



Athletes Without Limits Short Course Invationals

Sunday, February 23, 2020

- SANCTION:** Sanctioned by Athletes Without Limits, U.S.A.
- HOST FACILITY/MEET SPONSOR:** Rockdale County Recreation and Maintenance
- CO-HOST TEAMS:** Rockdale Riptides Swim Team and Nautical Milers Swim Team
- ENTRY CHAIRPERSON:** Patrick Thoreson
3900 Camrose Ct, Marietta, GA 30062
E-mail entries to: patrick_thoreson@yahoo.com
- MEET REFEREE:** TBD
- CO-MEET DIRECTORS:** Tom Mc Pike and Pat Thoreson
For questions, either call or text 770-289-0235, or email patrick_thoreson@yahoo.com)
- FACILITY:** Johnson Park Recreation Center (Rockdale County)
1781 Ebenezer Road, Conyers 30094
The JPRC facility has an indoor 10 lane, 25 yard pool, which has been previously certified for sanctioned meets.
- CONCESSIONS:** Basic Concessions will be available.
- SCHEDULE:** Sunday Feb 23rd, 2020: Warm-ups @ 7:30 A.M. Timed Finals @ 8:15 A.M.
Single-session meet, with scheduled 10 mins breaks at regular intervals to allow swimmers rest during the full schedule of events (10 min breaks between events 4 & 5, between 8 & 9, between 12 & 13 and between 16 & 17).
(The host team reserves the right to modify warm-up and/or start times if necessary. All participants will be notified accordingly).
- TIME STANDARD:** There are no time standards required for entry into this meet.
- FORMAT:** All events will be conducted as timed finals.
- ENTRY FEES:** \$50 per swimmer 1-5 events; **make checks payable to "Nautical Milers Swim Team"**
- ENTRY LIMITS:** Each swimmer may enter a maximum of 5 individual events.
- EVENTS OFFERED:** The following individual events are offered:
- 25, 50, 100, 200 of every stroke (back, breast, fly and free);
 - 100, 200 and 400 IM
 - 500 and 1650 freestyle.
- You may enter any events you choose up to the max of 5. However, to be eligible for one of the Pentathlon trophies, you must enter as follows:
- PENTATHLONS:**
- **Iron Man Pentathlon** – 200 Fly, 200 Back, 200 Breast, 200 Free, plus 400 IM
 - **Middle Distance Pentathlon** – 100 Fly, 100 Back, 100 Breast, 100 Free, plus 200 IM
 - **Sprint Pentathlon** – 50 Fly, 50 Back, 50 Breast, 50 Free, plus 100 IM
 - **Super Sprint Pentathlon** – 25 Fly, 25 Back, 25 Breast, 25 Free, plus 100 IM
 - **Freestyle Pentathlon** – 50 Free, 100 Free, 200 Free, 500 Free, plus 1650 Free (all of the "sprint to distance" freestyle events, except the 25 free).

AWARDS: - **Individual events:** 1st/2nd/3rd place medals awarded by gender and within each disability class, with youth separate from adults (youth 17 & under, adults 18yrs and up)
- **Pentathlon:** Trophies for all swimmers who successfully complete all 5 events (no DQs) of one of the five Pentathlons listed (see below).

LATE ENTRIES: Late entries for swimmers already registered in the meet will be accepted for only open lanes without exceeding the entry limit as stated above. No new heats will be added to accommodate late entries. Late entries will be accepted up to 30 minutes before the beginning of the meet. **Late entries for swimmers who are not already registered in the meet will be assessed an extra late fee of \$25 in addition to the meet fee, and will need to either compete in the "OPEN" disability class or be able to show proof of existing AWL eligibility or US Para disability class to the Clerk of Course in order to enter.** Clerk of Course will provide a heat and lane for any deck entry swimmer. All late entries will be entered as NT.

ENTRY DEADLINE: Entries must be received on or before **Thursday, February 20th, 2020 (however any new disability athletes requesting/applying for new intellectual impairment eligibility with AWL must do so by Feb 15th, 2020, or register and compete instead in the "OPEN" disability class).**
***** Please indicate the athlete's Tshirt size with your entries. *****

Mail entries to: Nautical Milers Swim Team
Patrick Thoreson
3900 Camrose Court
Marietta, GA 30062

E-mail entries to: patrick_thoreson@yahoo.com

SEEDING: All individual events will be pre-seeded as Timed Finals.

ELIGIBILITY: The meet is open to all disability athletes with physical, visual or intellectual impairments. Athletes Without Limits recognizes the following intellectual impairment classes:
- **I1: Intellectual Impairment 1** (aka as the para-swimming intellectual impairment class "S14"),
- **I2: Intellectual Impairment 2** (Down Syndrome),
- **I3: Intellectual Impairment 3** (High-functioning Autism)
- **DD+: Development Delay** (other high-functioning/developmental delay)
US Paralympics recognizes the following physical and visual impairment classes are:
- **S1 thru S14** para-swimming physical impairment classes
- **S11, S12 & S13:** para-swimming visual impairment classes
Please include your existing disability class along with your entries.

