



Sabine Weiser November Classic

Short Course Yards – November 14-15



Sanctioned By: Gulf Masters Swimming for United States Masters Swimming, Inc., Sanction # 250-S008

Hosted By: Woodlands Masters Swim Team (WMST)

Meet Referee: Dan Seliskar

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

Location: Conroe Independent School District (CISD) Natatorium ([Google Maps Link](#))
19133 David Memorial Drive, Shenandoah, TX 77385

Date & Times:	Saturday, November 14, 2020	Warm-Ups – 8:00 AM	Meet Start – 9:00 AM
	Sunday, November 15, 2020	Warm-Ups – 8:00 AM	Meet Start – 9:00 AM

Facilities & Regulations: 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.

This meet is conducted on the grounds of a school district campus. The CISD asks that all swimmers, coaches, and spectators comply with the facility regulations. A USMS Safety Plan has been prepared to address COVID-19 issues at the Natatorium for this Meet – a copy is attached and made part of this Meet Flyer.

All participants, officials, and volunteers must fill out the USMS COVID-19 Attendee Screening Form and submit it upon entering the facility – attached and made part of this Meet Flyer.

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

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 semi-automatic with 1 button and 1 digital watch per lane. Hy-Tek's Meet Manager software will be used to manage and score the meet.

Rules & Scoring: Current U. S. Masters Swimming Code of Regulations and Rules of Competition will govern this meet. Scoring for events shall be in accordance with Rule 103.19.3.

Eligibility: All participants must be registered with U. S. Masters Swimming and **must be 18 years old on or before November 14, 2020**. All participants must currently reside within the Gulf LMSC boundaries. The eligibility of a participant (for seeding purposes) is determined by their age as of November 15, 2020.

<u>Conduct of Meet:</u>	Enter the meet using your best short course yards time or estimate 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 . All events will be seeded by time only, slowest to fastest. All events are mixed with separate scoring of women and men. Time between events will be lengthened to provide rest intervals.
<u>Hospitality</u>	No hospitality will be provided; please bring your own.
<u>Limit of Events:</u>	Each entrant may swim a maximum of 5 individual events per day
<u>Registration/ Entry Fees:</u>	Registration will open at 11:00 AM on Monday, October 26 . WMST members will be allowed to register early. Online registration only via this ClubAssistant Link – NO DECK ENTRIES, NO MAIL-IN ENTRIES. Additional links are available at: www.wmst.net/events , www.gulfmastersswim.org , or www.usms.org/events . Online entries received by midnight November 8 — \$55
	NOTE 1: Only 50 participants are allowed at this USMS Sanctioned Meet. ClubAssistant will close entries once that limit is reached.
	NOTE 2: This meet is open for swimmers currently residing within the GULF LMSC.
<u>Age Groups:</u>	Individual: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, etc.
<u>Awards:</u>	1st, 2nd, and 3rd place ribbons will be awarded. For swimmers who wish to receive ribbons, they will be mailed to their Team Head Coach.
<u>T-Shirts:</u>	Meet T-shirts will be available for \$15 each (see T-shirt design attached). They can be preordered (by size) during the online registration process. No shirts will be available for sale at the meet.
<u>Swim Caps</u>	Sabine Weiser swim caps will be available for \$5 each (see cap design attached) with all funds going towards cancer research. They can be preordered during the online registration process. No caps will be available for sale at the meet.
<u>Cloth Face Masks</u>	Cloth face masks (see photo attached) will be available for \$12. They can be preordered during the online registration process. No masks will be available for sale at the meet.
<u>Results:</u>	Results, including splits, will be posted at the venue in several places – please maintain social distancing when viewing results. They will also be made available on Meet Mobile. Final results will be posted online at the following websites: www.wmst.net/results-and-gallery/results , www.gulfmastersswim.org/GMS/results.cfm , and www.usms.org/events/events-results-database

EVENTS LIST

Sabine Weiser November Classic — Short Course Yards
November 14-15, 2020 — CISD Natatorium, Shenandoah, Texas
Sanction # 250-S008

Event limits are **5 events per day**. Enter the meet using your **best short course yards time or estimate** for the event in the space provided.

