

400 FASTEST PULL FOR SEBASTOPOL



Why the 400 Fastest Pull for Sebastopol?

Sebastopol Masters LOVES to pull! The Top 3 Males and Females overall in each category for Sebastopol's Fastest Pull win a unique prize! Because who doesn't love to pull??

Rules:

- 1. In water start, NO diving allowed.**
- 2. MUST use a pull buoy between the legs, above the knees.**
- 3. NO kicking allowed.**
- 4. NO dolphin kicks off the walls.**
- 5. Flip turns ARE allowed.**
- 6. If you lose the buoy at any point, you must reattach it between the legs, above the knees.**
- 7. The 400 pull can be swum in any length pool. 400 pull time MUST be converted to yards using the Swim Swam online conversion tool.**
<https://swimswam.com/swimming-times-conversion-tool/?type=classic>
- 8. 400 pull MUST be completed between August 1, 2019-August 31, 2019.**
- 9. All mailed entries MUST be postmarked by September 9, 2019 and received by September 16, 2019.**
- 10. One time/entry per swimmer.**
- 11. You may swim the event as many times as you want for a faster time, but only one time/entry will be accepted per swimmer.**
- 12. Cost - \$10 per swimmer.**
- 13. Each age group will have two categories. Category One: No hand paddles allowed. Category Two: May use hand paddles.**
- 14. Online entry link:**
https://www.clubassistant.com/club/meet_information.cfm?c=2465&smid=12413

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HOSTED BY SEBASTOPOL MASTERS AQUATIC CLUB MAIL-IN ENTRY FORM

NAME: _____

CLUB: _____ TEAM ABBREVIATION: _____

STREET: _____

CITY/STATE/ZIP: _____

PHONE NUMBER: _____ USMS NUMBER: _____

EMAIL: _____

AGE: _____ SEX: M F

Standard USMS Waiver:

All participants that MAIL IN their entries need to fill out the Standard USMS Waiver, as well as your attaching your entry form and payment.

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

In addition, I hereby certify that I followed all the rules of the 400 Fastest Pull for Sebastopol, and that this is my correct time. I completed this 400 yard pull during the month of August, 2019.

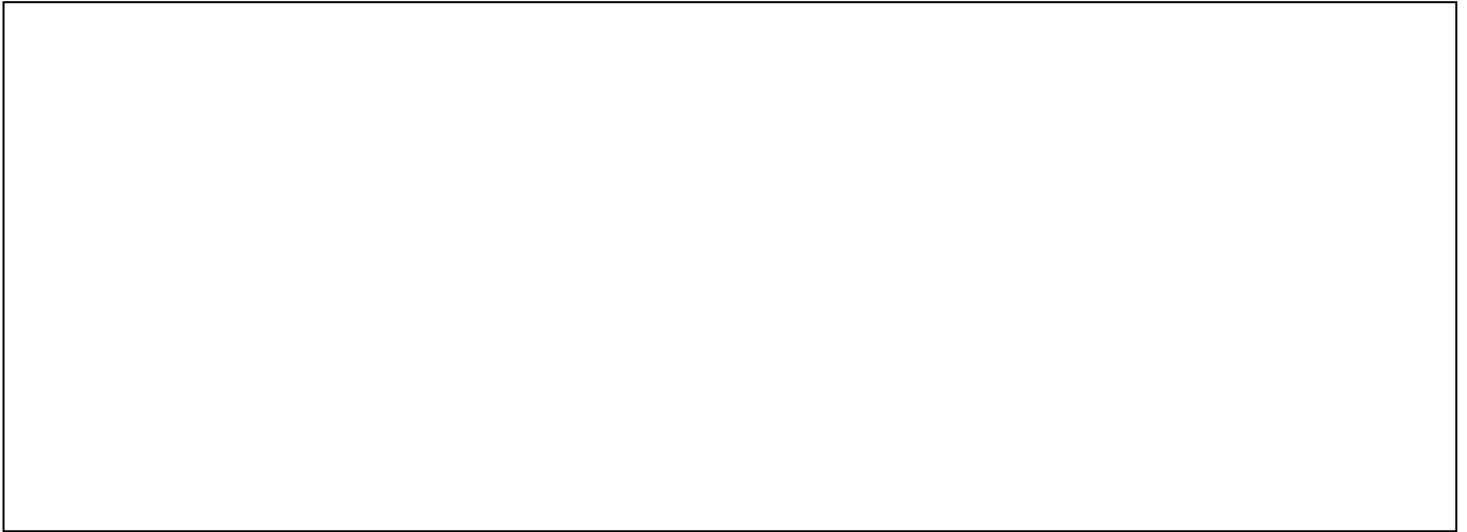
Time (MM:SS.HH) _____ Did you use hand paddles? YES NO

Signature of Swimmer Date

Signature of Timer (if needed) Date

Timer's contact phone or email

Attach a copy of your 2019 USMS Registration card here:



Entry Form:

Must be filled out legibly in ink.

Must be postmarked by 9/9/19 and received by 9/16/19.

Mail To:

Sebastopol Masters Aquatic Club

c/o Donita Flecker

1639 Neotomas Ave.

Santa Rosa, CA. 95405-7560

Questions?

Contact Kevin Keating

kevk711@hotmail.com