



# 2022



## USMS South Central Zone Championship Meet

### *Short Course Yards – April 1, 2, 3*

**Sanctioned By:** Gulf Masters Swimming for United States Masters Swimming, Inc., **Sanction # ~~XXX-XXXX~~**

**Hosted By:** Woodlands Masters Swim Team

**Meet Referee:** Claude Humbert

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

**Location:** The Conroe Independent School District (CISD) Natatorium ([Googlemaps link](#))  
19133 David Memorial Drive, Shenandoah, Texas 77385

**Date & Times:**

Friday, April 1, 2022	— Warm-ups - 5:00 PM;	Meet Starts - 6:00 PM
Saturday, April 2, 2022	— Warm-ups - 8:00 AM;	Meet Starts - 9:00 AM
Sunday, April 3, 2022	— Warm-ups - 8:00 AM;	Meet Starts - 9:00 AM

**Facilities:** 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.

**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 a minimum of 1 button and 1 digital watch per lane. Hy-Tek's Meet Manager software will be used to manage and score the meet. **Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.**

**Rules:** Current United States Masters Swimming technical rules and code of regulations will govern.

**Eligibility:** All participants must be registered with United States Masters Swimming. Competitors must be 18 years of age on or before April 1, 2022.

**Event Time Limit:** To qualify for the freestyle and IM distance events, participants must meet the following qualifying times: **1650 yard freestyle** under 60 minutes, **1000 yard freestyle** under 40 minutes, **500 yard freestyle** under 20 minutes, **400 IM** under 20 minutes.

**Conduct of Meet:** Enter the meet using your **best short course yard time 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 and be seeded slowest to fastest**. All individual events 200 yards and shorter will be seeded by gender and by time. For all other events, including relays, women and men will be seeded together by time only. The 400 yard and longer events will be seeded after positive check-in. Heat sheets for individual events (PSYCH sheets only for events 400 yards and longer) will be provided to all participants on Thursday, March 31 via ClubAssistant.

**Positive check-in is required for all 400 yard and longer events as follows:**

- Event #1/2 (Men/Women 400 yard Individual Medley) ..... Check-in by 5:30 PM, Friday
- Event #3/4 (Men/Women 1650 yard freestyle) ..... Check-in by 5:30 PM, Friday
- Event #5/6 (Men/Women 500 yard freestyle) ..... Check-in by 8:30 AM, Saturday
- Event #29/30 (Men/Women 1000 yard freestyle) ..... Check-in by 8:30 AM, Sunday

There will be a 30-minute warm-up break after the 500 Free and 1000 Free events. There will be a 15-minute officials break after the 100 Free and after the 200 Free events.

**Hospitality:** Available for Officials, Timers, and Meet Volunteers.

**Limit of Events:** Each entrant may swim a maximum of **5 individual events** and **3 relay events per day**.

**Registration/Entry Fees** INDIVIDUAL EVENTS – **ONLINE ONLY** at this **ClubAssistant link**. Additional links are available at [www.wmst.net](http://www.wmst.net), [www.gulfmastersswim.org](http://www.gulfmastersswim.org), or [www.usms.org](http://www.usms.org). **Deck and mail entries will not be accepted.** Online entries will be confirmed by email from ClubAssistant.

Entry **received by midnight March 21** ..... — **\$55**  
 Entry **received after March 21 and by midnight March 28** ..... — **\$70**

RELAY entrants must be registered in the meet and team members must be properly registered with the same Masters club. Entry forms will be provided to meet participants and available at the venue.

RELAY ENTRIES for Saturday, April 2 are due by the .....**end of event #10**  
 RELAY ENTRIES for Sunday, April 3 are due by the .....**end of event #34**

Fees **per relay** are payable on **the day of the event** ..... — **\$15**

**Age Groups:** **Individual:** 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.  
**Relays:** 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+

**Awards:** Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> in each individual event and relays. Combined Team awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place shall also be made in addition to Top Men Team and Top Women Team awards.

**T-Shirts:** Meet T-shirts will be available for purchase (\$15 each). They can be preordered (by size) during the online entry process by midnight on March 27. A limited number of shirts will also be available for sale at the meet.  
**Link to design**

**Results:** Results will be posted on the [Woodlands Masters Swim Team website](#), the [Gulf Masters Swim website](#), and at the [USMS website](#).

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

**Lodging:** Lodging is available at many nearby hotels. The two closest are: [Courtyard Marriott/Shenandoah](#), 19255 David Memorial Drive, Shenandoah, TX 77385 – (936) 273-6600 and [The Crowne Plaza Shenandoah](#), 19333 David Memorial Drive, Shenandoah, TX 77385

**Social:** To be Determined. More information will be posted as we get closer to the event.

**Facility & COVID Rules:** This meet is conducted on the grounds of the Conroe Independent School District (CISD) campus. All participants, coaches, officials, and spectators must comply with the facility regulations and USMS COVID-19 Guidelines (copy attached).