NO Deck entries

Saturday, November 14 th – warm-ups 8 am	
Mixed	Short Course Yards Event
Session One (9 AM start)	
1	100 Fly
2	50 Breast
3	200 Free
4	100 IM
5	50 Free
6	100 Back
7	200 Breast

Sunday, November 15 th – warm-ups 8 am	
W/M	Short Course Yards Event
Session Two (9 AM start)	
8	200 IM
9	100 Free
10	50 Back
11	200 Fly
12	100 Breast
13	200 Back
14	50 Fly

Entry Fee \$55.00

Questions should be directed to Frank Bergfield, Meet Director, fbergfield@hotmail.com, (936) 523-0540

THE USMS LIABILITY RELEASE FORM (COPY ATTACHED) WILL BE INCORPORATED WITH THE ONLINE REGISTRATION



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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. 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.
6. 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	



U.S. MASTERS SWIMMING

USMS COVID-19 Attendee Screening Form

The following form is based on CDC guidance and must be completed by all attendees (swimmers, volunteers, officials, and facility staff) in the 24 hours prior to the event and submitted prior to entering the facility.

Name Printed		Date	
Name Signature		Temperature	
In the past 48 hours, have you had any of the following NEW symptoms?			
Yes <input type="checkbox"/> No <input type="checkbox"/>	Fever of 100 F (37.8 C) or above	Yes <input type="checkbox"/> No <input type="checkbox"/>	Cough
Yes <input type="checkbox"/> No <input type="checkbox"/>	Trouble breathing, shortness of breath, or severe wheezing	Yes <input type="checkbox"/> No <input type="checkbox"/>	Muscle aches
Yes <input type="checkbox"/> No <input type="checkbox"/>	Chills or repeated shaking with chills	Yes <input type="checkbox"/> No <input type="checkbox"/>	Sore throat
Yes <input type="checkbox"/> No <input type="checkbox"/>	Loss of sense of smell or taste, or a change in taste	Yes <input type="checkbox"/> No <input type="checkbox"/>	Headache
Yes <input type="checkbox"/> No <input type="checkbox"/>	Nausea, vomiting, or diarrhea		
Yes <input type="checkbox"/> No <input type="checkbox"/>	To the best of your knowledge, have you been in close proximity to any individual who tested positive for COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Do you have any reason to believe you or anyone in your household has been exposed to or acquired COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you been within 6 feet of a person with a lab-confirmed case of COVID-19 for at least five (5) minutes, or had direct contact with their mucus or saliva, in the past 14 days?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Has a public health official advised you to get tested for COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you or anyone in your household been tested for COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you or anyone in your household visited or received treatment in a hospital, nursing home, long-term care, or other health care facility in the past 30 days?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you or anyone in your household traveled on a public conveyance (airplane, bus, train, etc.) in the U.S. in the past 21 days?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Are you or anyone in your household a health care provider or emergency responder?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	Have you or anyone in your household cared for an individual who is in quarantine or is a presumptive positive or has tested positive for COVID-19?		
Yes <input type="checkbox"/> No <input type="checkbox"/>	You agree to notify the Meet Director if you have a positive COVID-19 diagnosis within seven (7) days after the conclusion of the meet.		

The event host shall keep all original USMS COVID-19 Attendee Screening Forms for no less than 90 days following the completion of the event or until directed by USMS to dispose of them.



2020 Sabine Weiser November Classic

Host: Woodlands Masters Swim Team (WMST)

Venue: Conroe Independent School District (CISD) Natatorium (the "NAT")

1. Applicable Federal, State, Local, and Facility Orders

- a. All federal, state, municipal, and facility guidelines/requirements shall be met. Wearing a mask is mandatory in the NAT as is social distancing. Primary NAT facility restrictions follow:
 - Swimmers, Coaches, Officials, Attendees, and Staff Members MUST wear a mask upon entering/exiting the building, all common areas, and when interacting with others when physical distancing is difficult.
 - Entrance and Exit Doors will be separate, and will be clearly marked, to control flow of people entering and exiting the building.
 - Only athletes, coaches, Meet Officials, and CISD staff members will be allowed into building.
 - An attendance record of all individuals in the building shall be maintained including name, date, and time in/out in the event notification of possible exposure is needed.
- b. Links to applicable Federal, State, County, and CISD websites follow:
 - i. <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
 - ii. <https://dshs.texas.gov/coronavirus/>
 - iii. <https://coronavirus-response-moco.hub.arcgis.com/>
 - iv. <https://www.conroeisd.net/departments/health-services/2019-novel-coronavirus/>

2. Venue Cleaning Protocol

- a. The NAT cleans and sanitizes high-touch areas continuously and deep cleans daily and after each Meet.
- b. Hand sanitizers are placed at entrance to facility. Everyone entering should immediately sanitize their hands.

