunday, September 18, 2016. 9:00 am Warm-Up; 10:00 am Start
Location: Coggan Family Aquatic Complex, 800 Nautilus Street, La Jolla, CA 92037
Pool: Outdoor, 25 yard course, with 10 lanes (6 competition, 1 buffer, 3 warm-up/warm-down), 8' wide & 7' deep. The length of the competition course without a bulkhead is in compliance & on file with USMS in accordance with USMS Rule Book articles 105.1.7 and 107.2.1.
Entry & Deadlines: \$45 Online & Mail Entry closes at 4:00 pm on Sunday, September 11, 2016. Late or Deck Entries will NOT be accepted. There will be NO refunds. Entry Fee includes T-Shirt and All Games Access.
Web Entry: www.SDSeniorGames.org
Program & Results: Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.
Host: San Diego Senior Games Association (www.SDSeniorGames.org)
Contact: SDSGA Office: (858) 292-5812; Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com

Swimmer Information

Name: _____ **Birthdate:** _____
Gender: Male [] Female [] **Age (on 09/18/2016):** _____
E-Mail: _____ **USMS (or Foreign Masters) #:** _____
Phone: () - _____ **Masters Club:** _____
Address: _____ **City, State & Zip:** _____

Schedule of Events

Events:	Event	Entry Time	Event	Entry Time
Entry times are required in order to place you in the proper heat and lane	#1 500 Freestyle	: .	#9 100 Individual Medley	: .
	#2 50 Breaststroke	: .	#10 100 Butterfly	: .
	#3 200 Backstroke	: .	#11 50 Freestyle	: .
	#4 200 Individual Medley	: .	#12 100 Breaststroke	: .
	#5 50 Butterfly	: .	#13 100 Backstroke	: .
	#6 100 Freestyle	: .	#14 200 Butterfly	: .
	#7 200 Breaststroke	: .	#15 200 Freestyle	: .
	#8 50 Backstroke	: .	#16 400 Individual Medley	: .

Enter up to 5 individual events; provide accurate times; do not omit a time; do not provide "no time."

Additional Information

T-Shirt: A T-Shirt is included; please indicate your size or "No Thanks" **Size:** _____
Meet is Open to the Public: This meet is open to the public. A United States Masters Swimming registration is not required. Masters swimmers providing a USMS number & USMS card copy will have times submitted for USMS National Top Ten. USMS members must list their Masters Club Affiliation; leave blank if a non-member.
Event Order: Events will be swum in the order listed above.
Awards: Gold, silver, and bronze medals will be awarded by gender age group for each event.
Entry By Mail: Mail (1) this completed form, (2) the below signed liability waiver, and a (3) check or money order payable to "SDSGA" to: SDSGA, Attn: Registration, P.O. Box 530443, San Diego, CA 92153. Please do not send cash. Additional donations are welcome and deductible; SDSGA is an IRS 501(c)(3).

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Release Of Liability

PHOTO & FILM WAIVER: I hereby grant full permission to the organizers, their agents, employees, and representatives to use my name, voice, and/or picture or film in any broadcast, telecast, advertising, promotion or other use in relation to the San Diego Senior Games Association and the San Diego Senior Olympics.

LIABILITY WAIVER: In consideration of being allowed to participate in any way in the San Diego Senior Games Association (SDSGA) program, related events and activities, the undersigned acknowledges, appreciates and agrees that: (1) The risk of injury from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury to me does exist; and, (2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and, (3) I willingly agree to comply with the stated and customary terms and conditions for participation. If I observe any unusual significant concern in my readiness for participation and/or in the program itself, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, (4) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE THE SDSGA, its officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law. (5) I, for myself and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Print Full Name

Signature

Date

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- Program & Results:** Psych Sheets and Estimated Timeline will be e-mailed the evening before racing. Results will be validated and posted on www.SIMasterSwim.org. USMS member times will be uploaded to www.USMS.org.
- Eligibility:** Open to swimmers age 50 or over as of 9/18/2016. USMS membership is NOT required. This is a USMS recognized meet. Times will be submitted to USMS Top Ten if a USMS number is included and a USMS card copy is attached to the entry form.
- Rules:** USMS rules govern the meet. Officials are certified. Failure to act in a sportsmanlike or safe manner or to cooperate with the officials can result in disqualification from the meet. A rule book will be available.
- Warm-Up & Warm-Down:** NO DIVING is permitted into the pool during the pre-meet warm-up except into a designated "one-way" dive-only lane. Enter all other lanes feet first in a safe manner. During the meet, diving is NEVER permitted into the warm-up & warm-down lanes.
- Events:** Swimmers may enter up to 5 individual events. Provide accurate short course yards times or estimates; do not omit an entry time or enter "no time". Entry times are required in order to place you in the proper heat
- Age Groups:** Swimmer competition age is age as of 9/18/2016 (date of meet). Individual age groups are 50-54, 55-59, 60-64, 65-69, 70-74, ... in five year increments.
- Relays:** No relays.
- Awards & Notes:** Gold, silver, and bronze medals will be awarded for each 5-year gender age group in each event. Violation of stroke, turn, start, and swim suit rules will result in disqualification. Remember, volunteers are running the meet; your cooperation is appreciated.
- Seeding & Check-In:** Events are seeded by entry times, slow to fast, regardless of age or gender. Check-in is not required. All events are pre-seeded.
- Timing:** Electronic Timing - Colorado Timing System 5.0, electronic scoreboard, and two timers per lane. Volunteers (and clubs and participants if needed) will assist with backup stopwatch/button timing during
- Directions:** From the north, take I-5, exit west onto La Jolla Village Drive; turn left at Torrey Pines Rd; continue for 3.2 miles; turn left at Girard, turn right onto Pearl, turn left onto Fay Ave; drive about .5 mile.
From the south, take I-5, exit at Grand/Garnet Ave; turn left at Garnet, turn right onto Soledad Mtn Road; turn left onto La Jolla Scenic Drive South, turn right onto Nautilus St.; turn right on Fay Ave.
- Parking:** The pool and parking are at the northwest corner of Fay and Nautilus adjacent to, and east of, La Jolla
- SI Meeting:** An SI LMSC meeting will take place during or following the meet.
- Contact:** SDSGA Office: (858) 292-5812; Meet Director: Kenton Jones, (858) 243-3960, kerujo@aol.com