



PCY MASTERS WINTER KICK OFF
January 15, 2022
POWEL CROSLY JR. YMCA
9601 WINTON ROAD
CINCINNATI, OHIO 45231

Approved by Ohio LMSC

MEET FACILITY

Conducted at the Powel Crosley YMCA, 9601 Winton Road, Cincinnati, Ohio

- A 20-lane championship course "in the bubble"
- Separate warm-up/warm down lanes available throughout the meet.
- Colorado Timing System will be the primary time, with a backup and a watch time on each lane.

RULES

Current USMS technical rules will apply unless otherwise noted in this meet information.

MEET DIRECTOR

Mike Leonard
9601 Winton Road
Cincinnati OH 45231
513-362-9622

MEET REFEREE and OFFICIALS CONTACT

Jon Saxton
jsaxton@rendigs.com
513-518-5153

COVID COMPLIANCE OFFICER

Stacey Tepe
stepe@myy.org
513-763-6915

DISABILITY

Swimmers with hearing or sight concerns should confer with the starter/referee prior to their events in order that assistance may be provided. Swimmers with physical disabilities may assume a starting position prior to other participants in a heat.

ELIGIBILITY- MUST BE A MEMBER OF A YMCA

YMCA - Every athlete MUST be a current member of the YMCA that they are representing, and that membership must be effective through January 15, 2022

A swimmer must be an amateur athlete in the competitive season in swimming and be age 18 or older on the last day of the meet.

All swimmers are encouraged to have a physical examination/medical evaluation prior to competing in the meet.

USMS - You do not have to be a USMS member, but the entry program will ask for your number if you have one.

CERTIFICATE OF LIABILITY INSURANCE

YMCA TEAMS THAT DO NOT COMPLY WITH THE CERTIFICATE OF LIABILITY INSURANCE REQUIREMENT WILL NOT BE ALLOWED TO SWIM AT THE MEET.

Check the sample for correct wording.

Each team, consisting of one or more individuals, must submit a "Certificate of Liability Insurance" from their YMCA in the minimum amount of \$1,000,000/\$2,000,000. The certificate must name "YMCA of Greater Cincinnati, 1104 Elm Street Cincinnati OH 45202" as the Certificate Holders (see sample).

The athlete must inform the YMCA that they need the Certificate.

The "Certificate of Liability Insurance" must be sent directly to Jon Saxton as soon as possible, but no later than January 1, 2022. Send it to: jps@rendigs.com.

ENTRY PROCESS

Email entries with check to
Stacey Tepe
9601 Winton Road
Cincinnati OH 45231
MAKE CHECKS PAYABLE TO - Powel Crosley Jr. YMCA

INDIVIDUAL ENTRIES

A swimmer may enter no more than four (4) individual events
A swimmer's age group is determined by that swimmer's age on the last day of the meet, January 15, 2022. Age groups to be contested are as follows: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, and 100+.

There are no qualifying time standards for this meet. A swimmer should enter his/her best achieved time for each event entered. An entry time of "NO TIME" will NOT be accepted.

A swimmer interested in USMS records must submit a current USMS membership number.

SEEDING

All events will be seeded by time. They will be scored by age group.

RELAY ENTRIES

All members of a relay must be from the same YMCA in order to compete. Women's relays must consist of four women. Men's relays must consist of four men. Mixed relays may be made up of two women and two men or three women and one man. Mixed relays going for a USMS record must be two women and two men. All relay competitors must be on the roster. Relays going for a USMS record must be registered on the same USMS team.

Relay Event Entry Fee \$20.00

Teams wishing to enter relays prior to the meet may submit them by emailing claudia.multer@gmail.com.

WARM-UP TIMES

Warm-up time 12:30 PM Meet 1:15 PM

All pools – competition and warm-up warm-down areas are reserved for participants in the 2022 PCY Masters Winter Kickoff.

Warm-Up/Warm-Down lanes will be specified.

SCORING

Events will be scored by masters age groups, for 8 places.

SPLITS

Relay splits are not automatic. (The swimmer will request the split by informing the scoring table that the split is requested. This must be done prior to the swim.)

PARKING

Ample free parking at the facility.

