

**EASTERN EXPRESS SWIM TEAM**  
*hosts*  
**VETERANS DAY MASTERS MEET**  
*at*  
**THE COLLEGE OF NEW JERSEY**

**ENTER MEET AT:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=1563&smid=12546](https://www.clubassistant.com/club/meet_information.cfm?c=1563&smid=12546)

Meet Dates Saturday and Sunday Afternoons, November 9-10, 2019.

Meet Sanction Sanctioned by New Jersey Masters for USMS Inc. # 079-S004

Meet Director Michael Randazzo. [Michael.Randazzo87@gmail.com](mailto:Michael.Randazzo87@gmail.com) (908) 448-8476

Meet Referee TBD

Location The College of New Jersey, Packer Hall Aquatic Center.  
2000 Pennington Road, Ewing, NJ, 08268.

Parking Ample parking will be available in on-campus garages and Lots 5 & 6 on the day of the meet. All parking areas are located on TCNJ's closed-campus within a 5-minute walk of the natatorium.

About the Venue The TCNJ Aquatic Center boasts a beautiful eight-lane, 25-yard competition course, complete with starting blocks (with fins & handles), new non-turbulent competition lane-lines, and overflow gutters. The pool depth is 6.5ft (starting end) and 4.5ft (turn end). In addition, there will be two 22-yard lanes available in the diving well throughout the meet for athlete warm-up and cool-down. TCNJ is proud to unveil its brand new LED Video Scoreboard, accompanied by the latest in Omega Timing System technology.

USMS Disclaimer

The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. We take this matter seriously, and make sure to measure before and after each session. There have been National Records set at previous EEX Masters Meets, so we are accustomed to the protocol and follow it exactly.

Eligibility This meet is open to all 2019 USMS-Registered Athletes. A swimmer's age for this meet will be determined by his/her age as of November 9, 2019. A copy of your current USMS registration card must accompany swimmers' entry forms to corroborate membership. This will be done automatically for those entering online.

USMS The 2019 USMS Swimming Rules and USMS Handbook will apply to and govern this competition. If you have lost or misplaced your USMS card, simply log on to [www.usms.org/reg](http://www.usms.org/reg) for an e-mailed copy of your card. Need to register with USMS to participate? Go to: <http://www.usms.org/reg/> to signup!

Entry Swimmers may enter a maximum of five (5) individual events per day and a total of ten (10) individual events for the meet and two (2) relay events per day and four (4) for the meet. Note that the 1650yard Freestyle will be contested in a separate session with its own warm-up period. Swimmers may need to provide timers and/or counters.

Entry Times All entry times should be submitted in **Short Course Yards**. 'NT' or 'No Time' entries will **NOT** be permitted. Swimmers should provide actual OR estimated entry times for all events; no official "proof of time" will be required. Unsure of your Short Course Yard Times? Use this handy time conversion utility at: [www.swimmingworldmagazine.com/results/conversions.asp](http://www.swimmingworldmagazine.com/results/conversions.asp)

Individual Event Entry Deadline All Online Entries due by 11:59PM EST Wednesday, November 6th, 2019. **(PREFERRED)**  
All mailed-in entries must be post-marked by 10/27/2019.  
No faxed or deck entries will be accepted for individual events.

|   |   |
|---|---|
| <u>Relay Entry</u>                        | Relays may be deck-entered at the meet. Entry forms will be available before and during warm-up, and will be due 20 minutes prior to the scheduled start of the relay event. Relays wishing to enter in advance may do so by having one “spokesperson” e-mail the Meet Director and provide Team Name, Event(s), and Entry Time. It is NOT necessary to declare the age of your relay or names of its members in advance – thank you!   |
| <u>Entry Fees</u>                         | \$20 PER SWIMMER Meet Entry Fee (flat fee for signing up for the competition)<br>\$5 PER INDIVIDUAL EVENT Entered (in addition to the \$20 entry fee)<br>\$20 PER RELAY TEAM per Event<br>Online Entries: Credit Card Payment ; Make Checks Payable to: <b><u>Express Sports Inc.</u></b>   |
| <u>Online Entry</u><br><b>(PREFERRED)</b> | EEX strongly encourages and prefers that you utilize our Online Event Registration to ensure that your entries and USMS Membership are quickly and accurately processed.<br>Online Entries open at 9:00AM EST on Monday, September 9th, 2019, and close 11:59PM EST Thursday, November 6 <sup>th</sup> , 2019.<br>USMS Registration Info will be verified automatically, no need to send copy of USMS Card.<br>You will need a credit card on hand to satisfy the meet fees upon completion of your entry form. |
| <u>Mail-In Entry If Necessary</u>         | *Download Entry Form (Microsoft Word Doc). *Fill out Entry Form (type required info into doc)<br>*Please then print Entry Form, and enclose it, along with a copy of your USMS Registration Card and a check for \$20 + \$5/event, in an envelope labeled Express Sports INC. 48 Bayberry Road, Ewing, NJ, 08618. *Please make all checks payable to: Express Sports INC.   |
| <u>Warm-up</u>                            | Warm-up will be conducted in accordance with the current USMS Policies and Procedures. Feet-first entry only during general warm-up. Designated Pace Lanes (Mile Session) and Sprint Lanes (main session) will be available beginning 15 minutes prior to clearing the pool.  |
| <u>Check-In</u>                           | Check-in will not be required for swimmers competing in events 200-Yards and shorter. Positive check-in will be required for swimmers competing in events 400-Yards and longer. Check-in will close 20 minutes prior to the start of the event, and swimmers who fail to confirm their participation in these events will be scratched automatically. Check-in sheets will be available on-deck before and during warm-up.  |
| <u>Seeding</u>                            | Swimmers will be seeded in heats according to entry time, not by age. All Events 200 Yards and shorter will be pre-seeded before the meet, and will be contested slowest to fastest. All events 400 Yards and longer will be seeded after positive check-in. <b>The 1650 will swim fast-to-slow.</b>  |
| <u>Distance Events</u>                    | The 1650 and 1000 Freestyle will be contested as Mixed Event (combined heats of Women & Men based on entry times. Swimmers may choose to enter the 1650 OR the 1000 Free, but cannot enter both. Eastern Express Swim Team will make every effort to provide swimmers in the 500 and 1650 Yard Freestyle with their own lap-counters and backup timers.   |
| <u>Results</u>                            | While all events will be seeded and contested as “Open Events,” results will be recorded and published in accordance with USMS Age Group designations. All times achieved at this Meet will be imported into the USMS SWIMS Database and will be eligible to set NJ LMSC and/or USMS Age Group Records. Results will be posted on the NJ LMSC and Host Club’s (EEX’s) website within 48 hours of the competition’s conclusion.  |
| <u>Hospitality</u>                        | Eastern Express will be providing complimentary snacks (granola / power bars, fruit, veggies, etc) and drinks (water / Gatorade), for all participating athletes. There will be a table setup right on-deck, so please don’t hesitate to stop by and fuel up before or after a race!  |
| <u>Awards</u>                             | There will be no team scores or individual awards at this meet.   |
| <b><u>Food &amp; Clothing Drive</u></b>   | Eastern Express will be sponsoring a <b>Veterans Day Food &amp; Clothing Drive</b> , collecting non perishable food and useable clothing items. Please consider contributing to help our Veterans In Need.  |
| <u>T-Shirts</u>                           | Veterans Day Masters Meet T-Shirt – available for purchase at meet.   |

