

USMS 2017 South Central Zone LC Championships

Hosted by Texas A&M Athletics

July 21 - 23, 2017

A Long Course Timed Finals Meet Bid

Facility:

- **Texas A&M University Student Recreation Center Natatorium Olsen Boulevard, College Station, TX 77840**
- Indoor 50 meter course, eight lanes, depth 7-9 feet. Separate diving well, 8 lanes, 25 meters. Lane lines are non-turbulent
- Daktronics timing system, color scoreboard. Hy Tek Meet Manager software. Club Assistant online entries.
- Directions and facility information can be found here:
http://recsports.tamu.edu/facilities/student_rec_center/
- Natatorium host of:
 - 2013 SEC Championships
 - 2010 USA AT&T Diving Nationals
 - 2009 Women's & Men's NCAA Championships 2005, 2007, 2010 Big 12 Championships
 - 2004 Women's NCAA Championships 2001 Men's NCAA Championships

Pool Length:

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.

Head Ref:

Herb Schwab, herb.schwab@gmail.com

Meet Director:

Nicole Christensen Rembach, ncr@creativewaters.net, 281-352-8434

Dates:

Friday July 21st through Sunday July 23rd 2017

Warm Up and Start Times:

- | | | |
|----------|---------------|-------------------|
| • Friday | Warm Ups 4 PM | Meet Start 5 PM |
| • Sat | Warm Ups 9 AM | Meet Starts 10 AM |
| • Sun | Warm Ups 9 AM | Meet Starts 10 AM |

Rules:

Current USMS Long Course Rules will govern the conduct of the meet.

Parking:

Mon – Fri before 5 PM park in the West Campus Garage across from the Rec Center (\$2/hour before 5pm – \$0.50/hour after 5pm). **Parking is free on Saturday and Sunday after 5pm on Friday, except where designated. See attached sheet.** The pay-by-number spaces in front of the Rec Center are never free

Sanction:

Sanctioned by Gulf Master Swim Committee for USMS, Inc. Sanction Number is 257-S006. Times achieved at the meet will be submitted to USMS.

Eligibility:

Open to all currently registered USMS swimmers. Swimmers not currently registered with USMS will be given an opportunity to register with USMS while doing their online entry.

Age:

Athlete age at the meet is determined by their age on December 31, 2017.

Age Groups:

- **Individual:** 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74,75-79, etc.
- **Relays:** 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399
- **Note:** the aggregate age of the four relay team members shall determine the age group.

Relay Entries:

Relays may be deck entered for a fee of \$20 each or enter early for fee of \$10 each. Relays entered in advance DO NOT need to have swimmers names put in. All relays, early and deck entered, will need to turn in relay cards at meet to put swimmer names in the proper order. Teams may use relay only swimmers. Relay only swimmers must be entered into the meet by the online deadline and there will be a fee of \$10 per relay only swimmer with no refunds given for no shows.

Entry Confirmation:

By email. For paper entries, you must contact Nicole at ncr@creativewaters.net for an entry form.

Number of Events Allowed:

5 individual events per day & 3 relay events per day. **TIME LIMIT CUT OFFS- 50:00 FOR THE 1500 FREE; 25:00 FOR THE 800 FREE, 16:00 FOR THE 400 IM, 12:00 FOR THE 400 FREE, 8:00 FOR THE 200 BACK, BREAST & FLY and 6:00 FOR THE 200 FREE.**

IMPORTANT: Swimmers are asked to voluntarily notify the Meet Director by email at ncr@creativewaters.net of their intent to scratch any events by 5 PM on the Wed July 19th before the meet. Psych sheet will be posted Wed AM. Final seeding of all pre-seeded events will occur after early scratch deadline passed.

No fines or penalties will be handing out for swimmers who no show/scratch at the meet

Entry Fees:

Early, Mid and Late fees depending on date entered.

- \$55 fee for online and paper if entered no later than June 30th
- \$60 entry fee for online and paper if entered no later than **NOON** on July 7th
- \$70 fee for online ONLY if entered by **NOON** July 18th.

NO ENTRIES WILL BE ACCEPTED AFTER JULY 18TH. NO INDIVIDUAL DECK/DAY OF ENTRIES ALLOWED. PAPER ENTRIES MUST BE RECEIVED NO LATER THAN JULY 7TH.

Relay only swimmers will be allowed with a fee of \$10. Relays may enter in advance with a reduced fee of \$10. Swimmers on pre entered relays can be filled in at the meet.

No refunds given for no shows.

