



FALL 2023
BUFF INVITE



University of Colorado, Boulder Recreation Center
October 7, 2023

Hosted by Colorado Swim & Dive

MEET INFORMATION PACKET

MEET ADMINISTRATION

Buff Invite - Fall 2023

October 7th, 2023

Facility Address:

University of Colorado Boulder Recreation Center
1835 Pleasant St.
Boulder, CO 80302

Facility

8 competition lanes, 25 yard pool
Automatic timing system with touchpads
Backup manual timers
1 meter and 3 meter springboards

Contact:

Chloe Schmidt and Isabelle Hardie
Co - Presidents

chsc3469@colorado.edu

isha7046@colorado.edu

(651)900-9496, (713)283-8805

Kimberly Goodell and Martin Zamora
Head Swim Coach and Head Dive Coach

Kimberly.Goodell@colorado.edu Martin.Zamora@colorado.edu

(925) 301-3338, (303) 304-5707

ORDER OF EVENTS

Warmup 7:00am
Meet Start 8:30am

Women	Event	Men
1	200 Medley Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
9	100 Fly	10
11	50 Back	12
13	100 Free	14
15	50 Breast	16
17	500 Free	18
19	50 Fly	20
21	200 Free Relay	22
23	100 Back	24
25	100 Breast	26
27	100 IM	28
29	400 Free Relay	30
31	1 Meter Diving	32
33	3 Meter Diving	33

MEET INFORMATION

Eligibility

Buff Invite is open to all college club collegiate teams (registration with College Club Swimming but highly encouraged). Entries will be open to all individual US Masters registered swimmers.

The length of the competition course is in compliance and on file with the USMS in accordance with articles 105.1.7 and 106.2.1. Times will be eligible for USMS records and Top 10 consideration, but not for world records.

Entries

Athletes may enter up to four (4) individual events. There are no limits on the amount of relays an individual may swim, and no limit on how many relays a team can enter. The limit is a total of eight (8) combined events per individual.

Collegiate Teams:

- A Hy-Tek file will be provided in advance. Entries are due to swimdivecolorado@gmail.com due Wednesday, October 4th at 11:59pm.
- Entry fee is \$20 per swimmer or diver.

Masters Swimmers:

- Please submit the USMS event entry form and the USMS waiver along with your current membership card to swimdivecolorado@gmail.com by Wednesday, October 4th at 11:59pm.
- Entry fee is \$25 per master swimmer.

Entry Fees:

- Will be paid through an online portal. The link to this online portal will be sent out closer to the meet.

Rules

Rules will be enforced in accordance with the [U.S. Masters Swimming Rule Book](#)

Lodging

Boulder offers many options for lodging, follow the link for current listings.

[Hotels in Boulder](#)



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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, coach or club administrator immediately.
5. 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.
6. 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 (check) M <input type="checkbox"/> F <input type="checkbox"/>	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 04/28/2022

Trim around outside heavy line, fill out & fold in the middle

COLORADO LOCAL MASTERS SWIMMING COMMITTEE – CONSOLIDATED ENTRY CARD

Swimmer's Name _____ Age: _____ Male: _____ Female _____

USMS # _____ Birthdate / / _____ Phone () _____

Event #	FREE (Submitted Time)	Event #	BACK (Submitted Time)	Event #	BREAST (Submitted Time)	Event #	FLY (Submitted Time)	Event #	I.M. (Submitted Time)
	50 : .		50 : .		50 : .		50 : .		100 : .
	100 : .		100 : .		100 : .		100 : .		200 : .
	200 : .		200 : .		200 : .		200 : .		400 : .
	400/500 : .	MEET NAME & DATE: Buff Invitational 10/07/2023 CLUB IF NOT COLORADO: _____ TEAM NAME: _____				MEET FEES # of Events X \$ _____ = \$ _____ Surcharge = \$ _____ TOTAL = \$ 25.00			
	800/1000 : .								
	1500/1650 : .								
T-shirt Size (if applicable): S M L XL XXL		SIGNATURE REQUIRED ON BACK							

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PLEASE READ CAREFULLY: Late or incomplete entries (no fee, incomplete entry card, incomplete entry data, no copy of USMS Registration Card), or entries postmarked after the due date MAY BE REJECTED.

ALL Masters swimmers will be required to send a photocopy of their USMS Registration Card along with their entry card. ALL Masters swimmers may be asked to show their USMS card, if requested, at the meet. THERE WILL BE NO EXCEPTIONS.

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Please Sign AND Date: _____
Street Address: _____
City, State, Zip: _____

Make checks payable to and mail to the address specified on the Meet Information Sheet.