



5K ePostal Swim

ENTRY FORM AND WAIVER

Saturday, July 6, 2019

At Conclusion of
PNA LCM Summer Meet



Weyerhaeuser King County Aquatic
Center, Federal Way, WA

Purpose: The 5K USMS National Championship Postal Swim requires a 50-meter pool. PNA is providing two hours of 50-meter pool space to give PNA swimmers an opportunity to participate in the events. Priority will be given to those PNA swimmers entering the 5K ePostal USMS National Championship

Rules: Refer to the official 5/10 K entry form published on the [USMS web site](#). **Each swimmer must provide someone 12 years or older to count laps and record splits.** A timer can be "shared". If need be, events will be run 2-per-lane. Drafting is NOT allowed. The person being passed must stop to create enough space between swimmers to prevent drafting.

Event Sign-Up: Email Sally Dillon at salswmr@comcast.net. Include the info on this form OR complete form and scan. Liability Waiver can be signed at the swim on July 6.

Fees: **\$20/swimmer fee to help defray our pool rental costs – checks payable to PNA will be accepted the day of the event or with snail-mail entries.**

Entry Process: The official entry to the National Championship event **MUST BE ENTERED ONLINE.** **SWIM FIRST . . . then go to the following website to enter the event**

Start Time: This event will start at the conclusion of the PNA LCM Summer Meet. The start time will not be earlier than 1pm, but could be as late as 3pm. Entrants will be notified via email by the evening of Tuesday, July 2 of the start time.

Event day: **Arrive EARLY to sign the waiver and pay so you are ready to start when the LCM meet concludes. Check in with Sally Dillon at the meet and to get your lane assignment.** Your counter/split recorder will be given a watch and paperwork. Questions - Sally Dillon, 425-961-0023, salswmr@comcast.net

Relay event: Teams are formed of 3 men, 3 women, or 4 mixed (2 men, 2 women). **After the event**, your club's relay coordinator will form relays using those swimmers who enter the USMS event.

Name as it appears on your USMS card: _____

E-mail address: _____ USMS #: _____

Address: _____ Phone: _____

City: _____ Zip: _____ DOB: _____ Age: ____ Sex: ____

Estimated 5K time _____

ALL ENTRANTS MUST SIGN THE LIABILITY WAIVER ON THE FOLLOWING PAGE. Swimmers entering online can sign a form at the event.



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.

Signature of Participant	Date Signed
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