Entry Due Date: See table below –

June 18	19	20	21	22	23	24
25	26	27	28	29	30 Early entry \$55 deadline	July 1
2	3	4	5	6	7 \$60 online entry deadline by Noon CST & Final paper entry deadline	8
9	10	11	12	13	14	15
16	17	18 \$70 Late online entries by Noon.	19 Psych Sheets Posted AM Early scratch notifications Due PM.	20 Heat Sheets Posted – final seeding – after all early scratches entered	21 Zones PM Session 4 PM WU 5 PM Meet	22 Zones 9 AM WU 10 AM Meet PM Social
23 Zones 9 AM WU 10 AM Meet	USMS Nationals two weeks after meet on Aug 2 - 6, 2017 at the University of Minnesota Aquatic Club in Minneapolis					

Seeding:

Slowest to Fastest. Ages combined. Genders combined for 400 IM, 800 Free & 1500 Free. **All events EXCEPT the Relays, 400 IM, 400, 800 & 1500 Free will be pre-seeded.**

Distance Event Check In:

Check in times for the Distance Events are as follows:

- 400 IM: 4:15 PM Fri July 21st
- 1500 Free: 5:00 PM Fri July 21st
- 400 Free Womens: 9:15 AM Sat Jul 22nd
- 400 Free Mens: 10:00 AM Sat July 22nd
- 800 Free: Noon Sun July 23rd

Scoring:

Standard scoring 1st through 8th individual and relay with combined team awards.

Awards:

Individual events medals 1st – 3rd

Relays medal 1st - 3rd

Awards will not be mailed and must be picked up at the meet.

Top three teams in combined scoring will receive trophies

Facebook:

There is a Facebook page at <https://www.facebook.com/USMSSouthCentralLCZonesatTexasAandM> that you can check for meet & social updates at all times

Results:

Results will be on Meet Mobile throughout the meet and on www.GulfMastersSwimming.org and www.USMS.org after the meet. Hard copy results will be posted continuously throughout the meet.

Records will be submitted with proper paperwork and electronic files ASAP after the meet to all appropriate parties. The meet will be observed for USA Swimming times. Swimmers registered with USA Swimming must supply their USA Swimming credentials to the Meet Director.

Social:

There will be an official Social planned on Saturday evening at a local food and drink establishment. More information will be posted as we get closer to the event.

Hospitality:

We will have hospitality for officials, certified coaches (coaches please bring credentials) and volunteers

Accommodations:

We will negotiate special rates with local hotels and make this information available on all sites.

Concessions:

Concessions will be available at the Student Rec Center café during its normal operating hours. It may not be open the entire time of the meet, particularly early Sunday morning. Swimmers may bring their own food supplies.

T-Shirts:

A T-shirt vendor will be at the meet selling swim meet apparel.

Swim Gear Vendor:

Extremely limited swim gear - most likely caps & goggles - will be available to purchase at the meet. **NO OTHER GEAR IS AVAILABLE. MAKE SURE TO BRING YOUR SUPPLIES WITH YOU.**

Psych & Heat Sheets:

Psych will be available online before the meet. Heat sheets will be available online before/during the meet and available for free pick up at the meet at the Clerk of Course area. Heat Sheets will also be posted on the walls around the venue.



PARKING INFORMATION

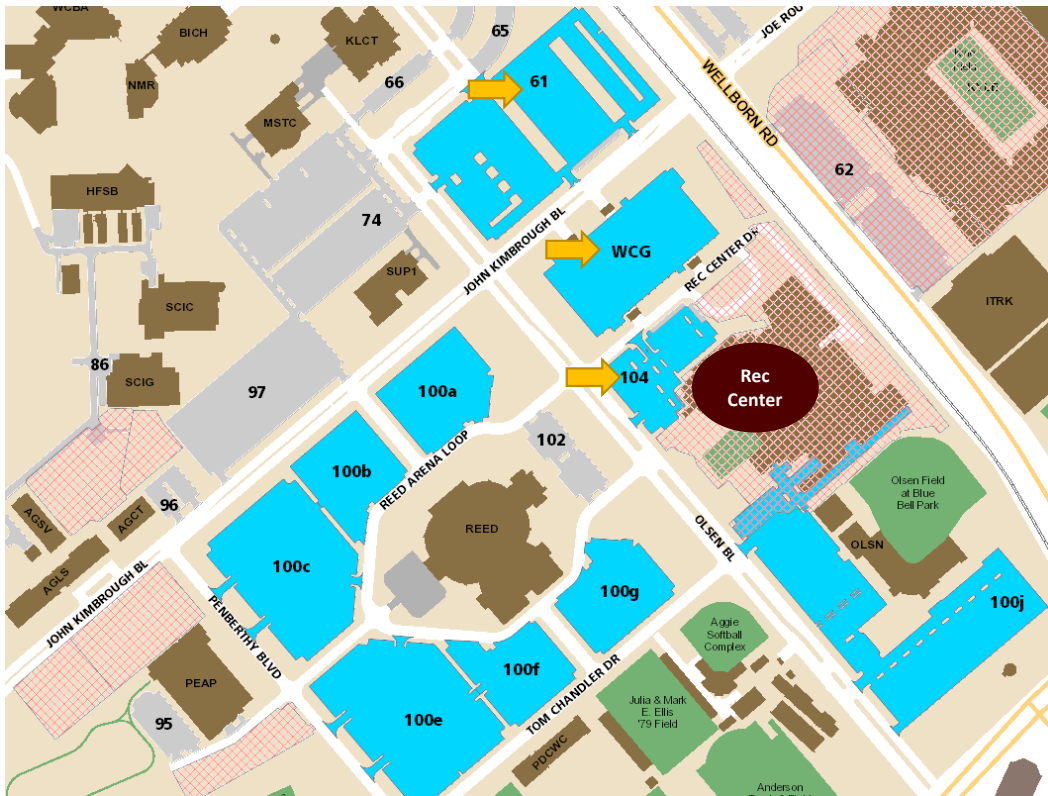
To be Verified - this is last year's info

