



USMS 2019 South Central Zone Long Course
Championships
Hosted by Texas A&M Swimming & Diving Team
July 19 – 21, 2019
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 2000 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/>
- Texas A&M Natatorium has been the host of:
 - 2013 & 2018 SEC Championships
 - 2016 Speedo Winter Junior Championships West
 - 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, ncr@creativewaters.net, 281-352-8434

Dates: Friday July 19th through Sunday July 21st 2019

All USMS and FINA registered swimmers are Welcome!

Warm Up and Start Times:

- Fri Warm Ups 3 PM Meet Start 4 PM ****Note new Friday Start Times****
- Sat Warm Ups 9 AM Meet Starts 10 AM
- Sun Warm Ups 9 AM Meet Starts 10 AM

Rules: Current USMS Long 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 Number is 259-S001. Times achieved at the meet will be submitted to USMS and eligible for Top Ten and USMS and FINA National and World records.

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, 2019. Swimmers must be 18 by July 19, 2019.

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 swimmer's names put in.** All relays, early and deck entered, will need to turn in relay cards at the meet to put the swimmer names in the proper order. Teams may use relay only swimmers. Relay only swimmers must be entered into the meet by the individual online entry deadline of noon on July 16th 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 contact Nicole at ncr@creativewaters.net for an entry form.

Number of Events Allowed: 6 individual events per day & 3 relay events per day. **TIME LIMIT CUT OFFS- 50:00 FOR THE 1500 FREE; 25:00 FOR THE 800 FREE, 16:00 FOR THE 400 IM, 12:00 FOR THE 400 FREE, 8:00 FOR THE 200 BACK, BREAST & FLY**

IMPORTANT: Swimmers are asked to voluntarily notify the Meet Director by email [at ncr@creativewaters.net](mailto:ncr@creativewaters.net) of their intent to scratch any events by 5 PM on the Wed July 17th before the meet. Psych sheet will be posted no later than 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. No refunds given for no shows.

Entry Fee Deadlines:

Early, Regular, Late and Extra-Late fees depending on date entered. Fees will rise after each deadline passes.

- **\$50 fee - EARLY BIRD SPECIAL! Enter by Friday May 17th at the beginning of the LC season**
- \$55 fee - Online and Paper Entries Deadline Friday June 28th 11:59 PM
- \$60 fee - Online Deadline Friday July 5th 11:59 PM. Final Paper Entry Deadline.

- \$70 fee - ONLINE ONLY - Deadline NOON on Tuesday July 16th. **ALL INDIVIDUAL ENTRIES CLOSE.**

NO ENTRIES WILL BE ACCEPTED AFTER JULY 16th. NO INDIVIDUAL DECK/DAY OF ENTRIES ALLOWED.

Relay only swimmers will be allowed with a fee of \$10. The deadline for Relay only swimmers to enter is July 16th. Relays may enter in advance with a reduced fee of \$10. Swimmers on pre-entered relays can be filled in at the meet.

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

Scoring:

Individual and Relays through 8th place.

Individual: 9, 7, 6, 5, 4, 3, 2, 1 Relays: 18, 14, 12, 10, 8, 6, 4, 2

Awards:

Individual events: Medals places 1st – 3rd

Relays: Medals places 1st – 3rd

Top three teams in Combined Scoring will receive trophies

Individual High Point per age group/gender will receive an award

Trophy to team with most points per swimmer

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

Facebook: There is a Facebook page at <https://www.facebook.com/USMSSouthCentralLCZonesatTexasAandM> that you can check for meet & social updates at all times

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.

Results: Results will be on Meet Mobile throughout the meet and on the Gulf Masters Swimming web site and 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. The meet will be observed for USA Swimming times. Swimmers registered with USA Swimming must supply their USA Swimming credentials to the Meet Director and notify the Referee and Meet Director prior to the meet that they want their times in the SWIMS database..

Social: There will be an official Social planned on Saturday 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, certified coaches (coaches please bring credentials) and volunteers

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.**

Swim Meet Apparel: A variety of style and color options are offered for pre-order. You can order at any time and add to it if needed.

A LIMITED amount in select style and color options will be available for purchase at the meet. To make sure you are able to get the item that you want, please pre-order

Swim Gear Vendor: There will be no swim gear vendor at the meet. Please make sure to bring all supplies you might need.

