



• **MASTERS SWIM TEAM**

Long Course Summer Splash

Long Course Meters – June 29, 2024



<u>Sanctioned By:</u>	Gulf Masters Swimming for United States Masters Swimming, Inc., Sanction # 254-S004
<u>Hosted By:</u>	Woodlands Masters Swim Team (WMST)
<u>Meet Referee:</u>	Claude Humbert
<u>Meet Director:</u>	Frank Bergfield – c/o WMST, PO Box 7084, The Woodlands, TX 77387 Phone: (936) 523 – 0540 E-mail: fbergfield@hotmail.com
<u>Location:</u>	Conroe Independent School District (CISD) Natatorium (Google Maps Link) 19133 David Memorial Drive, Shenandoah, TX 77385
<u>Date & Times:</u>	Saturday, June 29, 2024 Warm-Ups – 9:00 AM Meet Start – 10:00 AM
<u>Facilities & Rules:</u>	Indoor 8 lane non-turbulent pool. All races are conducted on a 50-meter course. The length of the competition course is in compliance with and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement. Short course warm up lanes will be available in the adjacent course during the meet each day. Showers and lockers will be available. 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.
<u>Parking:</u>	Plenty of free parking is available adjacent to the Natatorium
<u>Timing:</u>	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.
<u>Rules & Scoring:</u>	Current U. S. Masters Swimming Code of Regulations and Rules of Competition will govern this meet. Scoring for individual and relay events shall be in accordance with Rule 103.19.3.
<u>Eligibility:</u>	All participants must be registered with U. S. Masters Swimming and must be 18 years old on or before June 29, 2024 . The eligibility of a participant (for seeding purposes) is determined by their age as of December 31, 2024.
<u>Event Time Limit:</u>	To qualify for the 800 meter Freestyle distance event, participants must have a qualifying time <u>under</u> 25 minutes.

Conduct of Meet: Enter the meet using your **best long course meters** time or estimate for the event – if available, use relatively recent short course times to help with your estimate. NOTE: Seed times should reasonably reflect participants capabilities. The Meet Director may, at his discretion, correct, adjust or insert an entry time for any swimmer; he may also elect to run six (6) lanes for the meet to facilitate swimmers’ rest intervals.

All events will be **timed finals**. Note: all events are mixed, however women and men will be scored separately. The following events will be seeded fastest to slowest: 400 IM, 400Free, and 800 Free. All other events will be seeded slowest to fastest.

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

- Event #1 – 400 meter IM Check-in by 9:15 AM
- Event #8 – 400 meter Freestyle Check-in by 9:15 AM
- Event #16 – 800 meter Freestyle Check-in before Event #8

Breaks: There will be a 20 minute officials break after Event #8 (400 M Freestyle).

Hospitality Available for Officials, Timers, and Meet Volunteers

Limit of Events: Each entrant may swim a **maximum** of **5 individual events**

Registration/Entry Fees:

- **Online** registration via this [ClubAssistant Link](#). Additional links are available at: www.wmst.net, www.gulfmastersswim.org, or www.usms.org/events.
- **Deck Entries** are allowed with current USMS Card, Entry Form, & signed Participant Waiver. May be paid at the registration desk via cash, credit card, or check (payable to WMST).

Individual Entry Deadlines/Fees:

- **Online** entries received by **midnight June 27** — \$50
- **Deck** entries at the meet by **9:15 AM Saturday** — \$65

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, etc.

T-Shirts: Meet T-shirts will be available for \$20 each. They can be preordered (by size) during the online registration (not refundable) process until June 23rd – exchanges may be made on deck, pending availability. A limited number of shirts will also be available for sale at the meet.

[Link to Design](#)

Results: Results, including splits, will be posted at the venue, and online at the following websites: www.wmst.net/results-and-gallery/results, www.gulfmastersswim.org, and www.usms.org/comp/meets/meetlist

Lodging: Courtyard Marriott, 19225 David Memorial Drive, Shenandoah, TX 77385 Ph: (936) 273 – 6600. A number of other nearby hotels are also available.

<u>Deck Entry Form</u>	2024 Summer Head Start Meet — Long Course Meters June 29, 2024 — CISD Natatorium, Shenandoah, Texas Sanction #254-S004
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Last Name:		First Name:		MI
Birthdate (MM/DD/YYYY):	Swimmer's Age (as of 12/31/2024)	USMS #:		Male <input type="checkbox"/> Female <input type="checkbox"/>
Team Name:		Team Abbreviation (5 letters max):		
Address:		City:	State:	Zip:
Signature:				Today's Date:
Home Phone #:	Work Phone #:	E-mail:		

DECK ENTRIES are allowed. Participants are limited to **5 events**. Enter the meet using your **best long course meters time** or estimate for the event in the space provided. **Deck entries**, with a current USMS card, are due by **9:15 AM on Saturday**.

Warm-ups 9:00 AM			
Meet Start 10:00 AM			
Event #	Gender	Long Course Meters	Seed Time
1	Mixed	400 IM	
2	Mixed	100 breast	
3	Mixed	50 back	
4	Mixed	200 free	
5	Mixed	100 fly	
6	Mixed	50 breast	
7	Mixed	200 Back	
8	Mixed	400 Free	
<i>Officials Break (20 minute)</i>			
9	Mixed	200 fly	
10	Mixed	100 back	
11	Mixed	50 free	
12	Mixed	200 breast	
13	Mixed	50 fly	
14	Mixed	100 free	
15	Mixed	200 IM	
16	Mixed	800 free	

<u>Entry Fees:</u>	Deck Entry (Saturday 9:15 AM) - \$65.00 _____ Paid by: <input type="checkbox"/> Cash <input type="checkbox"/> Credit Card <input type="checkbox"/> Check # _____
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Questions should be directed to Frank Bergfield, Meet Director, fbergfield@hotmail.com, (936) 523-0540

THE USMS LIABILITY RELEASE FORM ON THE NEXT PAGE MUST BE SIGNED.



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/or 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, including the [Code of Conduct](#) and any safety regulations established by USMS. 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 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, 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/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 09/21/2023

