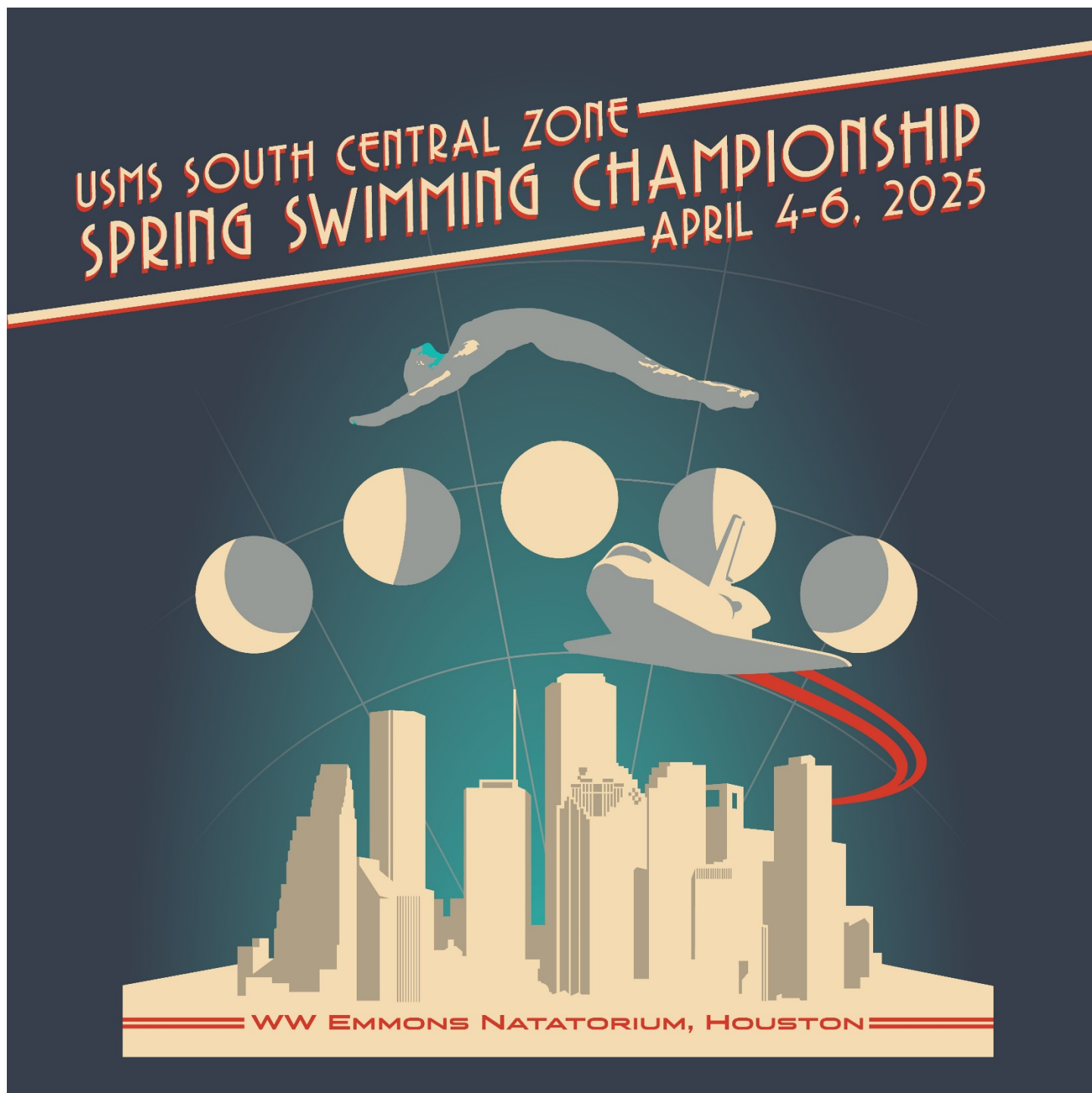


**USMS 2025 South Central Zone Spring Championships**  
**Hosted by Dads Club**  
**April 4 – 6, 2025**





### Facility: WW Emmons Natatorium

- **Location:** 10404 Tiger Trail, Houston, TX 77043.  
Map link to the pool – [WW EMMONS NATATORIUM-SPRING BRANCH ISD](#)
- **Facility:** 25 Yard, eight (8) lane indoor pool with regulation starting blocks, bulkhead separating competition pool from diving well. 6 lane, 20 yard diving well will be available for continuous warm up and cool down. Locker room facilities available.

