



Masters of South Texas South Central Regional Invitational

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Posted 10/01/12

- Meet:** •2012 South Central Regional Invitational
- Sanction:** •4320-XX
- Dates:** •December 1-2, 2012
- Venue:** •**The Aquatic Center at Palo Alto College**
•1400 West Villaret Blvd
•San Antonio, Texas 78224
•210-486-3800
- Facility:** •Eight-lane 25-meter course
•Start end 18 feet / turn end depth 7 feet
•All automatic Daktronics starting and timing
•Concessions available
•Ample warm-up / cool down lanes constantly available
- Format:** •Timed Finals – with Relays
•The 400-meter, 800-meter, 1500-meter freestyle and 400-meter individual medley will require positive check-ins and seeded on deck. The 800 & 1500 Free will be gender-mixed and swum fastest to slowest
•If needed, the meet will include breaks to slow down the meet to allow recovery time for swimmers
- Liability:** •In granting a sanction for this meet, it is understood and agreed that USMS, South Texas Masters Swimming LMSC, Masters of South Texas (MOST), the Alamo Community College District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

USMS

- Registration:** •All swimmers, coaches, and officials participating in this competition must be currently (2012 or 2013) registered with USMS Swimming or FINA
•All should also be prepared to present their USMS Swimming ID Card as proof of their Registration to the Meet Director or designee at any time
•Swimmers who need to be entered because of clerical errors by the entering team or the meet host; will be required to present their USMS Swimming ID Card
- Rules:** •The 2012 USMS Swimming Rules and any relevant sections of the USMS Handbook will apply.

Swim Suit

- Restrictions:** •Only one suit is permitted during competition
•The suits must:
•Be of one piece
•Be constructed of woven / knit material
•Be 100% permeable to air and water
•Not aid buoyancy
•Not extend below the top of the knee and not cover the neck or shoulders for women
•Not extend above the navel or below the top of the knee for men
•Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied

Cell phone

- Restrictions:** •The presence and / or use of cell phones, and any other equipment capable of producing photographic or video images, in locker rooms is strictly and specifically prohibited at all times.
•There are no exceptions to this prohibition.
•Violators are subject to disqualification from the meet and disbarment from the facility.

Qualifying

- Times:** •None

Entry

- Deadline:** •Postmarked by Wednesday, November 21, 2012

Entry

- Restrictions:**
- This meet is open all currently (2012 or 2013) USMS Swimming and FINA registered athletes
 - Swimmers must be age 18 or older
 - Age as of December 31, 2012 determines age for the entire meet
 - Maximum of five individual events per day
 - All entries must include a seed time
 - Relay Entry Forms may be picked up from Clerk of Course, and are due by 8:30 AM for relay events 1-4 and 29-32. All other relay entries for each session will be due by 10:00 AM.
 - Maximum of three relay events per person per day

- Entry Fees**
- \$45.00** Individual Entry Fee
 - \$12.00** Each Relay Entry Fee
 - Checks payable to: **Aquatex**

- Late/Deck Entries?**
- No.

- FAX Entries:**
- Under no circumstances will entries be accepted via FAX

- Scratch Rules:**
- There is no penalty for scratching an event

Meet Management:

Entries Chair:	Meet Director:	Meet Head Referee:
Susan Ingraham	Susan Ingraham	John Adams &
302 Happy Trail	302 Happy Trail	Larry Benson
San Antonio, TX 78231	San Antonio, TX 78231	
210-859-2859	210-859-2859	
Aquatex101@aol.com	Aquatex101@aol.com	

- Warm-ups:**
- Warm-ups will be conducted in accordance with the current USMS Policies and Procedures
 - Feet first entry into the water
 - Please also review the daily schedule below

- Awards:**
- High Point Awards presented to Men and Women in each designated age group.

- Special Needs:**
- Please notify the Aquatic Center at Palo Alto College (210-486-3800) in advance of this event with the name and age of any member on your team who needs assistance to enter the building.
 - The PAC Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
 - In any meet sanctioned or approved by South Texas Masters Swimming, which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USMS Swimming Rules and Regulations.
 - A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
 - Coaches and / or athletes must notify the Meet Referee before the event begins if they are to be considered to be judged as such.

- Timers:**
- The host team will attempt to provide backup timers for this meet
 - Volunteers will undoubtedly be needed

- Daily Schedule:**
- Warm-ups begin at 7:30 AM
 - Check-in for all Distance Events* by 8:30 AM
 - Entries Due for Relays (1-4) (29-32) 8:30 AM
 - Clear pool 8:50 AM
 - Meet begins 9:00 AM
 - Entries Due for all remaining Relays 10:00 AM

Name _____ USMS Number _____

Email Address _____ Age as of December 31, 2012 _____

Order of Events - Distances in Meters				
Entry Time	Women #:	Event:	Men #:	Entry Time
Saturday - 9:00 AM				
	1	Women / Men 200 Medley Relay	2	
	3/4	Mixed 400 Free Relay	3/4	
	5	400 Individual Medley*	6	
	7	200 Freestyle	8	
	9	50 Backstroke	10	
	11	100 Butterfly	12	
	13	Women / Men 800 Free Relay	14	
	15	200 Breaststroke	16	
	17	50 Freestyle	18	
	19	100 Backstroke	20	
	21	100 Individual Medley	22	
	23	Women / Men 400 Free Relay	24	
	25/26	Mixed 200 Medley Relay	25/26	
	27	1500 Freestyle*	28	
Sunday - 9:00 AM				
	29	Women / Men 400 Medley Relay	30	
	31/32	Mixed 200 Free Relay	31/32	
	33	400 Freestyle*	34	
	35	200 Butterfly	36	
	37	50 Breaststroke	38	
	39	100 Freestyle	40	
	41/42	Mixed 800 Free Relay	41/42	
	43	200 Individual Medley	44	
	45	50 Butterfly	46	
	47	200 Backstroke	48	
	49	100 Breaststroke	50	
	51	Women / Men 200 Free Relay	52	
	53/54	Mixed 400 Medley Relay	53/54	
	55	800 Freestyle*	56	

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 the 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.

Signature _____ Date _____

**Mail this Entry Form / Copy of USMS Card / \$45 Entry Fee (checks made out to AQUATEX) to:
 Susan Ingraham – So Central Regionals.....302 Happy Trail.....San Antonio, Texas.....78231
 Questions? Contact us at Aquatex101@aol.com or 210-859-2859**