Questions?: Contact Nicole at ncr@creativewaters.net

Entry Due Date: See table below – **DON'T FORGET - EARLY BIRD SPECIAL OF \$50 FOR ENTRIES RECEIVED BY MAY 17th**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 23	24	25	26	27	28	29
					Regular entry \$55 deadline	
30	July 1	2	3	4	5	6
					\$60 online late entry deadline & <u>Final paper entry deadline</u>	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
		\$70 extra late online entries by Noon.	Psych Sheets Posted AM Early scratch notifications Due 5 PM.	Heat Sheets Posted – final seeding – after all early scratches entered	Zones 3 pm warm up 4 pm meet	Zones 9 am warm up 10 am meet
8	The 2019 Summer Nationals will be in Mission Viejo on August 7 - 11, 2018.					
Zones 9 am warm up 10 am meet						

Distance Event Check In Days & Times:

400 IM:	3:15 PM	Fri July 19 th
1500 Free:	4:00 PM	Fri July 19 th
400 Free Women's:	9:15 AM	Sat Jul 20 th
400 Free Men's:	10:00 AM	Sat July 20 th
800 Free:	Noon	Sun July 21 st

2019 South Central Zone LC Champs at Texas A&M		
FRIDAY JULY 19	SATURDAY JULY 20	SUNDAY JULY 21
400 IM Mixed	400 Free W/M	100 Fly W/M
1500 Free Mixed	200 Back W/M	50 Breast W/M
800 Free Relay Mixed or W/M	50 Fly W/M	200 Free W/M
	100 Breast W/M	100 Back W/M
	100 Free W/M	200 Breast W/M
	200 IM W/M	50 Free W/M
	50 Back W/M	400 Free Relay W/M
	200 Fly W/M	200 Medley Relay W/M
	400 Medley Relay W/M	200 Free Relay Mixed
	200 Free Relay W/M	800 Free Mixed
	200 Medley Relay Mixed	

SWIM MEET HOTELS: We are pleased to offer group rates and blocks at the following local hotel establishments within short driving distance to the pool:

THE GEORGE: 2.0 miles to the pool

180 Century Court | College Station, TX | 77840 [Map Link](#)

P: 979-485-5638

Booking instructions - Begin by visiting the hotel's website at www.thegeorgetexas.com.

From this page, block "**book now**" in the top right-hand corner of the page.

On the calendar, select the correct dates for your group and hit "update".

Click the link that says "**have a promo or group code? Enter it now.**" The Group Code is: **UMSZCSM2583**. This should pull up all available rooms within the block.

CAVALRY COURT: 2.0 miles to the pool

200 Century Court | College Station, TX | 77840 [Map Link](#)

P: 979-485-5586

Begin by visiting the hotel's website at www.cavalrycourt.com.

From this page, block "**book now**" in the top right-hand corner of the page. Select the appropriate dates for your group.

Click the "**promo code**" **drop down box and select "group/block"**. The Group Code is: **UMSZCSM2120**. Enter this code into the black field. This should pull up all available rooms within the block.

Guests can also call reservations at **1-844-599-3871** and reference the group code or name to book their rooms if they prefer this method. [Here is an updated map of both properties.](#) Please refer to this to assist in parking and locating the properties.

Homewood Suites Hotel 3.2 miles to the pool

950 University Dr E | College Station | TX | 77840 [Map Link](#)

P: 979-846-0400

For **King Suite** room types. Rate is \$109 per night:

Guests can call our front desk at **979-846-0400** and reference the **group name US Masters Swim 2019** or the **group code MSK**. OR Guests can follow this **Booking Link: <https://goo.gl/TLkzQh>** and make the reservations from there.

For **Double Queen Suite** room types. Rate is \$149 per night (limited):

Guests can call our front desk at 979-846-0400 and reference the **group name US Masters Swim '19** or the **group code MSQ**. OR Guests can follow this **Booking Link: <https://goo.gl/1vEo1F>** and make the reservations from there.



