



2017



**USMS South Central Zone Championship Meet**  
**Short Course Yards – March 24, 25, 26**

**Sanctioned By:** Gulf Masters Swimming for United States Masters Swimming, Inc., **Sanction # 257-S004**

**Hosted By:** Woodlands Masters Swim Team

**Meet Referee:** Claude Humbert

**Meet Director:** Frank Bergfield – c/o WMST, PO Box 7084, The Woodlands, TX 77387  
Phone: (936) 523-0540 E-mail: fbergfield@hotmail.com

**Location:** The Conroe Independent School District (CISD) Natatorium ([Googlemaps link](#))  
19133 David Memorial Drive  
Shenandoah, Texas 77385

**Date & Times:** Friday, March 24, 2017 — **Warm-ups - 5:00 PM; Meet Starts - 6:00 PM**  
Saturday, March 25, 2017 — **Warm-ups - 8:00 AM; Meet Starts - 9:00 AM**  
Sunday, March 26, 2017 — **Warm-ups - 8:00 AM; Events Start - 9:00 AM**

**Facilities:** Indoor 8 lane non-turbulent pool. All races conducted on a 25-yard course. Warm up lanes will be available in the adjacent course during the meet each day. Showers and lockers will be available. The length of the competition course is in compliance with 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.

**Timing:** A Daktronics Omnisport 2000 automatic timing and scoring system with touch pads as the primary timing system will be used during the competition. Secondary timing system will be manual-electronic with a minimum of 1 button and 1 digital watch per lane. Hy-Tek's Meet Manager software will be used to manage and score the meet.

**Rules:** Current United States Masters Swimming technical rules and code of regulations will govern this meet.

**Eligibility:** All participants must be registered with United States Masters Swimming. Competitors must be 18 years of age on or before March 24, 2017.

**Event Time Limit:** To qualify for the freestyle and IM distance events, participants must meet the following qualifying times: **1650 yard freestyle** under 60 minutes, **1000 yard freestyle** under 40 minutes, **500 yard freestyle** under 20 minutes, **400 IM** under 20 minutes.

**Conduct of Meet:** Enter the meet using your **best short course yard time for the event**. The Meet Director may, at his discretion, correct, adjust or insert an entry time for any swimmer. All events will be **timed finals and be seeded slowest to fastest**. All individual events 200 yards and shorter will be

seeded by gender and by time. For all other events, including relays, women and men will be seeded together by time only.

**Positive check-in is required for all 400 yard and longer events as follows:**

- Event #1/2 (Men/Women 1650 yard freestyle) ..... Check-in by 5:30 PM
- Event #3/4 (Men/Women 500 yard freestyle) ..... Check-in by 8:30 AM
- Event #27/28 (Men/Women 400 yard Individual Medley) ..... Check-in by 8:30 AM
- Event #49/50 (Men/Women 1000 yard freestyle) ..... Check-in by the end of Event #37

There will be a 30-minute warm-up break after the 500 Free and 400 IM events. There will be a 15-minute officials break after the 100 Breast and after the 200 Free.

**Hospitality:** Available for Officials, Timers, and Meet Volunteers.

**Limit of Events:** Each entrant may swim a maximum of **5 individual events** and **3 relay events per day**.

**Registration/Entry Fees** You may register for the Meet online at this [ClubAssistant link](#).. Additional links are available at [www.wmst.net](#), [www.gulfmastersswimming.org](#), or [www.usms.org](#). Participants may also register by mail and must include a copy of their 2017 USMS Registration Card.

On-time entry (online entry **received** or paper entry **postmarked** by **midnight March 13**) — **\$55**  
Late entries accepted if received by **midnight March 21** ..... — **\$65**  
**Deck entries will not be accepted.**

Fees **per relay** are payable on **the day of the event** ..... — **\$12**  
Relay entries for Saturday, March 25 are due by the **end of event #6**  
Relay entries for Sunday, March 26 are due by the **end of event #32**

Paper entry fees must be made payable to “WMST” and sent with the Entry Form to:  
Frank Bergfield, Meet Director, c/o WMST, P. O. Box 7084, The Woodlands, TX 77387.

**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:** 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+

**Awards:** Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> in each individual event and relays.

**T-Shirts:** A meet T-shirt will be available for purchase at a cost of \$15 each. These can be preordered during the online entry process. Some shirts will also be available for sale at the meet.

**Results:** Results will be posted on the Woodlands Masters Swim Team website [www.wmst.net](#), the Gulf Masters Swimming website at [www.gulfmastersswimming.org](#), and at [www.usms.org](#).