RESULTS

Final results will be posted in printable format on the web site.

www.powelcrosleytigersharks.com

Results will also be found on Meet Mobile.

Powel Crosley Jr. YMCA is following all state guidelines for COVID.

<p>COVID-19 Information</p>	<p>The following COVID-19 Protocols will be observed to ensure the safety of all athletes, coaches, volunteers, and spectators during the meet:</p> <p><u>Capacity</u> Per ODH regulations, the maximum number of participants gathered at PCY may be limited.</p> <p><u>Athlete, Coaches & Volunteer Safety</u></p> <p>If not fully vaccinated, then a mask covering the mouth and nose is required except when entering/in the water. Appropriate social distancing should be maintained. Meet Marshals will help monitor the number of people on the pool deck throughout the meet. Additional or modified protocols may be in place. This will be announced 2 weeks before the meet.</p> <p><u>Spectator Safety</u> The number of spectators, if any, may be limited. This will be announced approximately 2 weeks before the meet.</p> <p><u>Meet Safety</u> There will be no Concession stand or hospitality. Everyone needs to bring their own snacks and water/Gatorade.</p>
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DISCLAIMER

Powel Crosley Jr. YMCA has taken enhanced health and safety measures for you, our other guests, volunteers, and our athletes. Everyone must follow all posted instructions while attending this meet.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming approved events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming approved event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless USA Swimming and Ohio Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection herewith.

YMCA MASTERS WINTER KICK OFF

2022 ORDER OF EVENTS

Warm-up 12:30 PM

Saturday , January 15, 2022, 1:15 PM

101	200	Freestyle
102	400	Individual Medley*
103	200	Medley Relay (Women)
104	200	Medley Relay (Men)
105	50	Backstroke
106	100	Butterfly
107	200	Breaststroke
108	50	Freestyle
109	100	Backstroke
110	100	Individual Medley
111	500	Freestyle*
112	200	Butterfly
113	50	Breaststroke
114	100	Freestyle
115	200	Individual Medley
116	200	Backstroke
117	50	Butterfly
118	100	Breaststroke
119	200	Freestyle Relay (Women)
120	200	Freestyle Relay(Men)
121	1650	Freestyle*

* These events are limited to
the first 10 entries only

**POWEL CROSLY, JR. YMCA
WINTER KICKOFF MASTERS MEET
Short Course Yards
Saturday , January 15, 2022
Sanctioned by Ohio LMSC for USMS, Inc. Sanction Number**

PRINT LEGIBLY OR TYPE

NAME _____ GENDER _____

BIRTHDATE _____ AGE ON 10/8/21 _____

USMS Number _____ TEAM _____

ATTACH A COPY OF CURRENT USMS CARD.

ADDRESS _____

CITY, STATE _____ ZIP _____

HOME PHONE (_____) _____

BUSINESS OR CELL PHONE (_____) _____

E-MAIL _____

Circle the events in which you would like to be entered and show your entry time to the hundredth of a second. If you do not enter a time you will be entered "NT."

Event #	Event	Time	Event #	Event	Time
1	200 Freestyle		12	200 Butterfly	
2	400 Ind Medley*		13	50 Breaststroke	
3/4	200 Medley Relay	N/A	14	100 Freestyle	
5	50 Backstroke		15	200 Ind Medley	
6	100 Butterfly		16	200 Backstroke	
7	200 Breaststroke		17	50 Butterfly	
8	50 Freestyle		18	100 Breaststroke	
9	100 Backstroke		19/20	200 Freestyle Relay	N/A
10	100 Ind Medley		21	1650 Freestyle*	
11	500 Freestyle*				

*These events will be limited to the first 10 who enter
Event Limit 4 Individual Events

ENTRY FEE: \$20 flat fee

DECK ENTRY

\$30

**Mail 1. Entry form – 2. check 3. waiver to
Stacey Tepe
9601 Winton Road
Cincinnati OH 45231
Questions – call 513-763-6915**

THE FOLLOWING RELEASES (2) MUST BE SIGNED

**MEMBERSHIP
SIGNATURE**

I verify that I am a member of _____ YMCA, Association I.D. Number _____ and my membership is current through January 15, 2022

**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.

ATHLETE'S SIGNATURE: _____ DATE: _____