

Huntsville Swim Association
2016 Red & Blue Intrasquad/Alumni Masters Meet
Brahan Springs Park Natatorium
Huntsville, Alabama
September 17th, 2016

This meet will be conducted under the auspices of Southeastern Swimming, Inc. of USA Swimming. USA Swimming technical rules and regulations will be followed with the exception of items specifically addressed in the meet information Sanctioned by Southeastern Swimming, Inc.

This meet will be a dual sanctioned short course yards meet conducted under the auspices of both Southeastern Swimming, Inc. of USA Swimming and the Southeastern Local Masters Swimming Committee for United States Masters Swimming, Inc. The meet will be run as a combined meet where, based on times, USA-S and USMS swimmers may swim in combined heats without specific lanes allocated to one organization or the other.

Held under the sanction of USA Swimming and Southeastern Swimming, Inc.

Sanction No.: 16SEHSA9-17

TIME TRIAL SANCTION – 16SEHSA9-17TT

Sanctioned by Southeastern LMSC for United States Masters Swimming, Inc.

Sanction #: 156-S010.

HOSTED BY: Huntsville Swim Association (www.swimhsa.org), P.O. Box 1102, Huntsville, AL 35805

LOCATION: Brahan Spring Park Natatorium, 2213 Drake Ave., Huntsville, AL 35805

FACILITIES: Brahan Spring Park Natatorium is a 22-lane, 25-yard competition pool with a four-foot minimum depth, non-turbulent lane lines, and fully automatic Colorado electronic timing system with 10 lane/time/place display. Brahan Spring Park Natatorium is a Wi-Fi establishment.

The competition course has not been certified in accordance with 104.2.2C(4).

The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 107.2.1).

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

RULES: Current USA Swimming rules will govern the conduct of the meet unless otherwise noted herein.

SWIMMERS: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

OFFICIALS: Meet Director: Ricky Hui
Referee: David Hudson
Admin. Official: Chris Chance

ELIGIBILITY: All swimmers must be members of HSA, and be registered with USA Swimming registered or USMS registered. Swimmers registered with both organizations must select one organization with which to compete for the entire meet, in advance of competition. Only registered members of HSA will be allowed to enter the meet. Entries will not be accepted without 2016 and 2017 registration numbers. Coaches and officials must present evidence of certification as required by Southeastern Swimming. A swimmer's age on the first day of the meet will determine his or her age for the entire meet. No USMS or USA Swimming registration will be available at the meet.

WARM UP: Southeastern Swimming Meet Safety Guidelines and Warm-up Procedures will be in effect at this meet. The Meet Director will post and announce the warm-up assignments prior to the start of the meet. Warm-ups may be split into two sessions depending on the size of the meet. Designated warm-up and warm-down lanes may be used for USMS swimmers.

Saturday AM Session will consist of all ages.

	<u>Warm-up</u>	<u>Competition</u>
Saturday	8:00-8:50 AM	9:00 AM
(Masters Swimmers will have separate warm up lanes)		

ENTRIES Swimmers are limited to four (4) individual events.

See attached list of events. All events are Short Course Yards and timed finals.

Entries will be limited to 300 swimmers.

Entry error: If due to an HSA error, the swimmer will be deck entered in an open lane of the heat nearest his/her entry time or in a new heat. The entire event will not be re-seeded.

DISABILITIES: Swimmers with disabilities are welcome. Please complete the 'Information Form for Disabled Swimmers' and return it with the entries.

DEADLINE: Swimmers must be registered for the meet through Team Unify on the HSA website by **11:59 PM Tuesday September 9, 2016**. HSA Alumni may send entries to Coach Matt Webber.

Late entries will be accepted until 9:00AM on Saturday, September 17th.

FEES: **\$30.00 flat fee**, for USA and USMS swimmers (includes entries, facility and surcharge)

Late entries will be accepted at the discretion of the meet directors on a "lane available" basis.

All entry fees are nonrefundable.

