

# 2025 SEWANEE SCY INVITATIONAL

## SEWANEE, TN MARCH 1<sup>st</sup>, 2025

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc.,  
Sanction "sanction pending".

**HOSTED BY:** Sewanee Swimming and Diving. Meet Director: Mark Fino. Phone 440-213-8189. Email: [mdfino@sewanee.edu](mailto:mdfino@sewanee.edu). Entry Chair: Nan Long. Email: [nklong@sewanee.edu](mailto:nklong@sewanee.edu).

**FACILITY:** The Fowler Center Natatorium on the campus of the University of the South is an indoor 25-yard, 9-lane competition pool equipped with Competitor non-turbulent lane lines, minimum 4' depth, and a fully automated Colorado timing system. There will be a separate warm-up and warm-down pool. Available before and during the competition.

**FACILITY ADDRESS:** Fowler Center, 77 Texas Ave., Sewanee, TN 37375

**TIME ZONE:** Tennessee is in the Central Time Zone.

**ONLINE ENTRY:** We only accept online entries through the Club Assistant system. The meet information and online entry Link is [https://www.clubassistant.com/club/meet\\_information.cfm?c=2384&smid=19272](https://www.clubassistant.com/club/meet_information.cfm?c=2384&smid=19272).

You can submit your entry times, use a secure site to pay fees, sign the standard USMS waiver electronically, and verify your USMS membership through this system. You will also be able to access the USMS database of times associated with your USMS registration number to help you determine appropriate seed times. Online entries will reduce the workload associated with putting together a meet. Your credit card statement will show a charge from Sewanee Aquatics Club.

**DEADLINE FOR ONLINE ENTRIES:** The online entry system will not allow late entries. Entry deadline for online entries is 11:59 p.m. Central Standard Time on Sunday, February 23<sup>rd</sup>, 2025.

**ENTRY FEES:** \$40 flat rate for all entries for individual events and no fees for relays.

**DECK ENTRIES:** Deck entries will be allowed at the discretion of the Meet Director. We will try to accommodate deck entries but only if such entries do not require additional heats. The fee for deck entries is \$60 (\$40 entry fee plus \$20 late fee).

We will accept the USMS One-Event membership at this meet (for non-USMS members). There will be an additional charge of \$20 for the USMS One-Event membership fee.

**PSYCH SHEET:** A psych sheet based on online entries will be posted on SwimPhone Link is: [https://www.swimphone.com/meets/meet\\_menu.cfm?smid=19272](https://www.swimphone.com/meets/meet_menu.cfm?smid=19272) by 8 p.m. on or before Tuesday, February 25<sup>th</sup>, 2025. We will send all registered participants an email through the Club Assistant system when psych sheets are posted. Please review and send any necessary corrections to the Entry Chair ([nklong@sewanee.edu](mailto:nklong@sewanee.edu)). Corrections will be accepted until noon Central Standard Time on Wednesday, February 26<sup>th</sup>, 2025, at which time the meet will be seeded.

**COMPETITION COURSE COMPLIANCE:** The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, 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.

**TIMING SYSTEM:** The primary timing system will be automatic timing (Colorado Timing System). Times will be submitted for USMS records and USMS Top 10 consideration. Any swimmer who believes they have set a USMS record must inform the Meet Director as soon as possible.

**RULES:** 2025 USMS Rules and Southeastern LMSC Safety guidelines and warm-up procedures will govern. Safety guidelines specify feet-first entry during warm-ups except for designated sprint lanes.

**ELIGIBILITY:** All swimmers must be registered for 2025 with United States Masters Swimming, Inc. If you are not already registered with USMS, online registration will allow you to register with USMS when you register for the meet. The Club Assistant software will be set up to sell USMS OEVT registrations to then on-USMS members.

**ENTRIES:** A swimmer may enter up to 4 individual events, exclusive of relays. Please put down entry times in yards. You will find a link to a conversion calculator from meters to yards during online registration if needed. No Time (NT) entries (00:00.00 in online form) will be seeded as slowest times. Please avoid using NT times whenever possible and use realistic entry times (no sandbagging).

**1000 FREE ON SATURDAY MORNING:** We will offer a 1000 free event on Saturday morning to the first 16 swimmers who register for this event. Positive check-in is required in person at the registration desk by 8:30 a.m. Central Time Zone on the day of the event. We will seed the event at 8:45 a.m. If there are swimmers who have not checked in by that time, other swimmers on "stand by" will be given their place. Swimmers wishing to swim the 1000 are required to use the online system. The system will accept entries as long as the limit has not been reached. After the limit has been reached, the system will give you the option of being on a waiting list. The Meet Director will be in touch with 1000 swimmers who are on the waitlist to keep them informed of their waitlist status.

