

**2024 USMS South Central Zone Spring Championships**  
**Hosted by Woodlands Masters Swim Team (WMST)**  
**April 26, 27, 28**

**Facility:** Conroe Independent School District Natatorium



- **19133 David Memorial Drive, Shenandoah, TX 77385** - [Googlemaps Link](#)
- Two 8 lane Short Course Yard pools (7' deep) will be used on Friday. One pool will be used on Saturday/Sunday. Warm-up lanes will be available in the adjacent course and/or diving pool area each day.
- Timing system type: A Daktronics Omnisport 2000 automatic timing and scoring system with touch pads as the primary timing system will be used during the competition.
- [Link to facility](#)
- This meet is conducted on the grounds of the Conroe Independent School District (CISD) campus. All participants, coaches, officials, and spectators must comply with the facility regulations and USMS COVID-19 guidelines. Showers and lockers will be available.

**Pool Length:** All races are conducted on a **25-yard course**. 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:** Claude Humbert, [claud\\_humbert@sbcglobal.net](mailto:claud_humbert@sbcglobal.net)

**Meet Director:** Frank Bergfield, [fbergfield@hotmail.com](mailto:fbergfield@hotmail.com), 3614 Smooth Brome Ln, Spring, TX 77386, (936) 523-0540

**Dates:** April 26, 27, 28 – 2024

<b>Warm Up and Start Times:</b>	• Friday, April 26, 2024	Warm-ups – 5:00 PM	Meet starts – 6:00 PM
	• Saturday, April 27, 2024	Warmups – 8:00 AM	Meet starts – 9:00 AM
	• Sunday, April 28, 2024	Warmups – 8:00 AM	Meet starts – 9:00 AM

**Rules:** 2024 USMS Short Course Rules will govern the conduct of the meet.

**Timing Equipment** A Daktronics Omnisport 2000 automatic timing and scoring system with touch pads as the primary timing system will be used during the competition. Secondary timing system will be semi-automatic 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. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

**Parking:** Plenty of free parking is available adjacent to the Natatorium – see [parking map](#).

<b>Sanction:</b>	Sanctioned by GULF LMSC for USMS, Inc. Sanction Number is <b>TBD</b> . Times achieved at the meet will be submitted to USMS and eligible for USMS records and Top 10 consideration but not for FINA World Records.
<b>Eligibility:</b>	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. <b>All USMS and FINA registered swimmers are welcome!</b>
<b>Age:</b>	Competitors must be 18 years of age on or before April 28, 2024.
<b>Age Groups:</b>	<ul style="list-style-type: none"> <li>• <b>Individual:</b> 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.</li> <li>• <b>Relays:</b> 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+. <b>Note:</b> The age of the youngest relay team member shall determine the relay age group.</li> </ul>
<b>Relay Entries:</b>	<p>Team Relay <b>entries may be done online or at the venue</b>. Relay entry forms will be provided to meet participants and available at the venue. Each of the four members of any relay team must be registered with the same Masters club. Unattached swimmers may not swim on relay teams.</p> <p><b>ONLINE TEAM entries</b> open 8:00 AM, Tuesday April 23 – Close 10:00 AM Friday, April 26</p> <p>RELAY ENTRIES for Friday, April 26 are due by ..... 6:00 PM  RELAY ENTRIES for Saturday, April 27 are due by ..... 9:00 AM  RELAY ENTRIES for Sunday, April 28 are due by ..... 9:00 AM</p> <ul style="list-style-type: none"> <li>• <i>\$15 Fee per relay entered online, or deck entry payable with the submitted entries (cash, check or credit card).</i></li> </ul> <p>Relays will be seeded and scored separately by gender. Depending on the number of entries and entrants' events, the Meet Director reserves the right to combine men's, women's and mixed heats with a separating lane.</p>
<b>Number of Events Allowed:</b>	<p>Each entrant may swim a maximum of <b>5 individual events</b> and <b>3 relay events per day</b>. To qualify for the freestyle and IM distance events, participants must meet the following qualifying times: <b>1650 yard freestyle</b> <u>under</u> 60 minutes, <b>1000 yard freestyle</b> <u>under</u> 40 minutes, <b>500 yard freestyle</b> <u>under</u> 20 minutes, <b>400 IM</b> <u>under</u> 20 minutes.</p> <p><b>IMPORTANT:</b> Swimmers are asked to voluntarily notify the Meet Director by email <a href="mailto:fbergfield@hotmail.com">fbergfield@hotmail.com</a> of their intent to <u>scratch any events by 11:59 PM on Wednesday, April 24</u>. Final seeding of the pre-seeded events will occur after the scratch deadline has passed.</p> <p><b>No fines or penalties will be assessed for swimmers who no-show/scratch at the meet.</b> No refunds will be issued.</p>
<b>Entry Fee Deadlines:</b>	<p><b>Individual Events Registration – ONLINE ONLY</b> at <a href="#">ClubAssistant Link</a>.</p> <ul style="list-style-type: none"> <li>• <i>\$60 fee – Early Online Deadline ..... Sunday April 14th by 11:59 PM.</i></li> <li>• <i>\$70 fee – After April 14 with Regular deadline on ..... Monday April 22<sup>nd</sup> by 11:59 PM.</i></li> </ul> <p><b>Relay-Only entrants MAY ONLY REGISTER ONLINE.</b></p> <ul style="list-style-type: none"> <li>• <i>\$25 Relay-Only Individual Registration fee is due by 11:59 PM April 22 at this <a href="#">ClubAssistant link</a>.</i></li> </ul> <p><b>NO ENTRIES WILL BE ACCEPTED AFTER 11:59 PM April 22 (Monday).</b></p> <p><b>NO INDIVIDUAL DECK/DAY or MAIL ENTRIES ALLOWED.</b></p>