# **EEX VETERANS DAY** **MASTERS MEET ENTRY FORM**

Sanctioned by New Jersey Masters for USMS Inc. Meet Sanction #:079-S004

**Saturday Afternoon, November 9, 2019** (ENTER UP TO 5 INDIVIDUAL EVENTS)

| Entry Time | Women #  | Order of Events (SC Yards)  | Men #    | Entry Time |
|------------|----------|---|----------|------------|
|            |          | <b>SESSION I (times APPROX)</b>   |          |            |
|            |          | <i>Warm-up: 1:00pm ; Start: 1:45pm</i>  |          |            |
|            | 1A<br>2A | Mixed 1650 Freestyle<br>Mixed 1000 Freestyle<br><i>swimmers may enter Either/or, Not Both</i> | 1B<br>2B |            |
|            |          | <b>SESSION II</b>   |          |            |
|            |          | <i>Warm-up: 2:45pm ; Start: 3:30pm</i>  |          |            |
|            | 3        | 200 Individual Medley   | 4        |            |
|            | 5        | 50 Breaststroke   | 6        |            |
|            | 7        | 100 Backstroke  | 8        |            |
|            | 9        | 200 Butterfly   | 10       |            |
|            | 11       | 100 Freestyle   | 12       |            |
|            | 13       | 200 Breaststroke  | 14       |            |
|            | 15       | 50 Butterfly  | 16       |            |
|            | 101A     | Relay Option upon Request   | 101B     |            |

**Sunday Afternoon, November 10, 2019** (ENTER UP TO 5 INDIVIDUAL EVENTS)

| Entry Time | Women # | Order of Events (SC Yards)              | Men # | Entry Time |
|------------|---------|---|-------|------------|
|            |         | <b>SESSION III (times APPROX)</b>       |       |            |
|            |         | <i>Warm-up: 12:30pm ; Start: 1:15pm</i> |       |            |
|            | 17      | 500 Freestyle                           | 18    |            |
|            | 19      | 100 Individual Medley                   | 20    |            |
|            | 21      | 200 Backstroke                          | 22    |            |
|            | 23      | 100 Breaststroke                        | 24    |            |
|            | 25      | 50 Freestyle                            | 26    |            |
|            | 27      | 100 Butterfly                           | 28    |            |
|            | 29      | 200 Freestyle                           | 30    |            |
|            | 31      | 50 Backstroke                           | 32    |            |
|            | 34A     | Mixed 200 Medley Relay                  | 34B   |            |
|            | 35      | 400 Individual Medley                   | 36    |            |

# **EEX VETERANS DAY MEET ENTRY FORM**

Sanctioned by New Jersey Masters for USMS Inc. Meet Sanction #:

## **Personal / Contact Information**

Print Full Name \_\_\_\_\_  
(same name as indicated on your current 2019 USMS registration card)

Sex(circle one) M F Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age \_\_\_\_\_ Club Abbrev: \_\_\_\_\_  
mm / dd / yyyy (as of 11/09/19)

E-mail Address: \_\_\_\_\_

Telephone \_\_\_\_\_

**Use of Image/Likeness:**

*I grant permission to U. S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.*



**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)<br>M      F | Date of Birth (mm/dd/yy) |
| Street Address, City, State, Zip |            |    |                          |                          |
| Signature of Participant         |            |    | Date Signed              |                          |

Revised 07/01/2014