



Southern Masters Swimming Championship

Short Course Meters – December 10 & 11, 2016

- Sanctioned By:** Southern Masters Swimming for United States Masters Swimming, Inc.
Sanction # 246-S???
- Hosted By:** Southern Masters Swimming
- Meet Referee:** Orlene Rykosky **Meet Director:** Janice Roth
- Entry Chairman:** John E. Roth, Jr. - 104 Yellowstone Street, Kenner, La. 70065
Phone: H 504- 469-3119 C 504-390-9331
E-mail: jerothjr@cox.net
- Location:** University of New Orleans Lakefront Arena Swim Center
6801 Franklin Avenue
New Orleans, La. 70148
- Date & Times:** **Saturday, December 10, 2016 Warm-ups = 10:00 AM; Events = 11:00 AM.**
Sunday, December 11, 2016 Warm-ups = 9:00 AM; Events = 10:00 AM.
- Facilities:** Indoor 8 lane 50-meter pool with non-turbulent racing lane ropes. All races conducted on a 25 meter course. Warm-up lanes will be available during the meet each day. Showers and lockers will be available.
- Timing:** Colorado automatic timing system with touch pads will be the primary system. Secondary system will be manual-electronic with 1 button and 1 digital watch per lane, with a second watch on first place in each heat.
- Rules:** Current United States Masters Swimming technical rules and code of regulations will govern this meet.
- Conduct of Meet:**
- All events will be timed finals. Except for the 1500 and 400 freestyle, all events will be seeded slowest to fastest by submitted entry times.
 - **All events will be scored and list men and women separately by USMS rules.**
 - **There will be no changing of events after entry deadline.**
 - All participating swimmers will receive a copy of the meet heat sheet
- Women and men may be seeded together with for same stroke events with low number of entries.**
- Pool Measurement:** - "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."
- Results:** **Swimmers will also receive a copy of meet results via E-mail.** Results will be mailed upon request. All requests for hard copies can be made either by checking the block on the meet entry form or turning in a request to receive a "hard" copy of the meet results with your name, mailing address, and zip code.

Eligibility: All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of December 31, 2016. **Include a copy of your current USMS registration card.** If your entry is close to the deadline, and you have not registered with USMS, you can do On-line USMS registration at the following web site: <http://www.usms.org/reg/> Email a copy to the entry chair, once you have done this.

Liability Release: Each entered swimmer must sign the liability release form at the end of this invitation. Send this along with your filled out entry form.

Disitance Events:

- The 400 & 1500 freestyle events will be deck seeded. Check-in will close 20 minutes prior to the start of these events. Depending on the number of entries, these events may be seeded before the start of this meet.
- The 400 & 1500 free will swim fastest to slowest, with women and men seeded together by entry time in each heat.
- The 1500 free will start 15 minutes after the conclusion of all of Saturday's relays. 1500 free swimmers will be responsible for a timer and counter in order to swim this race. This counts as 1 of the 5 event limit on Saturday.
- The mixed 400 medley relay on Saturday and 400 & 800 free relays on Sunday have been added to the events for this meet. They will take place after the listed 200 relays each day. Southern Masters is responsible for providing sufficient meet personel to run these relays for each lane seeded with these relays. Swimmers must mark on the entry sheet of their intension to swim in these relays.

Limit of Events: Each entered swimmer may swim up to 5 individual events each day.

Entry Fees: Cost for full participation is \$35.00. To swim only the 1500, there will be a \$10 fee.

Due Date: To swim only one day, there will be a \$20 fee.

All entry fee checks must be made payable to : "Southern Masters Swimming"

- All entries (by mail or email) received after Mondayday 12-5-16 will be taken at the discretion of the Entry Chairman and seeded in open lanes only. Late entries must pay an additional late fee of \$5.00.

Entries are due by Monday, December 5, 2016, so as to seed the meet and print heat sheets.

Entries must be mailed or delivered to:

Meet Entry – Southern Masters Short Course Meter Championships
104 Yellowstone Street
Kenner, Louisiana 70065
E-mail to "jerothjr@cox.net "

Use the enclosed entry form only! Seed times must be best recent short course meter times only!

You can send your entry in by E-mail to "jerothjr@cox.net ", but you must send the signed paper work along with your entry check.

Hospitality: Water and snacks will be provided. Lunch will be provided at the pool after the events on Saturday.

Scoring: Points will be awarded as follows: Individuals 9-7-6-5-4-3-2-1; Relays 18-14-12-10-8-6-4-2.

