



ALAMO AREA MASTERS SHORT COURSE CUP FEBRUARY 22ND, 2020



Sanction #

Meet Dates: Saturday February 22nd, 2020

Venue: Northside ISD Aquatics Complex
8400 N. Loop 1604 W.
San Antonio, Texas 78249
(210)-397-8985

**Daily
Schedules**

Saturday, February 22, 2020

- Warm up about 12:00pm
- Competition about 1:00pm

The estimated time for the start of the Masters meet, will be 30 minutes after the conclusion of the USAS meet. The estimated end time for the USAS meet is 12:30pm. The exact start time will be published on www.teamunify.com/stnisd under AAAA NS Meets by February 17th.

Format: Event heats will be seeded by entry time (not by sex or age), and started fastest to slowest. USMS Short Course Rules will govern the meet. Electronic Timing and Hand-held watches will be used for timing, official times will be determined according to USMS Rules. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1

**Scoring And
Awards:**

Personal satisfaction for a job well done.

Entry

- Restrictions:**
- This meet is open to all 2020 Registered US Masters athletes
 - Maximum of four (4) events per individual
 - Maximum of two (2) Relays
 - (NT) No Times will be accepted.
 - Entries will be processed in the order received

- Entry Fees:**
- \$20.00 flat fee for entries, due by 9:00p.m. February 2nd, 2020
 - Late Entry Fee - \$30.00 • Checks payable to NISD Aquatics
 - Entry form must be filled out in full
 - Cash, Check
 - Make check payable to NISD Aquatics
 - Copy of your Current USMS membership card must be attached

- Entries:**
- Entries will open Wednesday January 1st, 2020
 - Entry deadline is Sunday February 2nd, 2020 at 9:00pm

Late/Deck

- Entries:**
- Late/deck entries will be accepted the day of the meet, 30 minutes prior to the start of the meet.

Qualifying

- Times:**
- No qualifying times are needed and (NT) No Times will be accepted.

Meet Management: HY-TEK Meet Manager 7.0

- | | | | |
|--|--|--|--|
| •Meet Director: | •Meet Referee: | •Entries Chair: | •Administrative Official |
| •Terry Vettters | •Larry Benson | •Kimberly Hansen | •Rick Allensteine |
| • terry.vettters@nisd.net | • l-benson@sbcglobal.net | • kimberly.hansen@nisd.net | • rallenstein@hotmail.com |
| •210-397-8985 | •210-687-2513 | •210-397-7524 | •210-602-6418 |

Deck

- Changing:**
- Deck changing is prohibited
 - Violators are subject to disqualification from the meet and Disbarment from the facility

Facilities:

- Eight-lane OUTDOOR competition course
- Eight-lane Indoor competition course, if the weather permits us to be inside.
- The decision to run the meet Inside or outside will be posted online by Feb. 17
- Colorado automatic starting and timing
- Spectrum Backstroke Start Devices may be in use
- The courses have been certified in accordance with US Masters Rule 104.2.2 (C) and a copy is on file with US Masters.
- Additional lanes will be available for constant warm-ups and cool downs
- Two-piece swimsuits are prohibited in these facilities
- No tie-back swim suits are allowed in these facilities
- Any and all swim suits worn in these facilities must be of one piece and constructed with no zippers or other fastening systems

Drones:

- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Program and Events Committee Chair.

Water Depth:

- Pool depth, measured from the start end, is six feet seven inches and from the turn end is six feet seven inches both measured at one and five-meters from either end wall in accordance with Article 103.2.3.

Warm-ups:

- Warm-ups will be conducted in accordance with the current STSI Policies and Procedures on page five (5)
- Continuous warm-up and warm-down will be available in the diving well.
- Please also review the daily schedules on page one (1).

