

SOUTHERN MASTERS SHORT COURSE CHAMPIONSHIPS

Mandeville, La, May 7-8, 2022



- SANCTION:** Held under the sanction of Southern Masters Swimming for USMS, Inc.
Sanction #
- SPONSORS:** Pelican Athletic Club and Southern Masters Swimming
- LOCATION:** Pelican Athletic Club 1170 Meadowbrook Blvd. Mandeville, LA 70471
- FACILITY:** Outdoor six lane 25-yard competition course with a 4-foot minimum depth and non-turbulent lane lines for short course competition. Two lanes in 8-lane pool for warm-up and cool downs during meet. Numbers limited in each lane per meet official's discretion.
- The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with USMS articles 105.1.7 and 106.2.1.
- Hand timing, two timers per lane. Final times averaged. Guests and competitor assistance will be needed during meet.
- Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records. See Article 202.1.1A4c and Article 103.18.9."
- SCHEDULE:**
- | | |
|------------------------------|--------------------------------|
| Saturday/Sunday Warm-ups | Saturday Noon./Sunday 9 a.m. |
| Saturday/Sunday Competition | Saturday 1 p.m./Sunday 10 a.m. |
| Late entry deadline check-in | 10 a.m. Saturday. |
- Refreshments & SMS Meeting** Water throughout meet. Lunch provided on Sunday after meet.
SMS meeting to be held during lunch
- Weather** Any events not swum due to inclement weather will be cancelled.
- RULES:** Current USMS rules/regulations will govern the conduct of the meet.
- ELIGIBILITY:** All participants must be registered with United States Masters Swimming. A copy of your 2022 USMS card is required with the completed entry. Entries will not be accepted without copy of card.
- MEET FORMAT:** This is a timed final meet. All individual events will be scored as 18 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, etc. All relay events will be scored as 18+, 25+, 35+, 40+, 45 +, etc. (USMS age groups)
- Strategic Breaks** Breaks will be taken to ensure at least five minutes between a swimmers events. Swimmers are responsible for informing starter/referee of two events in-a-row.
- COVID-19** U.S. Masters Swimming is committed to providing a safe and fun championship environment for this event. USMS reserves the right to alter COVID-19 protocols based on local, state, and national guidelines at the time of the event.
- Warm-ups** Lane space will be assigned for to limit #s per lane.

SEEDING: All events (except the 1650 Free) will be seeded slow to fast without regard to age. The 400 IM, 500 free and 1650 Free will be a positive check in event seeded fast to slow without regard to age. Women and Men may swim in combined heats in events pending number of entries.

ENTRIES: A Swimmer may swim a maximum of **six (6) individual** events plus **two (2) relays** each day.

ENTRIES MUST BE RECEIVED (DELIVERED or Emailed) TO THE MEET DIRECTOR NO LATER THAN WEDNESDAY May 4, 2022 OR POSTMARKED BY MONDAY, April 25, 2022. Please email meet director on Monday, May 2 to confirm receipt of mailed entry.

Late entries will only be accepted via email by noon Friday 2022 but will not be entered in heat sheet. Check-in and fees for late entries must be completed by 10 a.m. Saturday

Mail entries to: Don Carroum
Pelican Athletic Club
1170 Meadowbrook Blvd
Mandeville, LA 70471
(985) 807-2220
don.carroum@att.net

ENTRY FEE: **\$30.00 per swimmer per day* before May 4, 2022. \$35 after.**

*All fees will include a heat sheet for the meet and post meet refreshments on Sunday.

Make checks payable to: **Pelican Athletic Club**

SCORING: Individual and Relays – Points will be awarded based on six lane pool scoring (2022 U.S. Masters Swimming Rule Book, Article 103.19.3 A).

Team points will be awarded only to current USMS recognized clubs. Workout groups will not be awarded team points unless registered as a club. Any athlete who does not belong to a registered club will be listed as unattached with their LMSC.

Results: Results will be mailed/emailed to all participants and sent to USMS

AWARDS: Neck ribbon medal for all participants

MEET REFEREE: TBA

MEET DIRECTOR: Don Carroum and Charlie Hoolihan

MEET ENTRY FORM
Pelican Athletic Club SMS Short Course Championships

Sanctioned by Southern Masters Swimming for USMS, Inc.

Name: _____ Age (as of May 7, 2022): _____ DOB: _____ Sex: _____

Address: _____ City/State: _____

Email Address: _____ Zip Code: _____ Phone: _____

USMS#: _____ Team Name: _____ Team Abbreviation: _____

Warm-up time preference 60 min prior to meet start _____ 30 min prior to meet start _____

Circle desired event numbers and list seed time in yards (SCY) to the nearest tenth (0:00.00), NT for no time. Limit of six (6) individual events per day. Relays will be deck entered, and swimmer must already be entered in the meet by the deadline.

Saturday, May 7, 2022				Sunday, May 8, 2022			
Warm-up Noon. Meet 1 p.m.				Warm-up 9:00 a.m., Meet 10:00 a.m.			
W	M	Event	Seed Time	W	M	Event	Seed Time
1	2	400 IM		27	28	500 Free	
3	4	100 Free		29	30	100 Back	
5	6	200 Breast		31	32	200 IM	
7	8	50 Back		33	34	50 Free	
9	10	100 Fly		35	36	200 Fly	
11	12	100 IM		37	38	100 Breast	
13	14	200 Back		39	40	50 Fly	
15	16	50 Breast		41	42	200 Free	
17	18	200 Free Relay		43	44	200 Medley Relay	
19		200 Mixed Medley Relay		45		200 Mixed Free Relay	
21	22	400 Medley Relay		47	48	400 Free Relay	
23		400 Mixed Medley Relay		49		400 Mixed Free Relay	
25	26	1650 Free*					

* There will be a short break between the relays and distance event on Saturday.

Paid Entries must be received by: May 4, 2022.

\$30.00 per swimmer per day before May 4, \$35 after. Checks payable to Pelican Athletic Club

Credit card _____ CC# _____ Expy _____

Mail entries to:

Don Carroum, Pelican Athletic Club
 1170 Meadowbrook Blvd, Mandeville, LA 70471
 (985) 807-2220..... don.carroum@att.net

Must submit a copy of valid 2022 USMS registration card with entry form. **NO ENTRY WILL BE PROCESSED WITHOUT COPY OF CARD and liability release.**

USMS 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 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 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS 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/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed