

USMS 2016 South Central Zone LC Championships

Hosted by Texas A&M Athletics

July 29 – 31, 2016

A Long Course Timed Finals Meet

Facility:

- Texas A&M University Student Recreation Center Natatorium Olsen Boulevard, College Station, TX 77840
- Indoor 50 meter course, eight lanes, depth 7-9 feet. Separate diving well, 8 lanes, 25 meters. Lane lines are non-turbulent
- Daktronics timing system, color scoreboard. Hy Tek Meet Manager software. Club Assistant online entries.
- Directions and facility information can be found here:
http://recsports.tamu.edu/facilities/student_rec_center/
- Natatorium host of:
 - 2013 SEC Championships
 - 2010 USA AT&T Diving Nationals
 - 2009 Women's & Men's NCAA Championships 2005, 2007, 2010 Big 12 Championships
 - 2004 Women's NCAA Championships 2001 Men's NCAA Championships

Pool Length:

The length of the competition course is in compliance 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. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

Head Ref:

Herb Schwab, herb.schwab@gmail.com

Meet Director:

Nicole Christensen Rembach, ncr@creativewaters.net, 281-352-8434

Dates:

Friday July 29th through Sunday July 31st 2016

Warm Up and Start Times:

- Friday Warm Ups 4 PM Meet Start 5 PM
- Sat Warm Ups 9 AM Meet Starts 10 AM
- Sun Warm Ups 9 AM Meet Starts 10 AM

Rules:

Current USMS Short Course Rules will govern the conduct of the meet.

Parking:

Mon – Fri before 5 PM park in the West Campus Garage across from the Rec Center (\$2/hour before 5pm – \$0.50/hour after 5pm). **Parking is free on Saturday and Sunday after 5pm on Friday, except where designated. See attached sheet.** The pay-by-number spaces in front of the Rec Center are never free

Sanction:

Sanctioned by Gulf Master Swim Committee for USMS, Inc. Sanction # 256-S004. Times achieved at the meet will be submitted to USMS.

Eligibility:

Open to all currently registered USMS swimmers. Swimmers not currently registered with USMS will be given an opportunity to register with USMS while doing their online entry.

Age:

Athlete age at the meet is determined by their age on December 31, 2016.

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:** 76-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399
- **Note:** the aggregate age of the four relay team members shall determine the age group.

Relay Entries:

Relays may be deck entered for a fee of \$20 each or enter early for fee of \$10 each. Relays entered in advance DO NOT need to have swimmers names put in. All relays, early and deck entered, will need to turn in relay cards at meet to put swimmer names in the proper order. Teams may use relay only swimmers. Relay only swimmers must be entered into the meet by the online deadline and there will be a fee of \$10 per relay only swimmer with no refunds given for no shows.

Entry Confirmation:

By email. For paper entries, you must provide an email address to be sent confirmation of receipt.

Number of Events Allowed:

5 individual events per day & 3 relay events per day. **TIME LIMIT CUT OFFS- 1:00.00 FOR THE 1500 FREE; 30.00 FOR THE 800 FREE.**

IMPORTANT: Swimmers are asked to voluntarily notify the Meet Director by email at ncr@creativewaters.net of their intent to scratch any events by 5 PM on the Wed July 27th before the meet. Psych sheet will be posted Wed AM. Final seeding of all pre-seeded events will occur after early scratch deadline passed.

No fines or penalties will be handing out for swimmers who no show/scratch at the meet

Entry Fees:

Early, Mid and Late fees depending on date entered.

- \$50 fee for online and paper if entered no later than July 8th
- \$55 entry fee for online and paper if entered no later than **NOON** on July 15th
- \$65 fee for online ONLY if entered by **NOON** July 26th.

NO ENTRIES WILL BE ACCEPTED AFTER JULY 26TH. NO INDIVIDUAL DECK/DAY OF ENTRIES ALLOWED. PAPER ENTRIES MUST BE RECEIVED NO LATER THAN JULY 15TH.

Relay only swimmers will be allowed with a fee of \$10. Relays may enter in advance with a reduced fee of \$10. Swimmers on pre entered relays can be filled in at the meet.

No refunds given for no shows.

