



DATE: Saturday February 10, 2018. Warm up begins at 12 PM. The Meet will begin at 1 PM.

FACILITIES: 25 Yard, eight (8) lane indoor pool with regulation starting blocks, bulkhead separating competition pool from diving well, Daktronics electronic timing system, eight lane scoreboard. Diving well will be reserved for continuous warm up and cool down. Locker room facilities available. Facility seats 800.

POOL LENGTH CERTIFICATION: 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.

LOCATION: WW Emmons Natatorium, 10404 Tiger Trail, Houston, TX 77043.

Map link to the pool – [WW EMMONS NATATORIUM-SPRING BRANCH ISD](#)

PARKING: Parking is available in the Natatorium parking lot and additional parking is available in the High School lot next door.

Here is an aerial view of the facility:



DIRECTIONS: Take I-10 and exit Gessner exit. Facility is near Hammerly and Gessner on the North side of I-10. Heading north on Gessner, turn left onto Tiger Trail off of Gessner before you reach Hammerly. Pool will be on your right past high school.

SANCTION: Sanctioned by Gulf Master Swim Committee for USMS, Inc. Sanction # 258-S001. Times achieved at the meet will be submitted to USMS.

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

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 the day of the meet.

ENTRIES: A maximum of 6 individual events may be entered. Enter with short course yard times or convert your meter times to short course yard. Swimmers may enter with NT (no time).

FEES: Meet entry fee is \$40. Online entry deadline is Friday February 9, 2018 **AT NOON**. Online entries will be charged to your credit card by "ClubAssistant.com Events". **There will be no paper entries or on deck entries.**

SEEDING: All events except the 500 and the 1000 free will be pre-seeded, with women and men seeded together, slowest to fastest. The 500 and 1000 will require positive check in (see deadlines below) and will be deck seeded swimming slowest to fastest.

IMPORTANT – ALL 1000 FREE DISTANCE SWIMMERS MUST SUPPLY THEIR OWN COUNTERS AND TIMER.

DISTANCE CHECK IN: Check in deadline for the 500 Free will be 12:30 PM. All swimmers not checked in by 12:30 PM will be scratched from the event. Check in deadline for the 1000 Free will be 4 PM. All swimmers not checked in by 4 PM will be scratched from the event.

RESULTS: Results will be posted during the meet on MeetMobile as well as Real Time Results. Hard copies will also be posted at the meet. Final results will be posted on the Gulf Masters Web Site at www.gulfmastersswimming.org and on www.usms.org

AWARDS: Personal satisfaction for a job well done.

MEET REFEREE: Herb Schwab herb.schwab@gmail.com

HOSPITALITY: Will be provided for timers and officials.

SOCIAL: A Masters meet would not be complete without a get together afterwards! Please check the Gulf Masters website and at the meet for more information about our post meet social which will undoubtedly include food and libations. Please make plans to join us.

QUESTIONS: Meet Director Nicole Christensen-Rembach ncr@creativewaters.net 281-352-8434

Dads Club Swim Team

Sweetheart Swim

Order of Events

Saturday February 10, 2018

Warm Ups 12 PM, Meet Starts 1 PM

Swimmers may enter up to 6 events. All times will be assumed to be Short Course Yard times. Please convert Meter times to Yards. Swimmers may enter with no time or NT.

1	Mixed	500 Free *
15 minute break - open pool for 2 nd warm up		
2	Mixed	100 Fly
3	Mixed	50 Breast
4	Mixed	200 IM
5	Mixed	100 Free
6	Mixed	200 Breast
7	Mixed	50 Back
8	Mixed	100 IM
9	Mixed	200 Free
10	Mixed	50 Fly
11	Mixed	200 Back
12	Mixed	100 Breast
13	Mixed	50 Free
14	Mixed	400 IM
15	Mixed	100 Back
16	Mixed	200 Fly
17/18	Mixed	200 Free or Medley Relay**
5 minute break if needed		
19/20	Mixed	400 Free or Medley Relay**
21	Mixed	1000 Free*

* Swimmers **MUST** provide their own counters and timer.

** Legal mixed relays are a combination of two men and two women who are all on the same team. Unattached is not a team. If you want your time to be included in results, please make sure to have two men/two women. Other relays will be "fun" relays and the times will not count.

Depending on number of relays, medley and freestyle relays of the same distance may be combined into one event. If numbers warrant it, they will be separated out in to two events.



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");

- 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.
- 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.
- 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.
- 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.
- 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