- MEET FORMAT:** This is a timed finals meet. HSA reserves the right to run the meet in the best configuration of the 22 lanes that it sees fit.
- Swimmers will be divided into three age groups, 10 & under, 9-12, and 13 & over. For scoring purposes, the 8 & unders, 9-10, 11-12, 13-14, and Senior will be scored separately. USMS swimmers will be seeded in "13 and Over" events.
- SCORING:** Points for 1st – 8th places in individual events will be awarded as follows:5-3-1. Points for Relays for first through fourth place will be as follows: 10-5-2-1.
- AWARDS:** No Medals or Ribbon Awards will be given at this meet. Great effort and racing will be rewarded by the coaches with candy treats.
- CONCESSIONS:** Provided by Food Truck
- HOSPITALITY:** Donuts and coffee will be provided for officials.
- COACHES' CORNER:** Coaches' Meeting will occur only if needed at 8:50 am on Saturday, September 17th.
- Real-time results will be available on the Meet Mobile App.
- There will be a Bull Pen for 8 & Unders.
- SES rules dictate that "coaches shall display, when requested, their USAS Membership card/deck pass to be allowed on deck. Compliance shall be the responsibility of the Host Meet Referee/director –they may assign the responsibility to other meet personal. All coaches are required to be prepared to display their valid their USAS Membership card/deck pass when checking in with Clerk of Course or Meet Director at the beginning of the meet to show proof of membership and standing.
- OFFICIALS' CORNER:** There will also be a Stroke & Turn Clinic at 7:00 AM, location TBD.
- MEET EVALUATIONS** Comments, pro or con, regarding the meet are encouraged and should be sent to the Phil Kraus SES General Chair; gpacswimcoach@gmail.com; PO Box 30318 Pensacola FL, 32503
- United States Masters Swimming. Meet entry information and the standard USMS waiver may be found at the end of this meet information.

2016 Red & Blue Intrasquad Meet

Saturday, September 17th, 2016

Saturday AM- All Ages

Warm-ups 8:00 a.m., Competition begins at 9:00 a.m.

<i>Female</i>	<i>Event</i>	<i>Male</i>
1	13 & over 100 FR	2
3	13 & over 50 FR	4
5	9-12 50 FR	6
7	10 & under 25 FR	8
9	13 & over 100 FLY	10
11	13 & over 50 Fly	12
13	9-12 50 FLY	14
15	10 & under 25 FLY	16
17	13 & over 100 BA	18
19	13 & over 50 BA	20
21	9-12 50 BA	22
23	10 & under 25 BA	24
25	13 & over 100 BR	26
27	13 & over 50 BR	28
29	9-12 50 BR	30
31	10 & under 25 BR	32
33	10&u, 11-12, 13-14, 15-18 All Age Group Mixed Relay	NA
34	HSA Alumni and Masters Relay	NA

2016 WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all of the **swimmers** and **coaches** listed on the enclosed entry form/team information are registered and entered into the meet in accordance and subject to USA Swimming Rules and Regulation:

.1 All Clubs, including seasonal clubs, shall ensure that all athletes and coaches participating in USA Swimming sanctioned competition(S) are members of their LSC and USA Swimming.

.2 All coaches of USA Swimming clubs, including seasonal clubs, shall join USA Swimming as coach members and shall satisfactorily complete safety training required by USA Swimming.

.3 And as False Registration – A host LSC may impose a fine up to \$100.00 per event against a member coach or a member club submitting a meet entry which indicates a swimmer is registered with USA Swimming when that swimmer or the listed club is not **properly** registered.

All swimmers, coaches and officials involved with USA Swimming competition must be registered. Additionally, meet directors

I acknowledge that I am familiar with the rules of USA Swimming and Southeastern Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my team's swimmers with those rules during this meet. The host club, Southeastern Swimming, Inc. and USA Swimming, their agents, officers, representatives, employees and coaches shall be free from any liability or claim for damages for any and all injuries, illnesses or damage to valuables which may be sustained at this meet or while in transit to and from this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results or any other documents associated with the running of this meet.

Signature of Coach or Club Official:	
Title:	
Club:	Date:

SOUTHEASTERN LSC

INFORMATION FORM FOR SWIMMERS WITH A DISABILITY

This non mandatory form is for accommodation purposes.

Name _____

Address _____

Team _____ USA Registration # _____

Age and Birth date: _____

Events to be swum: _____ / _____ / _____ / _____ / _____ / _____ / _____ /
_____ / _____ / _____ / _____ / _____ / _____ / _____ /

Type of Disability

Blind _____ Cognitive/Intellectual _____ Deaf _____ Physical _____ Other _____

Extent of Disability: Be specific e.g. totally or partially blind, totally or partially deaf, loss of one or more limbs, multiple disabilities, etc.

The following person(s) will accompany the swimmer for any needed assistance: _____

Accommodations requested, Examples: Lane #, inside lane, starter side preference, assistance to the blocks, water start, hand signals, etc.

Information gathered on this form will only be used for swimmers accommodation during Meet, and forwarded to the SE LSC Disability chair for purposes of evaluation and tracking Swimmers attendance and performance.

The Disability Chair welcomes any feedback and or comments concerning your Meet experience.

Meet Director Email: Ricky Hui ricky739@yahoo.com

Meet Referee Email: David Hudson robert.hudson.ctr@mda.mil

Disability Chair Email: robin@seastarsaquatics.org



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