3. Attendees (participants, coaches, officials, volunteers) screening

- a. Spectators and non-essential personnel are not permitted to attend the meet.
- b. All attendees shall, upon entry to the NAT:
 - i. Utilize the provided hand sanitizer station,
 - ii. Turn in the filled out and signed [USMS COVID-19 Attendee Screening Form](#) (copies are available to fill out on site should an attendee need to do so),
 - iii. have their temperature taken and recorded.

4. Face-covering requirements & enforcement

- a. Every Attendee will be provided with a bag containing a mask, hand sanitizer and zip-lock bag in which they can place their mask.
- b. Masks:
 - i. shall be worn at all times
 - ii. may be taken off at the starting block “Swimmer Lane chair” preparatory to a his/her heat and “stored” in the zip-lock bag provided to each participant
 - iii. must be put on after completion of the event and as soon as possible after exiting the pool
 - iv. may be removed by the Meet Starter for race starts
- c. Failure to wear a mask will result in ejection from the venue by the Meet Director.

5. Registration & Check-in Process

Attendees shall enter the NAT entryway, practicing social distancing, use the NAT hand sanitizers, provide the completed [USMS COVID-19 Attendee Screening Form](#), get their temperature taken, and advise if they wish to receive the ribbon awards.

6. Warm-up social distancing requirements & enforcement

In addition to the 8-lane competition pool, the NAT has 15 lanes available for warm-ups prior to the start of the meet. Once the meet has started, warm-ups shall be limited to eleven (11) lanes highlighted in the attached [facilities setup diagram](#) (The 4 lanes in the diving well will be closed).

- a. Swimmers shall be limited to two (2) per lane and should start at opposite ends of the lane.
- b. A designated lane at the outer edge of the pool shall be designated for start/dive warm-ups. Swimmers shall not commence a start unless the preceding swimmer is at least half-way down the lane.
- c. Swimmers shall immediately exit their lane when warm-up is finished.
- d. Swimmers shall not congregate in lanes.
- e. Should swimmers be unable to comply, they will be asked to exit the pool or in an extreme case ejected from the Meet.

7. Available venue facilities + off-limits areas

- a. NAT facilities available for attendees (Access limit signs are posted at each):
 - i. Locker Rooms will be available, however at any one time there is a limit of 15 people in the Women’s Room and a limit of 7 in the Men’s Room.
 - ii. Restroom access will be provided in the NAT lobby with a limit of 3 people at one time.
- b. The following NAT facilities are NOT AVAILABLE for attendees:
 - i. Weight Room is closed.
 - ii. Spa is closed.
 - iii. Drinking Fountains are closed – EXCEPT for bottle refilling in the lobby.
 - iv. Swim Shop will remain closed.

8. Deck space usage requirements & enforcement

- a. The NAT is a premier multi-event facility that has been configured (for this meet) with one 8-lane 25 yard competition pool, and fifteen 25 yard warm-up lanes in addition to the competition diving pool. More than adequate space is available at the NAT to accommodate the Meet's 50 participants around the pool deck as teams/individuals may require for social distancing.
 - i. Pool deck bleachers have been modified to accommodate 8 occupants for social distancing. The center row has been blocked off and the remaining two rows marked for reduced occupancy.
- b. Participants may bring their own chairs.
- c. Participants shall use a counter-clockwise flow during the meet (see attached [facility setup](#))
 - i. Attendees who do not abide by social distancing shall be advised to comply. Failure to do so will result in ejection by a WMST Board Member or the Meet Director.
 - ii. No congregating in lobby, outside of building, parking lot, or anywhere on pool deck.

9. Swimmer requirements for races

- a. The NAT shall have a "Heat staging area" for each lane and a separate "swimmer lane chair" behind the blocks for each lane (see [facility setup diagram](#)).
 - i. The lane chairs shall only be for the current heat swimming. The swimmer shall leave his/her mask (recommended it be in the provided zip-lock bag) and towel at that chair. When the swimmer exits the pool after the heat, he/she shall retrieve their towel and resume wearing their mask. Swimmers should not ask the timer for their time.
 - ii. The staging area shall be for swimmers in the heat following the one in the water or at the blocks. They shall proceed to the lane chair only when the heat in the water clears (including retrieving towels and masks).