**2022 USMS South Central Zone Championship Meet — Short Course Yards Meet**  
 April 1, 2, 3 — CISD Natatorium, Shenandoah, Texas — Sanction # **XXX-XXXX**

## EVENTS LIST

*Event limit is 5 individual events per day and 3 relays per day. Use best recent short course yard times for meet entries. Relay entries for Saturday are due by the end of Event #10. Relay entries for Sunday are due by the end of event #34. Relay entry forms will be provided at the venue and sent to participants after individual entries are submitted.*

<i>Friday, April 1<sup>st</sup> – warm-ups 5 pm</i>		
<i>Session one (6 PM start)</i>		
<b>Event #</b>	<b>Gender</b>	<b>Event (yards)</b>
1/2	Men/Women *	400 IM
3/4	Men/Women *	1650 free

<i>Saturday, April 2<sup>nd</sup> – warm-ups 8 am</i>		
<i>Session two (9 AM start)</i>		
<b>Event #</b>	<b>Gender</b>	<b>Event (yards)</b>
5/6	Men/Women *	500 free
<i>Warm-up Break (30 minute)</i>		
7	Men	50 back
8	Women	50 back
9	Men	100 breast
10	Women	100 breast
11	Men	200 fly
12	Women	200 fly
13	Men	100 Free
14	Women	100 Free
<i>Officials Break (15 minute)</i>		
15	Men	200 back
16	Women	200 back
17	Men	50 fly
18	Women	50 fly
19	Men	200 IM
20	Women	200 IM
21	Mixed	400 free relay
22	Mixed	200 medley relay
23/24	Men/Women *	400 medley relay
25/26	Men/Women *	200 free relay
27	Mixed	800 free relay

<i>Sunday, April 3<sup>rd</sup> – warm-ups 8 am</i>		
<i>Session three (9 AM start)</i>		
<b>Event #</b>	<b>Gender</b>	<b>Event (yards)</b>
29/30	Men/Women *	1000 free
<i>Warm-up Break (30 minute)</i>		
31	Men	50 free
32	Women	50 free
33	Men	100 fly
34	Women	100 fly
35	Men	50 breast
36	Women	50 breast
37	Men	200 free
38	Women	200 free
<i>Officials Break (15 minute)</i>		
39	Men	100 back
40	Women	100 back
41	Men	100 IM
42	Women	100 IM
43	Men	200 breast
44	Women	200 breast
45	Mixed	400 medley relay
46	Mixed	200 free relay
47/48	Men/Women *	400 free relay
49/50	Men/Women *	200 medley relay
<p align="center">* NOTE: These Men and Women events will be run together, seeded by time, and scored separately</p>		

**ENTRY FEES**

*Entries made by midnight 3/21/2022 – \$55.00*

*Entries made after 3/21/2022 by midnight 3/28/2022) – \$70.00*

*Relays (by event #10 on Saturday, by event #34 on Sunday) – \$15.00*

Online entries will be confirmed by email from ClubAssistant. Heat sheets for individual events (PSYCH sheets only for events 400 yards and longer) will be provided to all participants on Thursday, March 31 via ClubAssistant.

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

**All participants must be registered with United States Masters Swimming (2022 Membership).**

**Competitors must be 18 years of age on or before April 1, 2022.**

Questions should be directed to Frank Bergfield, Meet Director, fbergfield@hotmail.com



**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	

Revised 5/26/2020

## USMS COVID-19 Guidelines

U.S. Masters Swimming is committed to providing a safe environment for this event. USMS reserves the right to alter COVID-19 protocols based on current ([June 23, 2021](#)) local, state, and national guidelines. *Any updates will be posted and emailed to registered swimmers prior to the event.*

- USMS encourages members to be vaccinated for COVID-19, but we understand it is a personal decision based on individual factors. USMS is not requiring COVID-19 vaccination for participation in club activities or sanctioned events.
- Do not attend if you're experiencing any symptoms of COVID-19. If you experience symptoms or test positive for COVID-19 within two weeks after the conclusion of the event, please contact the Meet Director.
- USMS recommends a max of six swimmers per lane during warm-up, and swimmers are discouraged from hanging on the walls during warm-up. Please be flexible with your warm-up routine to avoid overcrowding and be considerate of your fellow swimmers.
- The most recent [USMS liability release form](#) must be executed by each participant during the event registration process. To be clear, USMS liability insurance doesn't cover transmission of viral or bacterial infections.
- There are ample seating areas to spread out. Please don't congregate in crowded areas (behind the blocks, in the warmup pool, to cheer from the side of the pool, etc.).
- Swimmers are encouraged to arrive and leave in their suits, but locker rooms and showers will be available. ([updated June 23, 2021](#))

Per CDC guidance ([updated July 28, 2021](#)), at indoor facilities in areas with substantial or high COVID-19 transmission levels, it is recommended that both vaccinated and unvaccinated attendees wear a mask covering the nose and mouth at all times except while swimming. Swimmers should remove their mask just before entering the water and put their mask on as soon as they exit the water. Please bring extra masks and Ziploc bags to keep your masks dry. It's also recommended you write your name on your mask(s).