PARKING INFORMATION

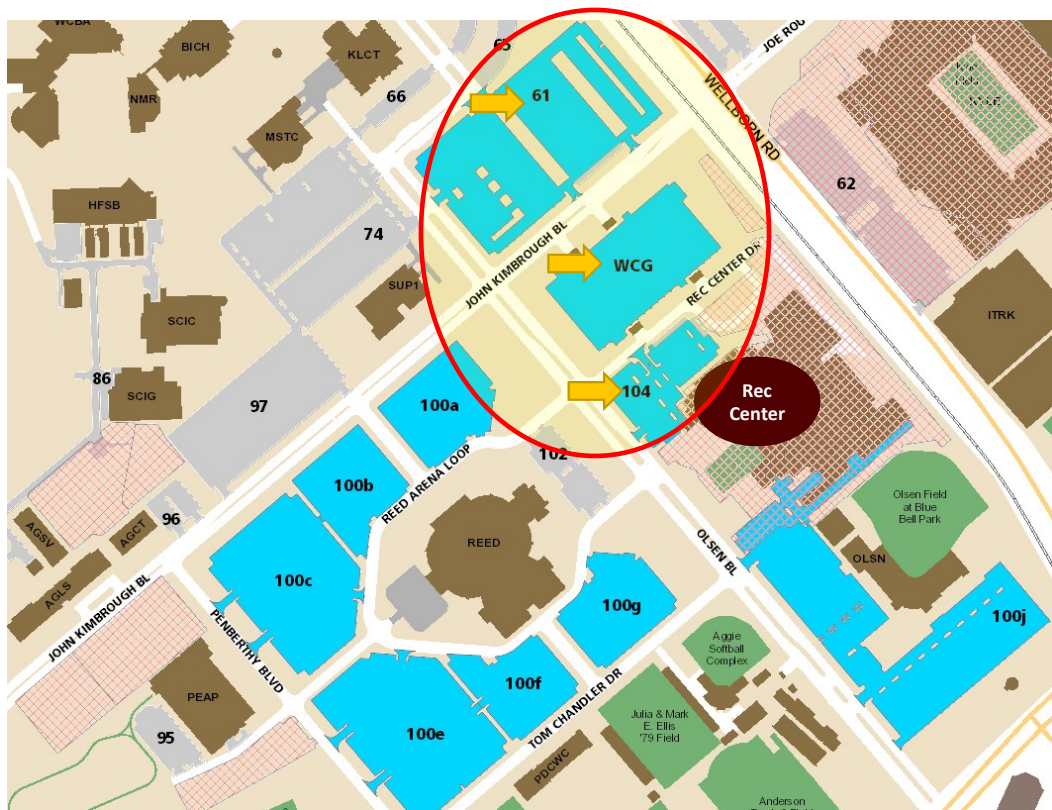
To be Verified - this is last year's info

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 2019 LCM Championships

Event Format

Session: 1 Friday July 19th

Day of Meet: 1 Warm Up at 3:00 PM, Meet Starts at 4:00 PM

Event # Event Description

- 1 Mixed 400 IM ****Entry Time Limit of 16:00 minutes***
- 2 Mixed 1500 Freestyle ****Entry Time Limit of 50:00 minutes***
- 3 Women 800 Free Relay *
- 4 Men 800 Free Relay *
- 5 Mixed 800 Free Relay *

* *Swimmers can only swim on one 800 free relay. Swimmers must choose to be on a mixed OR a single gender relay. All 800 Free relays will be swum combined seeded by time.*

Session: 2 Saturday July 20th

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

Event # Event Description

- 6 Women 400 Freestyle ****Entry Time Limit of 12:00 minutes***
- 7 Men 400 Freestyle ****Entry Time Limit of 12:00 minutes***
20 min break - competition pool opens for 15 min warm up
- 8 Women 200 Backstroke ****Entry Time Limit of 8:00 minutes***
- 9 Men 200 Backstroke ****Entry Time Limit of 8:00 minutes***
- 10 Women 50 Butterfly
- 11 Men 50 Butterfly
- 12 Women 100 Breaststroke
- 13 Men 100 Breaststroke
- 14 Women 100 Freestyle
- 15 Men 100 Freestyle
- 16 Women 200 IM
- 17 Men 200 IM
- 18 Women 50 Backstroke
- 19 Men 50 Backstroke
- 20 Women 200 Butterfly ****Entry Time Limit of 8:00 minutes***
- 21 Men 200 Butterfly ****Entry Time Limit of 8:00 minutes***
10 Minute break if needed
- 22 Women 400 Medley Relay
- 23 Men 400 Medley Relay
- 24 Women 200 Freestyle Relay
- 25 Men 200 Freestyle Relay
- 26 Mixed 200 Medley Relay

Session: 3 Sunday July 21st

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

Event # Event Description

- 27 Women 100 Butterfly
- 28 Men 100 Butterfly
- 29 Women 50 Breaststroke
- 30 Men 50 Breaststroke
- 31 Women 200 Freestyle
- 32 Men 200 Freestyle
- 33 Women 100 Backstroke
- 34 Men 100 Backstroke
- 35 Women 200 Breaststroke ****Entry Time Limit of 8:00 minutes***
- 36 Men 200 Breaststroke ****Entry Time Limit of 8:00 minutes***
- 37 Women 50 Freestyle
- 38 Men 50 Freestyle
- 10 Minute break if needed*
- 39 Women 400 Freestyle Relay
- 40 Men 400 Freestyle Relay
- 41 Women 200 Medley Relay
- 42 Men 200 Medley Relay
- 43 Mixed 200 Free Relay
- 44 Mixed 800 Free* ***Entry Time Limit of 25:00 minutes***

- a. **Swimmers who do not make the minimum time standard in an event they are competing in will not be eligible for points or awards**
- b. **The Referee will have the authority to discontinue a heat that is continuing beyond the minimum qualifying time**



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	