10. Other participant interaction modifications (awards, results, etc.)

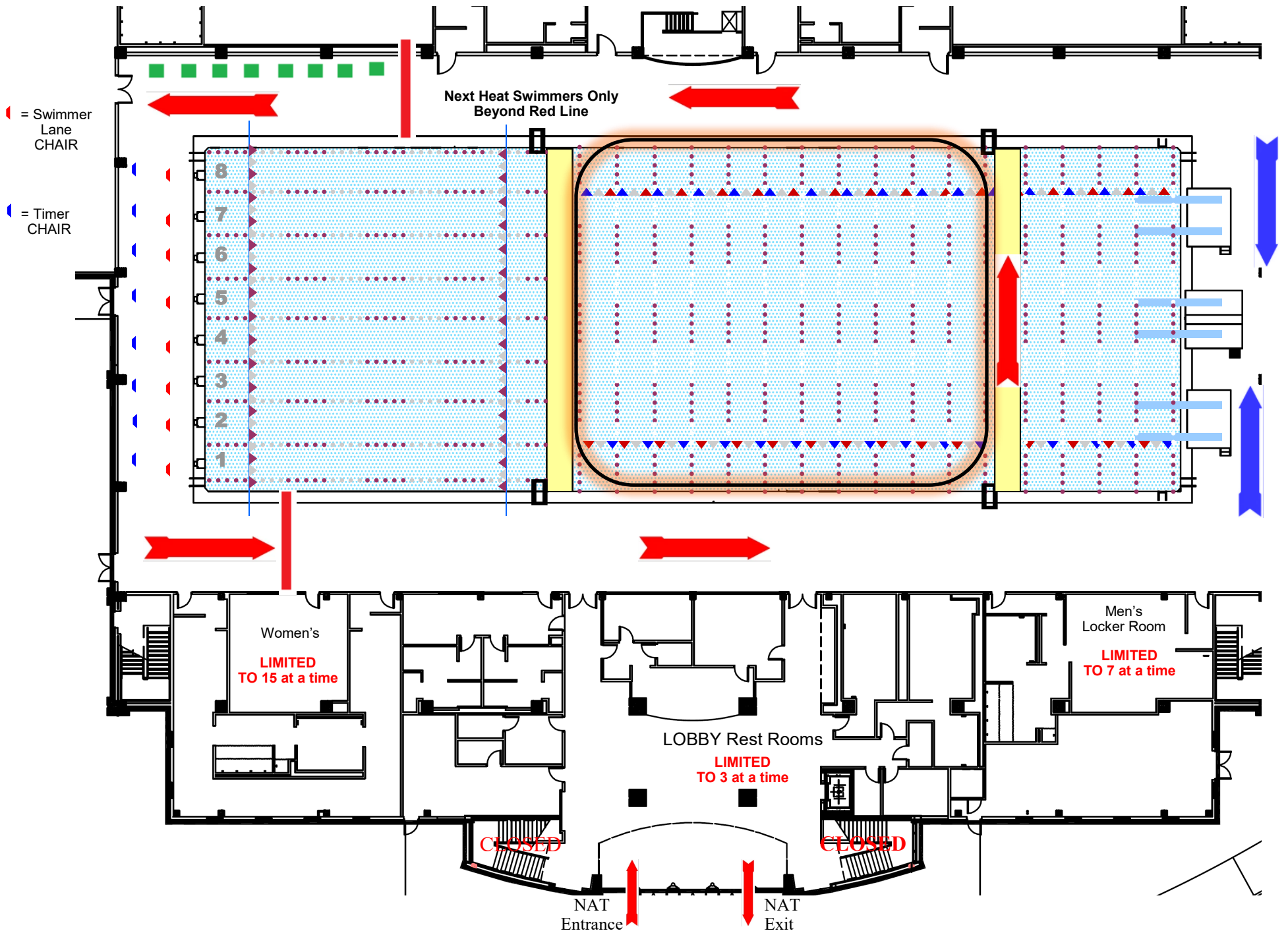
- a. Heat sheets will be E-mailed and a printed copy will be provided.
- b. Results will be posted at multiple locations to minimize crowding and facilitate social distancing. They will also be posted to Meet Mobile.
- c. Award ribbons, with labels, will be mailed to each team's Head Coach for those swimmers who advised they wanted to receive their awards.

11. Post-event notification protocol from positive COVID-19 test results

- a. Should any attendee test positive for COVID-19 within seven (7) days of the Meet (i.e., by November 22), they shall immediately notify the Meet Director – Frank Bergfield fbergfield@hotmail.com (936) 523-0540.
- b. Upon any such notice, the Meet Director shall immediately notify the participants, and inform the Natatorium Coordinator – Kevin Witt KMWITT@CONROEISD.NET.

Sabine Weiser November Classic Meet CISD Natatorium Facility Setup

■ = Next Heat Staging Area



T- Shirt Design

Swim Cap Design



Face Mask

