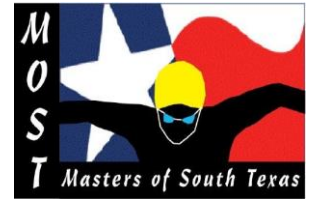


**USMS SOUTH CENTRAL ZONE
SHORT COURSE YARDS CHAMPIONSHIPS
SOUTH TEXAS REGION
MAY 15 - 16, 2021
HOSTED BY MASTERS OF SOUTH TEXAS**



Sanction Number: ST-431-S001

Posted: 3/22/21

- Meet:**
- USMS 2021 South Central Zone Championships – South Texas
 - Short Course Yards (SCY)
- Date:**
- Saturday & Sunday, May 15-16, 2021
- Venue:**
- Davis Natatorium
 - Blossom Athletic Center (Northeast Stadium)
 - Jones-Maltsberger Road at Starcrest Drive or East Bitters Road
 - San Antonio, TX 78216
 - 210-356-6925
- Facility:**
- Eight FINA-width (2.75-meters) lanes
 - The competitive course has an overall minimum depth of 2.25-meters (7.5 feet), therefore the minimum water depth, measured in accordance with Article 103.2.3, is 2.25 meters at the start end and 2.25 meters (7.5 feet) at the turn end, measured one and five meters from either wall
 - 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.
 - 0.75-meter buffers outside lanes one and eight
 - The primary timing system will be automatic timing with a backup timing system using semiautomatic timing consisting of one button
 - Strobe on each starting block
 - Full scoreboard with heat and event display
 - Spectators and non-participating athletes are **not** allowed on deck at any time for any reason!
- Age-up Date:**
- May 16, 2021
- Entries:**
- \$50 Entry Fee
 - Entries are Due – 11:59 pm, Wednesday, May 5, 2021
 - Late entries will NOT be accepted
 - No Deck or Day of Entries allowed
 - Entries are only accepted thru Club Assistant to ensure swimmers only enter one (1) venue meet
 - Online entry link - https://www.clubassistant.com/club/meet_information.cfm?c=1606&smid=13575
 - Entries received must include a seed time
 - Swimmers are limited to six (6) events per day
 - There is a cap of 210 swimmer per session. Entries will be taken on a first come, first served basis.
- Schedule:**
- | | |
|------------------------|---------|
| •Warm-ups begin at | 7:30 am |
| •Officials meet at | 8:30 am |
| •Pool cleared at | 8:50 am |
| •Competition begins at | 9:00 am |
- Format:**
- Timed Finals
 - Events will be swum with mixed gender, seeded by time, and separated for scoring
 - All events 200 yards and shorter will be pre-seeded and run slowest to fastest
 - The 400 IM, 500 Free, 1000 Free, and 1650 Free will be mixed gender and run fastest to slowest
 - The 400 IM, 500 Free, 1000 Free, and 1650 Free require positive check-in prior to being deck seeded
 - Check-in Deadlines will be posted in follow-up emails. Email Event Director if unclear as to date/time
- Official Times:**
- Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records
- Scoring:**
- Individual through 8th place. Points: 9, 7, 6, 5, 4, 3, 2, 1
- Awards:**
- None



Liability: •In granting a sanction for this meet, it is understood and agreed that US Masters Swimming, Masters of South Texas (MOST), the North East Independent School District, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

Facility Rules, and Policies:

- Number of spectators is limited to a maximum of 250
- All COVID-19 Protocols must be observed including masks **on** at all times
- Deck changing is prohibited
- Two-piece swim wear is prohibited
- The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas is strictly and specifically prohibited at all times.
- Photographers and videographers are specifically prohibited from the area immediately behind the starting blocks
- Flash photography of any sort is expressly forbidden during competition
- Standing in front of and / or leaning against the glass railings is expressly forbidden

COVID-19:

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death.
- According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

US Masters Swimming cannot prevent you from becoming exposed to, contracting, or spreading COVID-19 while participating in USMS sanctioned events. It is not possible to prevent against the presence of the disease

- Therefore, if you choose to participate in a USMS sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever hold harmless US Masters Swimming, Masters of South Texas (MOST), the North East Independent School District, and all meet officials from any liability or claims including for personal injuries, death, disease or property loss; including, but not limited to claims of negligence and give up any claims you may have to seek damages; whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participation in this competition.**
- Please refer to Attachment one (1) on page six (6) for COVID-19 facility specific protocols and procedures.

