



Summer Head Start Meet *Long Course Meters – June 15, 2019*

- Sanctioned By:** Gulf Masters Swimming for United States Masters Swimming, Inc., Sanction # **259-S008**
- 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:** Saturday, June 15, 2019 — **Warm-ups - 9:00 AM;** **Meet Starts - 10:00 AM**
- Facilities:** An indoor 8-lane non-turbulent pool. All races conducted on a 50-meter course. Warm up lanes will be available in the adjacent course during the meet. Showers and lockers will be available. The length of the competition course is in compliance with and on file with USMS in accordance with article 105.1.7, but as a bulkhead course, is subject to length confirmation that will be done before and after the competition 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. A Secondary timing system will be Semiautomatic/manual 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.
- Rules:** Current U. S. Masters Swimming Code of Regulations and Rules of Competition will govern this meet.
- Eligibility:** All participants must be registered with U. S. Masters Swimming and **must be 18 years old on or before June 15, 2019. The eligibility of a participant (for seeding purposes) is determined by their age as of December 31, 2019.**
- Event Time Limit:** To enter the **800 meter freestyle** event, participants must have a qualifying time under 30 minutes.
- Conduct of Meet:** Enter the meet using a **long course meters** 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**. For all events women and men will be seeded together by time only, slowest to fastest.

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

- Event #1 (Mixed 400 meter Individual Medley) Check-in by 9:15 AM
- Event #8 (Mixed 400 meter freestyle)..... Check-in by 9:15 AM
- Event #16 (Mixed 800 meter freestyle) Check-in before Event #8

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

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

Registration/Entry Fees INDIVIDUAL EVENTS – **ONLINE** at this [ClubAssistant link](#). Other links are available at www.wmst.net, www.gulfmastersswimming.org, or www.usms.org. **Deck entries will be accepted;** no mail-in entries. Online entries will be confirmed by email from ClubAssistant.

On-time entry fee (online entry **received** by **midnight June 10**) — **\$45**

Late/Deck entry fee (entry **received after** June 10 and by **9:15 AM June 15**) — **\$60**

Late/Deck entry fees must be made by check payable to “WMST,” paid in cash, or paid by credit card at the venue.

Age Groups: 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.

Awards: Ribbons will be awarded for 1st through 3rd in each individual event by age group/gender.

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

Results: Results will be posted on the Woodlands Masters Swim Team website www.wmst.net, the Gulf Masters Swimming website at www.gulfmastersswimming.org, and at www.usms.org.

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

Lodging: Lodging is available at many nearby hotels, including the [Courtyard Marriott](#), [Holiday Inn](#), [Courtyard Houston Woodlands](#), and the [Residence Inn Woodlands Lake Front Circle](#).

Facility Rules: This meet is conducted on the grounds of a school district campus. The CISD asks that all swimmers, spectators, and coaches comply with the facility regulations.

Meet Entry Form***Summer Head Start Meet — Long Course Meters****June 15, 2019 — CISD Natatorium, Shenandoah, Texas****Sanction # 259-S008****(Please Print)*

LAST Name: _____ FIRST Name: _____ USMS #: _____

Birthdate (MM/DD/YYYY): _____ Swimmer's Age (as of 12/31/2019): _____ Gender (circle): Male Female

Team Name _____ Team Abbreviation (5 letters max): _____

Address: _____ City: _____ State: _____ Zip: _____

Cell Phone #: _____ Home Phone #: _____ E-mail: _____

Competitors must be 18 years of age on or before June 15, 2019. ***Event limit is 5 individual events per day. Use long course meter times for meet entries. On-line entries are due by midnight, June 10. Late/deck entries are due by 9:15 AM, June 15. All events are mixed with results scored separately.***

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

ENTRY FEES***On time (online by midnight 6/10/2019) – \$45.00******Late/Deck Entry (by 9:15AM 6/15/2019) – \$60.00*****Late/Deck entry fees must be made in cash, payable by check to WMST, or by credit card at the venue.**

THE USMS LIABILITY RELEASE FORM ON THE NEXT PAGE MUST BE SIGNED AND A COPY OF YOUR 2019 USMS REGISTRATION CARD MUST BE ATTACHED.

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 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	

Revised 07/01/2014