- **Timing Equipment:** Colorado Gen7 Sports Timing System and Spectrum Scoreboards. Gen7 Sports Timer integrated with CTS timing components and display boards. Colorado Champion series start system with wired microphone, external connections for additional strobe lights, LED battery indication light. Colorado Aquagrip gutterhung touchpads (78" x 22"). Push-Buttons for backup lane timing. Main full color LED scoreboard 7.1' X 12.6'. Secondary full color LED scoreboard 5.2' X 9.4'.

**Course Statement:** 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 Referee:** Herb Schwab [herb.schwab@gmail.com](mailto:herb.schwab@gmail.com)

**Meet Director:** Nicole Christensen, [ncr@creativewaters.net](mailto:ncr@creativewaters.net), 281-352-8434

**Dates:** April 4 – 6, 2025

**All USMS and World Aquatics registered swimmers are Welcome!**

### Warm Up and Start Times:

- |                      |                      |
|----------------------|----------------------|
| • Warm Ups: 3:00 PM  | Meet Starts 4:00 PM  |
| • Warm Ups: 10:00 AM | Meet Starts 11:00 AM |
| • Warm Ups: 8:00 AM  | Meet Starts 9:00 AM  |

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

**Timing System:** The primary timing system will be automatic Colorado Gen7 timing. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.

**Parking:** Parking is available in the Natatorium parking lot and additional parking is available in the High School lot next. Here is an aerial view of the facility and parking lot.



**Sanction:** Sanctioned by Gulf LMSC for USMS, Inc. Sanction Number is [XXX-XXXX]. Times achieved at the meet will be submitted to USMS and eligible for Top Ten and USMS National records.

**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 April 6, 2025.

**Age Groups:**

- **Individual:** 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.
- **Relays:** 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95
- **Note:** The age of the youngest relay team member shall determine the relay age group.

**Number of Events Allowed:** Five (5) individual events per day. Online registration is available at [https://www.clubassistant.com/club/meet\\_information.cfm?c=2587&smid=19217](https://www.clubassistant.com/club/meet_information.cfm?c=2587&smid=19217)

**Relay Entries:** Team Relay entries may be done online or at the venue. Each of the four members of any relay team must be registered with the same USMS club. Unattached swimmers may not swim on relay teams.

**Individual Entry Fee/Deadline:**

**NO ENTRIES WILL BE ACCEPTED AFTER 11:59 PM Monday March 31, 2025.**

**NO INDIVIDUAL DECK/DAY or MAIL ENTRIES ALLOWED. ONLINE ENTRIES ONLY. Register at (insert link)**

- Entries open November 1, 2024.
- \$55 Early Bird Discount until Monday January 20, 2025
- \$65 Entry Fee January 21 – Monday March 17, 2025
- \$75 Late Entry Fee July 8 – Monday March 31, 2025. **INDIVIDUAL REGISTRATION CLOSING AT 11:59 PM.**
- \$25 Relay only individual swimmers, **entries close Monday March 31, 2025 at 11:59 PM**

**Relay Entry Fees/Deadline:**

- \$20 via Club Assistant. On-line Entries open Tues 8:00 AM April 1<sup>st</sup> and close Fri 10:00am April 4<sup>th</sup>
- \$20 Deck Entries payable with cash, check or credit card with following entry deadline:
  - Friday: Events 3, 4 & 5 - 5:00pm
  - Saturday: Events 7,8 & 9 - 11:00 AM, Events 25,26 & 27 - 1:00 PM
  - Sunday: Events 29, 30 & 31 - 9:30am, Events 47, 48 & 49 - 11:30 AM

**Qualifying Times:** The events 400 yards and longer have minimum entry time limits. Swimmers must be faster than the following in order to enter these events:

- 1650 yard freestyle - under 60 minutes
- 1000 yard freestyle - under 40 minutes
- 500 yard freestyle - under 20 minutes
- 400 yard IM - under 20 minutes

**IMPORTANT:** Swimmers are asked to voluntarily notify the Meet Director by email at [ncr@creativewaters.net](mailto:ncr@creativewaters.net) of their intent to scratch any events by 5:00 PM on the Wed Apr 2<sup>nd</sup> before the meet. Final seeding of all pre-seeded events will occur after early scratch deadline passed.

**No fines or penalties will be handing out for swimmers who no show/scratch at the meet.** No refunds given for no shows.

