



**USMS SOUTH CENTRAL ZONE  
SHORT COURSE YARDS CHAMPIONSHIPS  
NORTH TEXAS REGION  
MAY 15 - 16, 2021  
HOSTED BY TEXAS FORD AQUATICS**



**Head Ref:** Bob Lang, dogmatic.lang@gmail.com

**Meet Director:** Susan Hengstenberg, coachsusan@texasfordaquatics.com, 254-977-4372

**Dates:** Saturday May 15 and Sunday May 16, 2021

**Facility:**



- **Texas Ford Aquatics, 8353 Legacy Road, Frisco, Texas 75034**
- 1-6 lane short course 25 yard pool, with 14- 25 yard continuous warm up lanes. Lane lines are non-turbulent.
- Colorado timing system and 1 scoreboard will be utilized. Club Assistant online entries.

Directions can be found here: [Directions](#)

**Pool Length:** 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.

**Official Times:** Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records

**Timing System:** The primary timing system will be automatic timing with a backup timing system using semiautomatic timing consisting of one button and a tertiary system of one watch.

**Warm Ups:**

- Sat Warm Ups 1 PM Meet Starts 2 PM
- Sun Warm Ups 9 AM Meet Starts 10 AM

Warm ups will be conducted in accordance with the current USMS policies and procedures. Feet first entry only. No equipment may be used in the warm up pool.

**Rules:** Current USMS Rules will govern the conduct of the meet

**Swim Wear:** Swim suits may be in one or two pieces. Swim wear must comply with FINA specifications. NOTE: no ties, zippers or any other fastener system with the exception of a waist tie.

**Parking:** Texas Ford Aquatics has a parking lot surrounding the building. Additional parking available at the apartment community behind the facility. DO NOT PARK at the Public Storage or Legacy Dog Resort. DO NOT PARK on the Grass anywhere. You risk having your vehicle towed.

**Sanction:** Sanctioned by North Texas Master Swim Committee for USMS, Inc. Sanction Number is **XXX-XXXX**.

**Eligibility:** Open to all currently USMS registered North Texas swimmers. North Texas swimmers not currently registered with USMS will be given an opportunity to do so during registration. USMS registered swimmers outside of the North Texas region should contact Susan Hengstenberg, Meet Director, at [coachsusan@texasfordaquatics.com](mailto:coachsusan@texasfordaquatics.com) to see if they are eligible to enter the swim meet.

**Age:** Athlete age at the meet is determined by their age on May 16, 2021. Swimmers must be at least 18 years of age.

**Age Groups:** 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.

**Number of Events Allowed:** Maximum of 6 individual events per day

**Swimmer Cap:** The swimmer cap per session is **120**. Once the swimmer cap is reached for that session, entries will be closed for the day. Entries will be taken on a first come, first served basis.

**IMPORTANT:** Swimmers are asked to voluntarily notify the Meet Director by email at [coachsusan@texasfordaquatics.com](mailto:coachsusan@texasfordaquatics.com) of their intent to scratch any events by 5 PM on the Thursday before the meet May 13<sup>th</sup>. Psych sheet will be emailed and posted no later than Thursday AM. Final seeding of all pre-seeded events will occur after the early scratch deadline has passed.

**There are no penalties for swimmers who no show/scratch at the meet.** No refunds given for no shows.

**Entry Deadline:** Wednesday May 5<sup>th</sup> at 11:59 PM. Entries will be online only at

[https://www.ClubAssistant.com/club/meet\\_information.cfm?c=2306&smid=13621](https://www.ClubAssistant.com/club/meet_information.cfm?c=2306&smid=13621)

**NO ENTRIES WILL BE ACCEPTED AFTER MAY 5<sup>th</sup>. NO INDIVIDUAL DECK/DAY OF ENTRIES ALLOWED.**

**\*\*The South Central Zone SCY Championships is being held in multiple pools on two consecutive weekends. No swimmer is allowed to enter more than one of the competitions. Any swimmer found to be entered in more than one meet will have to drop one of their registrations. No refund will be given\*\***

**Seeding:** Events 200 yards and shorter will be swim slowest to fastest. Events 400 yards and longer will be swum fastest to slowest. Ages and gender will be combined for seeding but separated for scoring. All events EXCEPT 400 IM, 500, 1000 & 1650 Free will be pre-seeded.

**Distance Event Check In:** Swimmers must check in by the following days/times for these events or they will be scratched from the event. Please Check in for your event at the front entrance check-in desk.

500 Free	45 minutes before the start of the meet on Saturday
1000 Free	By the beginning of the 50 Back on Saturday
400 IM	45 minutes before the start of the meet on Sunday
1650 Free	By the beginning of the 50 Free on Sunday

**Lap Counters:** Swimmers in the 500, 1000 & 1650 Free must supply their own lap counter

**Scoring:** Individual through 8<sup>th</sup> place. Points: 9, 7, 6, 5, 4, 3, 2, 1

**Awards:** No Awards

**Facebook:** <https://www.facebook.com/USMSSouthCentralZoneChamps>

**Psych & Heat Sheets:** Psych and Heat Sheets will be emailed directly to each registered swimmer. Heat Sheets will also be posted in multiple places on the walls around the venue.

**Results:** This is a Multi-Pool Champs meet. Results from this meet will be merged with the results from the other locations hosting the Champs meet in our Zone. All meets will occur between May 8 – 16, 2021. Merged Results will be posted on the South Central Zone website at <https://usmssouthcentralzone.org/> and on the Facebook page.

Results will be on Meet Mobile throughout the meet, and after the results are processed the results will be posted at [www.USMS.org](http://www.USMS.org) after the meet. Hard copy results will be posted continuously throughout the meet. Records will be submitted with proper paperwork and electronic files ASAP after the meet to all appropriate parties.

**Concessions:** Concessions will not be available. Swimmers may bring their own food supplies.

**Order of Events:**

2021 South Central Zone SCY Multi-Pool Champs			
Order of Events			
Saturday		Sunday	
500	Free	400	IM
200	Back	100	Back
50	Fly	50	Breast
200	IM	200	Free
100	Free	100	IM
50	Back	50	Free
200	Fly	200	Breast
100	Breast	100	Fly
1000	Free	1650	Free

- Age groups and genders in all events will be combined for seeding but separated for scoring
- All events 200 yards and shorter will be pre-seeded
- Distance events (400 IM, 500 Free, 1000 Free and 1650 Free) require positive check in. They will be seeded after check in is closed.
- Swimmers must supply their own lap counters for the 500, 1000 and 1650 Free

## **Covid-19 Safety Plan – USMS 2021 South Central Zone SCY Champs – North Texas Region**

**Registration:** Registration is online only. The only check-in required will be for the distance events – 400 IM and the 500, 1000, 1650 Free. All events 200 yards long and shorter will be pre-seeded.

**Check-in, Screening and Face Coverings:** A table will be set up at the entrance where swimmers must turn in their [Attendee Screening Form](#). The form will be emailed in advance of the meet to all entered swimmers for them to print out and fill prior to arriving. A temperature check will be taken. Masks will be handed out to any person (participant, volunteer or staff) who does not have one along with Ziploc bags for them to keep their masks in when they are in the water. **THERE WILL BE NO SPECTATORS ALLOWED.**

Face coverings will be required to be worn at all times by swimmers, volunteers and staff except when swimmers are in the water. Swimmers may bring a permanent marker to write their name on the Ziploc bag.

A chair will be behind each block during competition for swimmers to place their mask, in the Ziploc bag, and towel on during their race.

**Social Distancing:** Swimmers will be asked to practice social distancing with anyone who did not arrive with them in the same car or within their family group. There will be poly-spot markers spaced out to help with social distancing. Swimmers will be allowed to bring deck chairs to help with spacing out. The garage doors will be open if weather permits.

**Warm Ups:** All available lanes will be made available for normal warm up giving a total of 22 lanes in the competition pool. Swimmers will not be allowed to congregate on the walls or on the deck. When the competition pool is open during warm-ups for dives, one-way swimming, swimmers will keep space between in line and wait until the swimmer in the pool is half-way down the pool before initiating their start.

**Race Procedures:** Swimmers in the next heat will wait under the scoreboard area, marked by numbered poly-spot markers in the ready bench area until the current heat in the water finishes their race and exits the pool. Upon completion of their race, swimmers will wait to exit the pool until the timers have taken their time and sat down back in their chair positioned back from the starting blocks. Swimmers exiting the pool will exit towards the side of the pool away from the ready area. They will then go to cool down in the lanes provided for warm down. Swimmers will need to continue to maintain social distancing while warming down.

Once the swimmers in the previous heat have exited the starting block area, the next heat will walk out to go directly to their blocks. They will take off their masks behind the blocks and put them in the Ziploc bag and put them, along with any other belongings, on the chair behind their block.

**Facility:** The venue has no concessions. Swimmers may bring the food and drink they need with them. The bathrooms and changing rooms will be available, but swimmers will be asked to limit numbers in the bathrooms and changing rooms at all times and to minimize their time inside.

**Additional information:** No awards. No hand-outs. Heat and lane assignments for pre-seeded races will be emailed out prior to the meet along with psych sheets for distance events and any other information. Swimmer will be asked to print everything they need at home and bring it with them. Heat and Lane assignments will be posted at several places around the pool. Results will be posted online in Meet Mobile and hard copies posted in multiple clearly marked locations around the pool to limit crowding.

**Post meet notification protocol:** All swimmers, volunteers, officials and staff are asked to notify the Meet Director, Susan Hengstenberg, at [coachsusan@texasfordaquatics.com](mailto:coachsusan@texasfordaquatics.com) immediately if they test positive for Covid-19 within seven days after the meet. Susan will then notify all participants as well as the facility staff.



# 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	