Sanction:

- Held under the sanction of US Masters
- This meet is sanctioned by South Texas Swimming and the current US Masters rules and any relevant sections of the current South Texas Policies and Procedures Manual will apply.
- All swimmers must be registered for 2020 with US Masters by the meet start date.
- Athletes who register with US Masters after the meet entry deadline may deck enter the meet only if they can present their 2020 US Masters registration card or proof-of-membership

US Masters

Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2020) registered with US Masters Swimming
- No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302
- All should also be prepared to present their US Masters ID Card as proof of their registration to the Meet Director or designee at any time
- Swimmers who 1) late enter when possible; 2) need to be late-entered because of clerical errors by the entering team or the Meet Host; or 3) are not entered in this meet and choose to enter time trials, if offered, will be required to present their US Masters ID card or proof of membership

Cell Phone

Restrictions:

- The presence and / or use of cell phones, smart phones, or any other devices capable of producing audio recordings and / or photographic or video images in locker rooms, rest rooms, or changing areas is strictly and specifically prohibited at all times.
- There are no exceptions to this prohibition.
- Violators are subject to disqualification from the meet, disbarment from the facility and arrest.

Photographs

And Videos:

- No team or parent photographers will be allowed on deck.
- In the event such media personnel are present, parents or guardians of swimmers under the age of 18 who do not wish to have photos or videos of their athletes made, are required to contact the Meet Director prior to the beginning of warm-ups
- Photographers and videographers are prohibited from the area immediately behind the starting blocks

Entries:

- Entries must be postmarked or hand delivered by February 2nd by 9:00pm:
- NISD Entries Chair:
- C/O Northside ISD Aquatics
8400 North Loop 1604 West
San Antonio, TX 78249
- 210-397-7524
- E-mail submissions cannot be accepted.

Scratch

Rules:

- This meet will be pre-seeded mixed gender without regard to age,
- Fastest to slowest and there is no penalty for scratching from a pre-seeded event

Special

Needs:

- A disability is defined as a physical or mental impairment that substantially limits one or more major life activities.
- Please notify us at Northside Aquatics (210)397-8985 in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
- The Aquatics Staff will make reasonable accommodations for swimmers, coaches, or spectators who wish to enter and use the facility.
- In any meet sanctioned or approved by South Texas Swimming, Inc., 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 US Masters Rules and Regulations.
- Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging under Article 105

Timers:

Volunteer timers will be needed.

Officials:

- All 2020 STSI certified and in-training US Masters registered officials are cordially invited to participate. The uniform is:
- White polo collared shirts or blouses over khaki trousers,
- Bermuda-length shorts or Capris.
- PLEASE: No short shorts, jeans, cut-offs or flip-flops.
- Please report to the Meet Referee at least 30 minutes prior to the scheduled start time of any session to receive assignments. The wearing of name tags is strongly encouraged.

**ALAMO AREA MASTERS CUP
ORDER OF EVENTS
SATURDAY FEBRUARY 22ND, 2020**

Event Number	Distance Yards	Stroke
1	100	Free
2	200	Breast
3	100	Fly
4	500	Free
5	100	Back
6	200	IM
7	200 Women's Medley	Relay
8	200 Men's Medley	Relay
9	200	Free
10	50	Free
11	200	Fly
12	100	IM
13	200	Back
14	100	Breast
15	200 Women's Free	Relay
16	200 Men's Free	Relay

ALAMO AREA MASTERS SHORT COURSE CUP REGISTRATION FORM

Individual Events

Event Number	Distance Yards	Stroke	Entry Time (Yards) or NT

Relay Events

Event Number	Distance Yards	Stroke	Entry Time (Yards) or NT
7	200 Women's Medley	Relay	Time
			name:
			name:
			name:
			name:
8	200 Men's Medley	Relay	Time
			name:
			name:
			name:
			name:
15	200 Women's Free	Relay	Time
			name:
			name:
			name:
			name:
16	200 Men's Free	Relay	Time
			name:
			name:
			name:
			name:

Name _____ Email _____

Phone# _____ Age of 2/1/20 _____

****USMS Participant Waiver**
****COPY OF CURRENT USMS Card**
****PAYMENT**

MUST BE ATTACHED OR ENTRIES WILL NOT BE SUBMITTED

Mail or hand delivered to:
 C/O Northside ISD Aquatics
 8400 North Loop 1604 West
 San Antonio, TX 78249
 (210) 397-7525



**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