Entry Due Date: See table below –

June 26	27	28	29	30	July 1	2
3	4	5	6	7	8 Early entry \$50 deadline	9
10	11	12	13	14	15 \$55 online entry deadline by Noon CST & Final paper entry deadline	16
17	18	19	20	21	22	23
24	25	26 \$65 Late online entries by Noon.	27 Psych Sheets Posted AM Early scratch notifications Due PM.	28 Heat Sheets Posted – final seeding – after all early scratches entered	29 Zones PM Session 4 PM WU 5 PM Meet	30 Zones 9 AM WU 10 AM Meet PM Social
31 Zones 9 AM WU 10 AM Meet	USMS Nationals three weeks after meet on Aug 17 – 21, 2016 at Gresham, Oregon Mount Hood Community College					

Seeding:

Slowest to Fastest. Ages combined. Genders combined for 400 IM, 800 Free & 1500 Free. **All events EXCEPT the Relays, 400 IM, 800 & 1500 Free will be pre-seeded.**

Distance Event Check In:

Check in times for the Distance Events are as follows:

- 400 IM: 4:15 PM Fri July 29th
- 1500 Free: 5:00 PM Fri July 29th
- 800 Free: Noon Sun July 31st

Scoring:

Standard scoring 1st through 8th individual and relay with combined team awards.

Awards:

Awards will not be mailed and must be picked up at the meet.

Medals Individual events 1st – 3rd

Relays medal 1st, ribbons for 2nd and 3rd

Facebook:

There will be a Facebook page that you can check for meet & social updates at all times at www.facebook.com/USMS2016SouthCentralZonesatTexasAandM

Results:

Results will be on Meet Mobile throughout the meet and on Gulf Masters Swimming and 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.

Social:

There will be an official Social planned on Saturday evening at a local food and drink establishment. More information will be posted as we get closer to the event.

Hospitality:

We will have hospitality for officials, coaches and volunteers

Accommodations:

We have negotiated special rates with the following local hotels. Please use the Group name when making the reservation in order to get the rate. Please note cut off dates to make your reservations by.

Hotel	Rate	Cut-Off	Reservation Line	Group
Starwood's Aloft College Station 1150 University Dr E	\$119	6/28/2016	855-811-0254	US Master's Swimming Zone 2016
Hilton's Home2 Suites 300 Texas Avenue S	\$124	7/6/2016	979-703-8288	US Master's Swimming Zone 2016
Courtyard by Marriott 3939 Texas 6 Frontage Rd	\$119	7/1/2016	800-314-1458	US Master's Swimming Zone 2016

Concessions:

Concessions will be available at the Student Rec Center café during its normal operating hours. It may not be open the entire time of the meet, particularly early Sunday morning. Swimmers may bring their own food supplies.

T-Shirts:

A special meet t-shirt will be available online for preorder and pick up at the meet. **Very limited** quantities will be available for purchase at meet and they will not be available in all sizes.

Swim Gear Vendor:

Swim gear will be available to purchase at the meet

Psych & Heat Sheets:

Psych will be available online before the meet. Heat sheets will be available online before/during the meet and available for free pick up at the meet at the Clerk of Course area. Heat Sheets will also be posted on the walls around the venue.