<b>Seeding:</b>	<p>All events will be <b>timed finals and be seeded slowest to fastest</b>. All individual events 200 yards and shorter will be seeded by gender and by time. For all other events, including relays, women and men will be seeded together by time only. All events except relays and positive check-in events will be pre-seeded. NOTE: Positive Check-in is required for the following distance events:</p> <p>Event #1/2            (Women/Men 400 yard IM)..... Check-in by 5:30 PM, Friday</p> <p>Event #3/4            (Women/Men 1650 yard freestyle) ..... Check-in by 5:30 PM, Friday</p> <p>Event #9/10           (Men/Women 500 yard freestyle)..... Check-in by 8:30 AM, Saturday</p> <p>Event #31/32          (Men/Women 1000 yard freestyle)..... Check-in by 8:30 AM, Sunday</p>
<b>Scoring:</b>	<p>Individual and Relays through 8<sup>th</sup> place. Points for finish placing shall be:</p> <p>Individual: 9, 7, 6, 5, 4, 3, 2, 1            Relays: 18, 14, 12, 10, 8, 6, 4, 2</p>
<b>Awards:</b>	<p><i>Individual events:            Medals places 1<sup>st</sup> – 3<sup>rd</sup></i></p> <p><i>Relays:                            Medals places 1<sup>st</sup> – 3<sup>rd</sup></i></p> <p><i>Combined Team awards for 1st, 2nd, and 3rd place shall be made.</i></p> <p><i>First Place Awards shall be made to the Top Men's and Top Women's Team.</i></p>
<b>Social Media:</b>	<p>Meet Website <a href="https://www.wmst.net/calendar/events/252-2024-usms-south-central-zone-spring-championships-april-26-28">https://www.wmst.net/calendar/events/252-2024-usms-south-central-zone-spring-championships-april-26-28</a></p> <p>Facebook <a href="https://www.facebook.com/woodlandsmastersswimteam?mibextid=b06tZo">https://www.facebook.com/woodlandsmastersswimteam?mibextid=b06tZo</a>,</p> <p>Instagram <a href="https://www.instagram.com/wmst_woodlandsmastersswimteam/">https://www.instagram.com/wmst_woodlandsmastersswimteam/</a> sites.</p>
<b>Psych &amp; Heat Sheets:</b>	<p>Psych sheets for the 400 yard and longer events, along with Heat Sheets for pre-seeded events will be provided via E-mail to participants on Thursday, April 25 and will be available online. A limited number of copies will be available at the meet check-in vestibule. Final seeding of the 400 yard and longer events will occur after positive check-in. Relay events will be seeded after entries are submitted. Heat sheets will also be available on Meet Mobile and shall be posted on the walls around the venue</p>
<b>Results:</b>	<p>Results will be on Meet Mobile throughout the meet and, after the meet, on <a href="#">Woodlands Masters Swim Team website</a>, the <a href="#">Gulf Masters Swim website</a> and <a href="http://www.USMS.org">www.USMS.org</a>. 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.</p>
<b>Social:</b>	To be determined
<b>Hospitality:</b>	Available for Officials, Timers, and Meet Volunteers.
<b>Concessions:</b>	Light concessions are planned for Saturday and Sunday.
<b>Swim Meet Apparel:</b>	<p>Meet T-shirts will be available for purchase (\$20 each). They can be preordered (by size) during the online entry process <b>until 11:59 PM on Sunday April 14</b>. A limited number of shirts will also be available for sale at the meet.</p>
<b>Swim Gear Vendor:</b>	The Keifer Aquatics vendor will be present on Saturday and Sunday.
<b>Questions?:</b>	Direct any questions to the Meet Director, Frank Bergfield, <a href="mailto:fbergfield@hotmail.com">fbergfield@hotmail.com</a>
<b>Lodging:</b>	<p>Lodging is available at <a href="#">many nearby hotels</a>. The closest is the <a href="#">Courtyard Marriott/Shenandoah</a>, 19255 David Memorial Drive, Shenandoah, TX 77385 – (936) 273-6600.</p>

