



2019



*USMS South Central Zone Championship Meet*

*Short Course Yards – March 29, 30, 31*

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

**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 29, 2019 — Warm-ups - 5:00 PM; Meet Starts - 6:00 PM  
Saturday, March 30, 2019 — Warm-ups - 8:00 AM; Meet Starts - 9:00 AM  
Sunday, March 31, 2019 — Warm-ups - 8:00 AM; Meet Starts - 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 that will be done before and after each session. 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.

**Eligibility:** All participants must be registered with United States Masters Swimming. Competitors must be 18 years of age on or before March 29, 2019.

**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, Friday
- Event #3/4 (Men/Women 500 yard freestyle) ..... Check-in by 8:30 AM, Saturday
- Event #27/28 (Men/Women 400 yard Individual Medley) ..... Check-in by 8:30 AM, Sunday
- 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 100 Back events.

**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** INDIVIDUAL EVENTS – **ONLINE ONLY** at this **ClubAssistant link**. Additional links are available at [www.wmst.net](http://www.wmst.net), [www.gulfmastersswimming.org](http://www.gulfmastersswimming.org), or [www.usms.org](http://www.usms.org). **Deck and mail entries will not be accepted.** Online entries will be confirmed by email from ClubAssistant.

On-time entry fee (online entry **received** by **midnight March 18**) ..... — **\$55**  
Late entry fee (online entry **received after** March 18 and by **midnight March 26** ..... — **\$65**

RELAY entrants must be registered in the meet and team members must be properly registered with the same Masters club. Entry forms will be provided to meet participants and available at the venue.

RELAY ENTRIES for Saturday, March 30 are due by the .....**end of event #6**  
RELAY ENTRIES for Sunday, March 31 are due by the .....**end of event #32**

Fees **per relay** are payable on **the day of the event** ..... — **\$15**

**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. Combined Team awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place shall also be made in addition to Top Men Team and Top Women Team awards.

**T-Shirts:** Meet T-shirts will be available for purchase (\$15 each). They can be preordered (by size) during the online entry process. A limited number of 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](http://www.wmst.net), the Gulf Masters Swimming website at [www.gulfmastersswimming.org](http://www.gulfmastersswimming.org), and at [www.usms.org](http://www.usms.org).

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

**Lodging:** Holiday Inn, 19333 David Memorial Drive, Shenandoah, TX 77385 – ph. (281) 298-2800  
Reservation booked by **March 15, 2019 will receive a Group Discount** for the “2019 Zone Championship.”  
Lodging is also available at other nearby hotels.

**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.

**2019 USMS South Central Zone Championship Meet — Short Course Yards Meet**  
 March 29, 30, 31 — CISD Natatorium, Shenandoah, Texas — Sanction # **XXX-SXXX**

## EVENTS LIST

*Event limit is 5 individual events per day and 3 relays per day. Use best recent short course yard times for meet entries. On-line entries are due by midnight, March 18. Late entries are due by midnight March 26. Relay entries for Saturday are due by the end of Event #6. Relay entries for Sunday are due by the end of event #32. Relay entry forms will be provided at the venue and sent to participants after individual entries are submitted.*

<i>Friday, March 29<sup>th</sup> – warm-ups 5 pm</i>		
<i>Session one (6 PM start)</i>		
<i>Event #</i>	<i>Gender</i>	<i>Event (yards)</i>
1/2	Men/Women *	1650 free

<i>Saturday, March 30<sup>th</sup> – warm-ups 8 am</i>		
<i>Session two (9 AM start)</i>		
<i>Event #</i>	<i>Gender</i>	<i>Event (yards)</i>
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
20	Mixed	200 medley relay
21/22	Men/Women *	400 medley relay
23/24	Men/Women *	200 free relay
25	Mixed	800 free relay

<i>Sunday, March 31<sup>st</sup> – warm-ups 8 am</i>		
<i>Session three (9 AM start)</i>		
<i>Event #</i>	<i>Gender</i>	<i>Event (yards)</i>
27/28	Men/Women *	400 IM
<i>Warm-up Break (30 minute)</i>		
29	Men	50 breast
30	Women	50 breast
31	Men	200 free
32	Women	200 free
33	Men	100 IM
34	Women	100 IM
35	Men	100 back
36	Women	100 back
<i>Officials Break (15 minute)</i>		
37	Men	50 free
38	Women	50 free
39	Men	200 breast
40	Women	200 breast
41	Men	100 fly
42	Women	100 fly
43	Mixed	400 medley relay
44	Mixed	200 free relay
45/46	Men/Women *	400 free relay
47/48	Men/Women *	200 medley relay
49/50	Men/Women *	1000 free
<p align="center">* NOTE: These Men and Women events will be run together, seeded by time, and scored separately</p>		

**ENTRY FEES**

***On time (by midnight 3/18/2019) – \$55.00***

***Late Entry (by midnight 3/26/2019) – \$65.00***

***Relays (by event #6 on Saturday, by event #32 on Sunday) – \$15.00***

Online entries will be confirmed by email from ClubAssistant.

**Online entries include acceptance of THE USMS LIABILITY RELEASE FORM attached**

**All participants must be registered with United States Masters Swimming (2019 Membership).**

**Competitors must be 18 years of age on or before March 29, 2019.**

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



**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	

*Revised 07/01/2014*