Disabled athletes without the above official disability classes will competing in the "OPEN" class (some proof of disability required still, see meet director)

NOTE: athletes who have already competed in the previous AWL competitions such as:

- 2017 AWL Long Course Nationals in Atlanta, GA, or 2018 AWL Nationals in Orlando, FL
 - 2017 INAS World Swimming Championships in Mexico,
 - 2019 INAS Global Games in Australia (or any previous INAS Global Games)
- or in any US Paralympic-sanctioned meet, or Can-Am or international para-swimming meets are already eligible and have a disability class, nothing else is needed.

Any new disability intellectually impairment athletes requesting/applying for eligibility must do so by Feb 15th, 2020 (or compete in the "OPEN" disability class).

IF YOU ARE AN INTELLECTUAL IMPAIRMENT ATHLETE NEEDING NEW ELIGIBILITY *FIRST PLEASE CALL/TEXT 770-289-0235 OR EMAIL patrick_thoreson@yahoo.com FOR FURTHER INFO *** regarding applying for eligibility with Athletes Without Limits (<http://www.athleteswithoutlimits.org/eligibility>), or register to compete in the "OPEN" class.**

Physical and visual impairment athletes: will need to already have obtained prior disability classification or apply for it at US Paralympics classification opportunities (for physical and visual impairment classification, see US Paralympics website <https://www.teamusa.org/US-Paralympics/Sports/Swimming/Classification>), or compete in the "OPEN" disability class.

LIABILITY:

Athletes Without Limits, Nautical Milers Swim Team, Rockdale Riptides Swim Team, Rockdale County Recreation and Maintenance, and the Johnson Park Recreation Center shall be free from any liabilities or claims arising by reason of injury to anyone, or loss or damage of any kind, to any personal property during the conduct of this meet, or during travel to or from this meet.

2020 AWL Short Course Invitationals
 Order of Events
 Warm –up 7:30 am Meet starts 8:15 am

EVENT #	EVENT	Part of Pentathlon
	WARM-UPS	
1	500 FREE	Freestyle Pentathlon
2	400 IM	Iron Man
3	100 FLY	Middle Distance
4	100 IM	Sprint or Super Sprint
	BREAK (10 mins)	
5	200 FREE	Iron Man or Freestyle
6	25 FREE	Super Sprint
7	100 BACK	Middle Distance
8	50 FLY	Sprint
	BREAK (10 mins)	
9	200 BREAST	Iron Man
10	25 BREAST	Super Sprint
11	100 FREE	Middle Distance or Freestyle
12	50 BACK	Sprint
	BREAK (10 mins)	
13	200 BACK	Iron Man
14	25 BACK	Super Sprint
15	100 BREAST	Middle Distance
16	50 FREE	Sprint or Freestyle
	BREAK (10 mins)	
17	200 FLY	Iron Man
18	25 FLY	Super Sprint
19	200 IM	Middle Distance
20	50 BREAST	Sprint
21	1650 FREE	Freestyle Pentathlon
	END OF MEET	



Athletes Without Limits
2020 AWL Short Course Invitationals Meet
Sunday, Feb 23rd, 2020

ENTRY FORM (all distances/times in SCY)_(all)

Name		Sex	Age	DOB
Address			Cell/home phone	
City			State	Zip
Disability Class (II1/II2/II3/DD+/S1-S10/S11-13/OPEN):			Team	
E-mail		Tshirt Size (Adult S/M/L/XL/XXL/XXL)		

SEED TIME	EVENT	PENTATHLON TYPE	SEED TIME	EVENT	PENTATHLON TYPE
	1. 500 Freestyle	Freestyle		12. 50 Backstroke	Sprint
	2. 400 Individual Medley	Iron Man		BREAK (10 mins)	
	3. 100 Butterfly	Middle Distance		13. 200 Backstroke	Iron Man
	4. 100 Individual Medley	Sprint/SuperSprint		14. 25 Backstroke	Super Sprint
	BREAK (10 mins)			15. 100 Breastroke	Middle Distance
	5. 200 Freestyle	IronMan/Freestyle		16. 50 Freestyle	Sprint / Freestyle
	6. 25 Freestyle	Super Sprint		BREAK (10 mins)	
	7. 100 Backstroke	Middle Distance		17. 200 Butterfly	Iron Man
	8. 50 Butterfly	Sprint		18. 25 Butterfly	Super Sprint
	BREAK (10 mins)			19. 200 Individual Medley	Middle Distance
	9. 200 Breastroke	Iron Man		20. 50 Breastroke	Sprint
	10. 25 Breastroke	Super Sprint		21. 1650 Freestyle	Freestyle
	11. 100 Freestyle	Mid dist/Freestyle			

Circle event number and indicate seed time if known (or indicate "NT")

Fees (Make checks payable to Nautical Milers Swim Team)

ALL EVENTS	\$50.00
SURCHARGE – Late Swimmer Registration \$25.00	
TOTAL AMOUNT ENCLOSED	

ALL SWIMMERS MUST SIGN THE ATTACHED PARTICIPANT WAIVER AND RELEASE OF LIABILITY FORM ON THE NEXT PAGE

PARTICIPANT WAIVER AND RELEASE OF LIABILITY

ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of Athletes Without Limits (“AWL”) allowing me, the undersigned, to participate in any AWL 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 AWL, 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: AWL, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event/meet directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); AWL Local 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	
Signature of Parent or Guardian			Date Signed	

