

**Monday 20 February 2023 (Presidents Day - federal holiday)**  
**100 x 100's Workout Challenge hosted by Excel Swimming at the**  
**Nassau County Aquatic Center in Eisenhower Park, East Meadow, NY**

- LOCATION** Onsite parking; full-service locker rooms; 80,000 square foot facility with 20-26 short course training lanes. The Aquatic Center does not have a physical street address and can not be reached from INSIDE Eisenhower Park. Access parking lots and pool from Merrick Avenue a/k/a Korean War Veterans Memorial Drive. Location details at: <https://www.nassaucountyny.gov/1775/Hours-Location-Parking>.
- ELIGIBILITY** Open to everyone 18 years of age or older. USMS registration is optional and NOT required.
- REQUIRED** Hand in **fully executed Participant Waiver and Release of Liability, Assumption of Risk, and Indemnity Agreement** during check-in on Monday 20 February 2023 (no electronic submission accepted).
- SCHEDULE** **Check-In: 7:30-7:45AM** • Challenge Start: 8:00AM • Challenge End: 12:00PM  
**Hand in executed Liability Release and pick up goodies during check-in.**
- GOAL** Swim as much as you can (up to 100 x 100's = 10,000 yards) in a maximum of four (4) hours.
- WHAT** Motivating group training dynamics to help you achieve your personal training goal (completing all 100 x 100's is not required) - terrific opportunity to put "money in the bank" to build a solid aerobic training foundation for all of your future swim or multi-sport goals! This is a FITNESS event - not a competition.
- HOW** A general workout outline will be provided to organize and provide structure for everyone during the Workout Challenge. Brief rest periods will be built into the workout outline to allow for bathroom, hydration, snack or lane-switching breaks. Swimmers will select a specific interval training lane based on their personal ability level to participate with others of the same speed. Participants can bring their own training equipment (paddles, buoy, fins, snorkel, etc.) or borrow equipment from supply at the pool.
- GOODIES** Commemorative Workout Challenge souvenir with generous beverages, snacks and raffle prizes.
- BRING** Prepare for "equipment failure". Bring extra swim suit, goggles, swim cap (if you have long hair), along with any other personal items you feel necessary.
- FEE** \$30.00 (includes online registration processing fee) payable with a credit card. All major credit cards accepted. Registration fee is non-refundable and non-transferable.
- LIMIT** **Limited to 96 participants on a first-received basis.**
- DEADLINE** Online registration closes at midnight ET on Thursday 16 February 2023, or when 96 participant limit is reached (whichever comes first). No late, paper, snail mail, phone, fax or email entries accepted.
- ALERT** This annual Workout Challenge has filled up and closed out early every year. Set your 2023 goals now and plan to participate. Do not delay - sign up today!
- REGISTER** Register online at: <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1659&cid=94066>  
Your credit card statement will reflect a charge from "Excel Swimming".
- QUESTIONS** Direct Workout Challenge inquiries to Lisa at [excelswimming@aol.com](mailto:excelswimming@aol.com).



## 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 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS 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 (circle) M    F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	