**Parking:** Plenty of free parking is available adjacent to the Natatorium.

**Lodging:** Courtyard Marriott, 19255 David Memorial Drive, Shenandoah, TX 77385 – ph. (936) 273-6600.  
Holiday Inn, 19333 David Memorial Drive, Shenandoah, TX 77385 – ph. (281) 298-2800  
When booking a reservation, **request Group Discount** for “2017 Zone Championship”

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

**Facility Rules:** This meet is conducted on the grounds of a school district campus. The CISD asks that all swimmers, spectators, and coaches comply with the facility regulations.

Meet  
Entry  
Form

**2017 USMS South Central Zone Championship Meet — Short Course Yards Meet**  
*March 24, 25, 26 — CISD Natatorium, Shenandoah, Texas — Sanction # 257-S004*

*(Please Print)*

LAST Name: \_\_\_\_\_ FIRST Name: \_\_\_\_\_ USMS #: \_\_\_\_\_

Birthdate (MM/DD/YYYY): \_\_\_\_\_ Swimmer's Age (as of 3/26/2017): \_\_\_\_\_ Gender (circle): Male Female

Team Name \_\_\_\_\_ Team Abbreviation (5 letters max): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Work Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

***Event limit is 5 individual events per day and 3 relays per day. List best recent short course yard times in the space provided. On-line entries are due by midnight, March 13; paper entries must be postmarked by March 13. Late entries are due by midnight March 21<sup>st</sup>. Relay entries for Saturday are due by the end of Event #6. Relay entries for Sunday are due by the end of event #32.***

<b>Friday, March 24<sup>th</sup> – warm-ups 5 pm</b>			
<b>Session one (6 PM start)</b>			
#	Gender	Event (yards)	Seed Time
1/2	Men/Women *	1650 free	

<b>Saturday, March 25<sup>th</sup> – warm-ups 8 am</b>			
<b>Session two (9 AM start)</b>			
#	Gender	Event (yards)	Seed Time
3/4	Men/Women *	500 free	
<i>Warm-up Break (30 minute)</i>			
5	Men	100 free	
6	Women	100 free	
7	Men	200 fly	
8	Women	200 fly	
9	Men	50 back	
10	Women	50 back	
11	Men	100 breast	
12	Women	100 breast	
<i>Officials Break (15 minute)</i>			
13	Men	200 back	
14	Women	200 back	
15	Men	50 fly	
16	Women	50 fly	
17	Men	200 IM	
18	Women	200 IM	
19	Mixed	400 free relay	xxxx
20	Mixed	200 medley relay	xxxx
21/22	Men/Women *	400 medley relay	xxxx
23/24	Men/Women *	200 free relay	xxxx
25	Mixed/Men/Women *	800 free relay	xxxx

<b>Sunday, March 26<sup>th</sup> – warm-ups 8 am</b>			
<b>Session three (9 AM start)</b>			
#	Gender	Event (yards)	Seed Time
27/28	Men/Women *	400 IM	
<i>Warm-up Break (30 minute)</i>			
29	Men	50 free	
30	Women	50 free	
31	Men	100 fly	
32	Women	100 fly	
33	Men	50 breast	
34	Women	50 breast	
35	Men	200 free	
36	Women	200 free	
<i>Officials Break (15 minute)</i>			
37	Men	100 back	
38	Women	100 back	
39	Men	100 IM	
40	Women	100 IM	
41	Men	200 breast	
42	Women	200 breast	
43	Mixed	400 medley relay	xxxx
44	Mixed	200 free relay	xxxx
45/46	Men/Women *	400 free relay	xxxx
47/48	Men/Women *	200 medley relay	xxxx
49/50	Men/Women *	1000 free	xxxx

**\* NOTE:** These Men and Women events will be run together, seeded by time, and scored separately.

**ENTRY FEES**

***On time (by midnight 3/13/17) – \$55.00 \_\_\_\_\_***

***Late Entry (by midnight 3/21/17) – \$65.00 \_\_\_\_\_***

If you enter online, you will receive confirmation of entry by email. If you submit a paper entry, you must include your completed and signed Meet Entry Form, a copy of your 2017 USMS Membership Card, and a check in the appropriate amount made payable to “WMST”. Mail paper entries to Frank Bergfield, Meet Director, c/o WMST, P.O. Box 7084, The Woodlands, TX 77387.

Questions should be directed to Frank Bergfield, Meet Director, fbergfield@hotmail.com

**THE USMS LIABILITY RELEASE FORM ON THE NEXT PAGE MUST BE SIGNED AND**  
**A COPY OF YOUR USMS REGISTRATION CARD MUST BE ATTACHED.**



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.

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip; and Signature of Participant, Date Signed.

Revised 07/01/2014