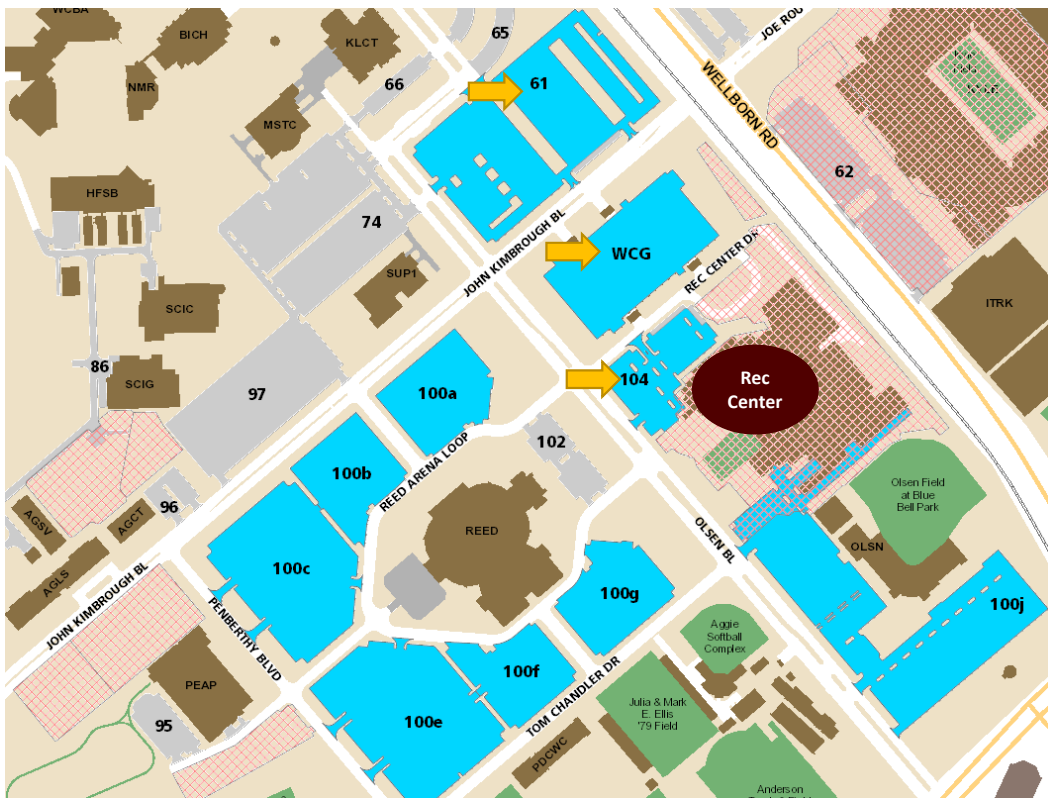
PARKING INFORMATION

WEEKDAYS:

If you haven't paid for your spot, you will be ticketed.

Visitor parking is available in:

- West Campus Garage
- 104 (Outside the Rec Center)
- 61 (opposite side of WCG)



FRIDAY AFTER 5 PM, SATURDAY AND SUNDAY:

Parking is free on the surface lots of the A&M campus after 5:00 p.m. on Friday, except where noted.

The Numbered Spaces in lots 100h, 61 or 74 are never free!

More information at transport.tamu.edu

Order of Events:

**South Central Zones LCM Championships
Event Format**

Session: 1 Friday July 29th

Day of Meet: 1 Warm Up at 4:00 PM, Meet Starts at 5:00 PM

- 1 Mixed 400 IM
- 2 Mixed 1500 Freestyle* **Entry Time Limit of 1:00.00 Hour**

Session: 2 Saturday July 30th

Day of Meet: 2 Warm up at 9:00 AM, Meet Starts at 10:00 AM

- 3 Women 400 Freestyle
- 4 Men 400 Freestyle
*20 min break - competition pool opens
for 15 min warm up*
- 5 Women 200 Backstroke
- 6 Men 200 Backstroke
- 7 Women 50 Butterfly
- 8 Men 50 Butterfly
- 9 Women 100 Breaststroke
- 10 Men 100 Breaststroke
- 11 Women 100 Freestyle
- 12 Men 100 Freestyle
- 13 Women 200 Butterfly
- 14 Men 200 Butterfly
- 15 Women 50 Backstroke
- 16 Men 50 Backstroke
- 17 Women 200 IM
- 18 Men 200 IM
10 Minute break
- 19 Women 400 Medley Relay
- 20 Men 400 Medley Relay
- 21 Women 200 Freestyle Relay
- 22 Men 200 Freestyle Relay
- 23 Mixed 200 Medley Relay

Session: 3 Sunday July 31st

Day of Meet: 3 Warm Up at 9:00 AM, Meet Starts at 10:00 AM

- 24 Women 100 Butterfly
- 25 Men 100 Butterfly
- 26 Women 50 Breaststroke
- 27 Men 50 Breaststroke
- 28 Women 200 Freestyle

- 29 Men 200 Freestyle
- 30 Women 100 Backstroke
- 31 Men 100 Backstroke
- 32 Women 200 Breaststroke
- 33 Men 200 Breaststroke
- 34 Women 50 Freestyle
- 35 Men 50 Freestyle
- 10 Minute break*
- 36 Women 400 Freestyle Relay
- 37 Men 400 Freestyle Relay
- 38 Women 200 Medley Relay
- 39 Men 200 Medley Relay
- 40 Mixed 200 Freestyle Relay
- 10 min break*
- 41 Mixed 800 Free* **Entry Time Limit of 30.00 minutes**

*** Swimmers will need to provide counters for the 800 and 1500 Freestyle**



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	