WEEKDAYS:

If you haven't paid for your spot, you will be ticketed.

Visitor parking is available in:

- West Campus Garage
- 104 (Outside the Rec Center)
- 61 (opposite side of WCG)



FRIDAY AFTER 5 PM, SATURDAY AND SUNDAY:

Parking is free on the surface lots of the A&M campus after 5:00 p.m. on Friday, except where noted.

The Numbered Spaces in lots 100h, 61 or 74 are never free!

More information at transport.tamu.edu

ORDER OF EVENTS

South Central Zones 2017 LCM Championships

Event Format

Session: 1 Friday July 21st

Day of Meet: 1 Warm Up at 4:00 PM, Meet Starts at 5:00 PM

Event #	Event Description
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- | | |
|---|---|
| 1 | Mixed 400 IM <i>*Entry Time Limit of 16:00 minutes</i> |
| 2 | Mixed 1500 Freestyle <i>*Entry Time Limit of 50:00 minutes</i> |

Session: 2 Saturday July 22nd

Day of Meet: 2 Warm up at 9:00 AM, Meet Starts at 10:00 AM

Event #	Event Description
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- | | |
|----|---|
| 3 | Women 400 Freestyle <i>*Entry Time Limit of 12:00 minutes</i> |
| 4 | Men 400 Freestyle <i>*Entry Time Limit of 12:00 minutes</i> 20 min break - competition pool opens for 15 min warm up |
| 5 | Women 200 Backstroke <i>*Entry Time Limit of 8:00 minutes</i> |
| 6 | Men 200 Backstroke <i>*Entry Time Limit of 8:00 minutes</i> |
| 7 | Women 50 Butterfly |
| 8 | Men 50 Butterfly |
| 9 | Women 100 Breaststroke |
| 10 | Men 100 Breaststroke |
| 11 | Women 100 Freestyle |
| 12 | Men 100 Freestyle |
| 13 | Women 200 Butterfly <i>*Entry Time Limit of 8:00 minutes</i> |
| 14 | Men 200 Butterfly <i>*Entry Time Limit of 8:00 minutes</i> |
| 15 | Women 50 Backstroke |
| 16 | Men 50 Backstroke |
| 17 | Women 200 IM <i>*Entry Time Limit of 8:00 minutes</i> |
| 18 | Men 200 IM <i>*Entry Time Limit of 8:00 minutes</i>
10 Minute break |
| 19 | Women 400 Medley Relay |
| 20 | Men 400 Medley Relay |
| 21 | Women 200 Freestyle Relay |
| 22 | Men 200 Freestyle Relay |
| 23 | Mixed 200 Medley Relay |

Session: 3 Sunday July 23nd

Day of Meet: 3 Warm Up at 9:00 AM, Meet Starts at 10:00 AM

Event #	Event Description
24	Women 100 Butterfly
25	Men 100 Butterfly
26	Women 50 Breaststroke
27	Men 50 Breaststroke
28	Women 200 Freestyle <i>*Entry Time Limit of 6:00 minutes</i>
29	Men 200 Freestyle <i>*Entry Time Limit of 6:00 minutes</i>
30	Women 100 Backstroke
31	Men 100 Backstroke
32	Women 200 Breaststroke <i>*Entry Time Limit of 8:00 minutes</i>
33	Men 200 Breaststroke <i>*Entry Time Limit of 8:00 minutes</i>
34	Women 50 Freestyle
35	Men 50 Freestyle
	<i>10 Minute break</i>
36	Women 400 Freestyle Relay
37	Men 400 Freestyle Relay
38	Women 200 Medley Relay
39	Men 200 Medley Relay
	Mixed 200 Freestyle Relay
40	<i>10 min break</i>
41	Mixed 800 Free* <i>Entry Time Limit of 25:00 minutes</i>

- a. Swimmers who do not make the minimum time standard in an event they are competing in will not be eligible for points or awards
- b. The Referee will have the authority to discontinue a heat that is continuing beyond the minimum qualifying time.



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