## KEY DATES and DEADLINES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April 14</b>  <b>Early entry deadline +</b> last chance to pre-order T-Shirts  <b>11:59 PM</b>  \$60 Fee	15  Regular entries commence  \$70 Fee	16	17	18	19	20
21	<b>22</b>  <b>11:59 PM</b>  <b>Individual Regular entry deadline</b>  \$70 Fee  Relay-Only swimmer deadline  \$25 Fee	23  8:00 AM  <b>Online TEAM RELAY entries open.</b>  \$15 Fee per Relay entry	24  11:59 PM Deadline for any scratches (no refunds)	25  Psych Sheets / pre-seeded Heat Sheets sent out and posted.	26  <b>10:00 AM</b> Online Team Relay entries close.  Warm-ups 5:00 PM  <b>Positive Check-in</b> by 5:30 PM  <b>DECK Relay Entries</b> due 6:00 PM  <b>Meet Starts 6:00 PM</b>	27  Warm-ups 8:00 AM  <b>Positive Check-in</b> due 8:30 AM  <b>DECK Relay Entries</b> due 9:00 AM  Meet Starts 9:00 AM
28  Warm-ups 8:00 AM  <b>Positive Check-in</b> due 8:30 AM  <b>DECK Relay Entries</b> due 9:00 AM  <b>Meet Starts 9:00 AM</b>	29	30				

## EVENTS LIST

### 2024 USMS South Central Zone Spring Championship - SCY Conroe ISD Natatorium 19133 David Memorial Drive, Shenandoah, TX 77385

**Day 1 (Fri PM Session)**  
Warm-ups 5:00 PM  
Meet Start 6:00 PM

**Day 2 (Saturday)**  
Warm-ups 8:00 AM  
Meet Start 9:00 AM

**Day 3 (Sunday)**  
Warm-ups 8:00 AM  
Meet Start 9:00 AM

Event #		Event #		Event #	
1/2	400 IM M/W *	9/10	500 Free M/W *	31/32	1000 Free M/W *
3/4	1650 Free M/W *	Warm-up Break (30 Minutes)		Warm-up Break (30 Minutes)	
5/6/7	800 Free Relay M/W/Mixed **	11/12	200 IM M/W	33/34	200 Breast M/W
		13/14	100 Free M/W	35/36	50 Free M/W
		15/16	50 Back M/W	37/38	100 Back M/W
		17/18	200 Fly M/W	39/40	100 IM M/W
		<b>Officials Break (15 minutes)</b>		<b>Officials Break (15 minutes)</b>	
		19/20	100 Breast M/W	41/42	200 Free M/W
		21/22	50 Fly M/W	43/44	100 Fly M/W
		23/24	200 Back M/W	45/46	50 Breast M/W
		<b>10 minute break if needed</b>		<b>10 minute break if needed</b>	
		25	400 Free Relay Mixed	47	400 Medley Relay Mixed
		26	200 Medley Relay Mixed	48	200 Medley Relay Mixed
		<b>5 minute break if needed</b>		<b>5 minute break if needed</b>	
		27/28	400 Medley Relay M/W **	49/50	400 Free Relay M/W **
		29/30	200 Free Relay M/W **	51/52	200 Medley Relay M/W **

\* These events will be run together, seeded by time, and scored by Men and Women separately.

\*\* Relays will be seeded and scored separately by gender. Depending on the number of entries and entrants' events, the Meet Director reserves the right to combine men's, women's, and mixed heats with a separating lane.

#### Reminders:

Individual Early Registration closes at 11:59 PM on Sunday April 14

Individual Regular and Relay-Only Swimmer Registration closes at 11:59 PM on Monday April 22

There is NO individual or Relay-Only swimmer registration allowed **after 11:59 PM on April 22**

Deadline for scratches to the Meet Director is 11:59 PM on Wednesday April 24

Team Relays may be entered online or deck entered at the meet

#### Fees

**Individual - Early online** \$60 by 11:59 PM on April 14  
**Individual - Regular online** \$70 by 11:59 PM on April 22  
**Relay-Only Swimmer online** \$25 by 11:59 on April 22

**Relays** \$15 per Entry online **OR** at the Meet (cash, check, or credit card)



## 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/or 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, including the [Code of Conduct](#) and any safety regulations established by USMS. 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 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, 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 (check) M      F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

***Revised 09/21/2023***