Sanction:

- Sanctioned by South Texas LMSC for USMS, Inc., in accordance with article 202.2.2A(2). All swimmers must be registered for 2021 with U.S. Masters Swimming by the entry deadline.
- The 2020/2021 USMS Swimming Rules and any relevant sections of the USMS Handbook will apply.

Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2021) registered with USMS Swimming
- Swimmers will NOT be permitted to compete unless registered as a member
- The South Central Zones is part of a multi-venue Competition in which swimmers may only participate in one of the six Zone LMSC competitions. No manual entries are accepted to ensure this policy.
- This meet highly encourages swimmers to compete within their own LMSC. Please contact the Event Director if asking for permission to attend, if outside the South Texas LMSC.

Scratches: •This meet will be pre-seeded and there is no penalty for scratching from a pre-seeded event

Warm-ups:

- Warm-ups will be conducted in accordance with the current USMS Policies and Procedures
- Feet First entry into the water

Meet Management:

• Facility Contact:	• Meet Referee:	• Event Director:
•Bill Spurgeon	•Rick Russell	•Susan Ingraham
•210-356-6929	•210-834-7409	•210-859-2859
•wspurg@neisd.net	•rd.russ@yahoo.com	•aquatex101@aol.com

Facility Access

- Swimmers and spectators **must** enter via the Davis Natatorium **FRONT** doors
- Parking for Athletes, Coaches, Officials and Staff is adequate in front of the facilities as well as in the nearby soccer field lot

Timers and Lap Counters:

- Swimmers for the 1000 & 1650 Free are required to provide their own backup timers and lap counters as necessary

Officials

- All deck officials must be currently (2021) registered



Order of Events - Distances are in Yards

Saturday May 15 - 9:00 AM Start		
	500 Freestyle	
	200 Backstroke	
	50 Butterfly	
	200 Individual Medley	
	100 Freestyle	
	50 Backstroke	
	200 Butterfly	
	100 Breaststroke	
	1000 Freestyle	

Sunday May 16 - 9:00 AM Start		
	400 Individual Medley	
	100 Backstroke	
	50 Breaststroke	
	200 Freestyle	
	100 Individual Medley	
	50 Freestyle	
	200 Breaststroke	
	100 Butterfly	
	1650 Freestyle	



SOUTH TEXAS SWIMMING

2020 – 2021 NEISD Davis Natatorium and Bill Walker Pool Swim Facilities Safety Protocol and Procedures

● Swimmers and Spectators at Sanctioned Swim Meets

- Self-screen for symptoms at home before arriving at Aquatic facilities-see below
- Maintain six feet social distancing (SD) at all times in the water and on deck
- Enter Davis facility front door as marked sign in at facility entrance desk
- Enter Davis deck area through “Entrance Doors” signs will be posted (SD)
- Exit Davis deck area through marked “Exit” doors and exit facility through marked “Exit” doors.
- No gatherings or groups congregating together will be allowed
- Showers available, lockers not available, restroom toilets will be accessible
- Bring your own “filled” water bottle; water fountains are not accessible
- Follow all safety protocol procedures posted at facility
- No “high fives” or handshakes during practices/meets
- Spectators limited to 250 in Walker Pool upstairs bleacher area
- Sit in every other row to allow for social distancing
- Masks must be worn at all times
- Those not following NEISD facility protocols will be asked to leave the facility

● Covid-19 Screening Symptoms:

- Cough
- Shortness of Breath
- Chills
- Repeated shaking with chills
- Muscle Pain
- Headache
- Sore Throat
- Loss of taste or smell
- Diarrhea
- Fever of 100 degrees or greater
- Known close contact with a person who is lab confirmed to have Covid-19





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