**SEEDING:** The 1000 free will be seeded fast to slow without regard to age or gender. All other events will be seeded slow to fast without regard to age or gender. Results will be tabulated by gender and age group as defined by USMS.

**WARM-UP SCHEDULE** On Saturday, the warm-up for the 1000 will begin at 8:00 a.m., Central Time Zone. The first heat of 1000 will start at 9:00 a.m. We have a 9-lane competition pool, and a warmup/warm-down pool will be available. Warm-ups in the competition pool for the Saturday afternoon session will begin after the 1000 is finished, with competition to follow at 11:00 a.m. The warmup/ warm-down pool will be available while the meet is in progress.

**SCORING:** No scoring at this meet.

**RELAYS:** Relay swimmers must be entered in at least one individual event. Relays can be entered as men, women, or mixed. Swimmers may swim in only one relay in an event. Relays will be deck-entered. Relay entry forms will be provided and must be submitted 30 minutes before the relay event.

No entry fee for relays because everyone loves relays!

**EMERGENCY PHONE CONTACT:** The phone number at the pool office is 931-598-1546. Campus security is 931-598-1111. These numbers are for emergency purposes only during competition.

**DISABLED SWIMMERS:** Disabled swimmers are welcome. Please let Mark Fino, Meet Director, know what accommodations are necessary and also communicate these needs to the meet referee on the day of the meet.

**LOCKER ROOMS:** Bring a lock to use the lockers. They are handicap accessible.

**[DIRECTIONS TO POOL/PARKING/DINING OPTIONS/HOTEL ACCOMMODATIONS:](https://sewaneetigers.com/documents/2024/10/23/24-25_Visitors_Guide.docx__1)**  
[https://sewaneetigers.com/documents/2024/10/23/24-25\\_Visitors\\_Guide.docx\\_\\_1](https://sewaneetigers.com/documents/2024/10/23/24-25_Visitors_Guide.docx__1).

# SEWANEE SCY INVITATIONAL

USE THIS FORM ONLY FOR DECK ENTRIES IF ACCEPTED BY THE ENTRY CHAIR

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

EMAIL \_\_\_\_\_ POSTAL ADDRESS \_\_\_\_\_

DAYTIME PHONE (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_ EVENING PHONE (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE AS OF 3/1/2025 \_\_\_\_\_

USMS REGISTRATION NUMBER \_\_\_\_\_

CLUB NAME \_\_\_\_\_ CLUB ABBREVIATION \_\_\_\_\_

## FIRST SESSION, SATURDAY MARCH 1<sup>st</sup>, 2025

Warm-ups at 8:00 a.m., competition at 9:00 a.m.

Event #	Event	Time
1	Mixed 1000 Freestyle	_____

## SECOND SESSION, SATURDAY MARCH 1<sup>st</sup>, 2025

Warm-ups after 1000 yard Free., competition at 11:00 a.m.

Event #	Event	Time
2	Women's 200 Medley Relay	////////////////////
3	Men's 200 Medley Relay	////////////////////
4	Mixed 200 Medley Relay	////////////////////
5	Mixed 200 Butterfly	_____
6	Mixed 50 Breaststroke	_____
7	Mixed 100 Backstroke	_____
8	Mixed 100 Freestyle	_____
9	Mixed 400 IM	_____
10	Mixed 200 Backstroke	_____
11	Mixed 50 Butterfly	_____
12	Mixed 100 Breaststroke	_____
13	Women's 100 Free Relay	////////////////////
14	Men's 100 Free Relay	////////////////////
15	Mixed 100 Free Relay	////////////////////
16	Mixed 200 IM	_____
17	Mixed 500 Freestyle	_____
18	Mixed 200 Breaststroke	_____
19	Mixed 50 Freestyle	_____
20	Mixed 100 Butterfly	_____
21	Mixed 50 Backstroke	_____
22	Mixed 100 IM	_____
23	Mixed 200 Freestyle	_____
24	Women's 200 Freestyle Relay	////////////////////
25	Men's 200 Freestyle Relay	////////////////////
26	Mixed 200 Freestyle Relay	////////////////////

ALL DECK ENTRY SWIMMERS MUST HAVE A CURRENT (2025) USMS MEMBERSHIP AND SIGN THE USMS LIABILITY RELEASE. THE DECK ENTRY FEE IS \$60 (\$40 STANDARD REGISTRATION PLUS \$20 SURCHARGE).

## **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); Grown-Up Swimming meets or workouts; 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, viral or bacterial infection including but not limited to COVID-19, 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 and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.
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, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; 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.

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_