

The Spring Last Chance Meet!

Hosted by Texas Ford Aquatics Masters

This is your **LAST CHANCE** to get a top
10 time in the nation :)

Session 1

Saturday, May 30th, 2020

Warm-Up 1:00 pm. Meet starts 2:00 pm

After meet social

Hambone Willy's (burgers & beers)

3290 Main St. Frisco TX 75034

NE corner of Main & Teel

Session 2

Sunday, May 31st, 2020

Warm-Up 9:00 am. Meet starts 10:00 am



The Spring Last Chance Meet - SCY

Hosted by Texas Ford Aquatics Masters

Sanctioned by the North Texas Local Masters Swimming Committee for USMS Inc.
Sanction number: 260-S003

Saturday, May 30th, 2020

Warm up 1:00 pm. Meet Start 2:00 pm

Sunday, May 31st, 2020

Warm up 9:00 am. Meet Start 10:00 am

POOL	Texas Ford Aquatics 8353 Legacy Dr. Frisco, TX 75034	Website: www.texasfordaquatics.com Email: masters@texasfordaquatics.com Meet Director: Richard Garza Meet Referee: Bob Lang
COURSE	Six (6) 25-yard lanes with Colorado timing. Three (3) 25-yard lanes available for warmup and cool-down throughout the competition. 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 106.2.1.	
ELIGIBILITY	All participants must be registered with USMS or a current member of a FINA-recognized national governing body for Masters swimming (article 202.1) and at least 18 years of age as of May 30th, 2020. Swimmers turning 18 after the meet entry deadline and by May 30th, 2020, must enter the meet by the meet entry deadline and register for USMS either before or on May 30th, 2020.	
AGE GROUPS	Age to be determined as of May 31st, 2020, except for 18 year olds, who must be 18 by May 30th, 2020. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five-year increments as high as necessary). Relay events: 18+, 25+, 35+, 45+, etc (10-year increments as high as necessary, determined by the age of the youngest relay member).	
RULES	2020 USMS rules will govern this meet. Meet management reserves the right to adjust logistics in order to run an efficient meet.	
BREAKS	5 minute breaks will take place after events 4, 11, 14, 22, 29, 32. Breaks may be added or removed by the Meet Referee as needed.	
RESULTS	Results will be available at texasfordaquatics.com and USMS.org	
SEEDING	The meet will be seeded slowest to fastest.	
SPECTATORS	There is plenty of deck space and bleachers for seating. Lawn chairs are welcome.	
CONCESSIONS	We will not have food or drinks for sale. You are welcome to bring your own. No glass.	
RELAYS	Relays are deck entry only. \$5.00 per relay entry.	
CHECK-IN	Will close at the start of event 8 for the 1000 Free, and at the start of event 26 for the 1650	

ENTRIES

Competitors may enter up to a maximum of six (6) individual events per day. Online meet entry is paid by credit card to ClubAssistant.com Events. Online entry closes at 11:59pm Central time on Thursday, **May 28th, 2020**.

ENTRY FEES

Swim meet fee is \$30*. All entry and registration fees are nonrefundable. Paper entry forms must be received by **May 28th, 2020**. Late entries will not be processed. Mail Entry Form and payment, along with **A COPY OF YOUR 2020 USMS REGISTRATION CARD** to:

Masters Meet
8353 Legacy Dr.
Frisco, TX 75034

Make checks payable to:
Texas Ford Aquatics

*Entry fees are non-refundable

DECK ENTRIES

Deck entries will be accepted on the day of the meet up to 30 minutes before the start of the meet for \$40. Deck Entries are only permitted in open lanes. No new heats will be added. \$5.00 per event if already entered in the meet. **Must bring a copy of your 2020 USMS Membership card.**

Name _____

Email _____

ATTACH

Phone _____

COPY of **2020** USMS CARD

Address _____

HERE

City _____

State _____ Zip _____ Sex _____ Age on May 31st: _____

Emergency Contact _____ Phone _____ Relationship _____

The Spring Last Chance Meet - SCY - Hosted by Texas Ford Aquatics

Sanctioned by the North Texas Local Masters Swimming Committee for USMS Inc. Sanction number: 260-S003

You may enter up to Six (6) individual events per day

Session 1 - Saturday May 30th, 2020 Warm up 1:00 pm, Meet start 2:00 pm			Session 2 - Sunday May 31st, 2020 Warm up 9:00 am, Meet start 10:00 am		
Mixed	Event	Time	Mixed	Event	Time
1	100 IM	_____	16	Men's 800 Free Relay	Due at 9:00
2	50 Back	_____	17	Women's 800 Free Relay	Due at 9:00
3	200 Free	_____	18	Mixed 800 Free Relay	Due at 9:00
4	100 Fly	_____	19	200 Fly	_____
	5 minute break		20	50 Breast	_____
5	Women's 400 Medley Relay	Due by event 1	21	100 Free	_____
6	Men's 400 Medley Relay	Due by event 1	22	200 IM	_____
7	Mixed 400 Medley Relay	Due by event 1		5 minute break	
8	400 IM	_____	23	Men's 200 Medley Relay	Due by event 19
9	50 Free	_____	24	Women's 200 Medley Relay	Due by event 19
10	200 Back	_____	25	Mixed 200 Medley Relay	Due by event 19
11	100 Breast	_____	26	500 Free	_____
	5 minute break		27	100 Back	_____
12	Women's 400 Free Relay	Due by event 8	28	200 Breast	_____
13	Men's 400 Free Relay	Due by event 8	29	50 Fly	_____
14	Mixed 400 Free Relay	Due by event 8		5 minute break	
	5 minute break		30	Men's 200 Free Relay	Due by event 26
15	1000 Free**	_____	31	Women's 200 Free Relay	Due by event 26
			32	Mixed 200 Free Relay	Due by event 26
				5 minute break	
			33	1650 Free**	_____

Please check one

Swim Meet Fee Up to 6 individual events per day \$30.00 <input type="checkbox"/>	*First Masters Meet Fee Up to 6 individual events per day \$0.00 <input type="checkbox"/>
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*First Masters meet ever and registered in the North Texas LMSC? Check this option, your fee is \$0 😊

If this is not your first meet, please make checks payable to **"Texas Ford Aquatics"**

**Positive check in closes at the start of event 8 for the 1000 Free, and at the start of event 26 for the 1650 Free.



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.