Age Groups: *Individual: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc.
Relays: 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399, etc.*

Awards: ***Ribbons will be awarded for first through eighth places in each age group in individual event.***

Parking: *Parking is available adjacent to the UNO arena pool and is free.*

Arena and Hotels: *A separate listing with directions to the Arena and hotel/motels can be received by E-mailing to: jerothjr@cox.net. Contact the hotels for rates and specials.*

For New Orleans tourism information, visit www.neworleansonline.com/

Facility Rules: *This meet is conducted on the grounds of a state university. The University of New Orleans asks that all swimmers, spectators, and coaches comply with the following facility regulations:*

- 1. No food allowed inside the facility.*
- 2. No horseplay in the locker rooms or on the deck.*
- 3. No smoking allowed anywhere inside the facility.*
- 4. No glass containers or ice chests allowed in the facility.*
- 5. Comply with directions given by the lifeguards or T-shirt security.*
- 6. No banners, posters, balloons, etc. may be affixed to any part of the building.*
- 7. Do not leave items unattended in the locker rooms.*
- 8. Please police your area before leaving each day.*
- 9. Do not park in areas of the lot that have traffic cones blocking entrance.*

Order of events

**400 & 1500 Mixed Freestyle - (seeded together, fastest to slowest)*

Saturday, December 10th –11 a.m.				Sunday, December 11th – 10 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
1	2	400 IM		23	24	400 Free- *	
3	4	50 Fly		25	26	100 IM	
5	6	100 Breast		27	28	50 Back	
7	8	200 Free		29	30	100 Free	
9	10	50 Breast		31	32	200 Breast	
11	12	100 Back		33	34	200 Back	
13	14	50 Free		35	36	100 Fly	
15	16	200 Fly		37	38	200 IM	
17	18	200 Free Relay	xxxxxxxxxxx	39	40	200 Med Relay	xxxxxxxxxxx
19		200 Mixed Med Relay	xxxxxxxxxxx	41		200 Mixed Free Relay	xxxxxxxxxxx
21		400 Mixed Med Relay		42		400 Mixed Free Relay	
22		1500 Mixed Freestyle*		43		800 Mixed Free Relay	

Meet Entry Form

University of New Orleans Arena Sanction # 246-S???

Name _____ Date of Birth _____ Age (As of 12-31-2016) _____ Sex _____

Address _____ City/State/Zip _____

E-Mail _____ Phone _____ - _____ - _____ USMS # _____

Team Name _____ Abbreviation _____

Please circle desired event numbers for all individual entries. Limit is 5 individual events per day. List best recent short course meter times in the space provided, use a "NT" if you have no time for an event. Relays will be entered on the day that they are scheduled to be swum. Entries are due on the Tuesday before the meet, so as to seed meet and print heat sheets. All entries received after Tuesday, December 6, 2016 will be accepted at the discretion of the Entry Chairman and seeded in open lanes only. \$5.00 late fee applies.

***400 & 1500 Mixed Freestyle - (seeded together, fastest to slowest)**

Saturday, December 10th – 11 a.m.				Sunday, December 11th – 10 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
1	2	400 IM		23	24	400 Free– *	
3	4	50 Fly		25	26	100 IM	
5	6	100 Breast		27	28	50 Back	
7	8	200 Free		29	30	100 Free	
9	10	50 Breast		31	32	200 Breast	
11	12	100 Back		33	34	200 Back	
13	14	50 Free		35	36	100 Fly	
15	16	200 Fly		37	38	200 IM	
17	18	200 Free Relay	xxxxxxx	39	40	200 Med Relay	xxxxxxx
19		200 Mixed Med Relay	xxxxxxx	41		200 Mixed Free Relay	xxxxxxx
21		1500 Mixed Freestyle*		42		400 Mixed Free Relay	
22		400 Mixed Med Relay		43		800 Mixed Free Relay	

Signature _____ DATE: _____

Fees: Full Meet \$35.00 _____ One day \$20.00 _____ 1500 free only \$10.00 _____ Late fee (after Monday 12-5-16) \$5.00 _____

Mail hard copy of results to above address _____ E-mail results only _____ Check number _____

Proof of USMS membership, a copy of your current registration card, copy of your application form, or filled out application form with check must accompany this entry form. Entry deadline is Monday December 5, 2016. You must sign the liability release and enclose check payable to "Southern Masters Swimming." with your entry. For entry confirmation, enclose a stamped self-addressed post card. All entrants who list a correct E-mail address will receive confirmation when their entries are received.

Mail or E-mail entries to: Meet Entry Chairman- Southern Masters Short Course Meter Championships
104 Yellowstone Street
Kenner, Louisiana 70065
E-mail: jerothjr@cox.net

MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM



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.

<i>Last Name</i>	<i>First Name</i>	<i>MI</i>	<i>Sex (circle)</i> M F	<i>Date of Birth (mm/dd/yy)</i>
<i>Street Address, City, State, Zip</i>				
<i>Signature of Participant</i>			<i>Date Signed</i>	