**Seeding:** All events 200 yards and shorter will be seeded by time and gender, slowest to fastest. Events over 200 yards will have genders combined, but separated for scoring, and be seeded by time, fastest to slowest.

**Positive Check In for Distance Events:**

- Event 1, 400 IM 3:30 PM Friday
- Event 2, 1650 Freestyle 3:30 PM Friday
- Event 6, 500 Free: 10:30 AM Saturday
- Event 28, 1000 Free: 8:30 AM Sunday

**Scoring:**

- Individual and Relays through 8<sup>th</sup> place.
- Individual: 9, 7, 6, 5, 4, 3, 2, 1 Relays: 18, 14, 12, 10, 8, 6, 4, 2

**Awards:**

- Individual events: Medals places 1<sup>st</sup> – 3<sup>rd</sup>
- Relays: Medals places 1<sup>st</sup> – 3<sup>rd</sup>
- Top three teams in Combined Scoring will receive trophies
- Individual High Point per age group/gender will receive an award
- Trophy to team with most points per swimmer

**Social Media:** the meet will be posted on facebook and Instagram.

**Swim Suit Restrictions:** Swimwear for pool competitions must follow [Article 102.12 in the USMS rule book](#). PLEASE REVIEW THIS SECTION PRIOR TO DECIDING WHAT SWIMWEAR TO USE AT THE MEET.

**Swimmers With a Disability:** Swimmers, or their coach, are responsible for notifying the referee prior to the completion of any swimmer with a disability and of the requested accommodations and/or modifications. For FULL information, please refer to [Article 107 of the USMS Rule Book](#).

**Psych & Heat Sheets:** Psych sheets will be emailed to swimmers and available online before the meet. Heat sheets will be available online before/during the meet. Heat Sheets will also be posted on the walls around the venue.

**Results:** Results will be on Meet Mobile throughout the meet and on [www.GulfMastersSwim.org](http://www.GulfMastersSwim.org) , [www.USMSSouthCentralZone.org](http://www.USMSSouthCentralZone.org) and [www.USMS.org](http://www.USMS.org) after the meet. 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. The meet will be observed for USA Swimming times. Swimmers registered with USA Swimming must supply their USA Swimming credentials to the Meet Director and notify the Referee and Meet Director prior to the meet that they want their times in the SWIMS database.

## Key Dates and Deadlines:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 19	20 \$55 Early Bird Entry Deadline	21 Price goes to \$65	22	23	24	25
March 16	17 \$65 Registration Deadline	18 Price goes to \$75	19	20	21	22
23	24	25	26	27	28	29
30	31 INDIVIDUAL REGISTRATION AND RELAY ONLY REGISTRATION CLOSES AT 11:59 PM. NO DECK ENTRIES ALLOWED	1 Online Relay registration opens at 8:00 AM	2 Psych Sheets Posted/Emailed AM  Early scratch notifications Due 5 PM.	3 Heat sheets posted & emailed	4 Online relay entry closes at 10: AM  Warm ups 3:00 PM  Positive Check in by 3:30 PM  Meet Starts 4:00 PM  All deck entered relays due 5:00 PM	5 Warm ups 10:00 AM  Positive Check in 500 free 10:30 AM  Meet Starts 11:00 AM  Relay events 7, 8 & 9 deck entries due by 11:00 AM  Relay events 25,26 & 27 due by 1:00 PM
6 Warm ups 8:00 AM  Positive Check in 1000 Free 8:30 AM  Meet Starts 9:00 AM  Relay events 29, 30 & 31 due by 9:30 AM  Relay events 47, 48 & 49 due by 11:30 AM						

**Social:** A social will be scheduled and information will be sent to registrants closer to the event.

**Hospitality:** There will be a hospitality for officials and meet staff

**Concessions:** There will be no concessions at the meet but swimmers may bring in food and drink that they need.



**USMS Liability Waiver:** To read the current FULL USMS Liability Waiver, [please click here](#). In granting a sanction for this meet, it is understood and agreed that USMS, Gulf LMSC, Dads Club Swim Team, the WW Emmons Natatorium, and all meet officials shall be free from any liabilities or claims for damage arising by reason(s) of injuries to anyone during the conduct of this meet.

**Swim Meet Apparel:** Commemorative Spring Champs T-Shirts in three styles will be available for pre-order through the registration portal for \$25. See shirt examples below:



**Questions?:** Nicole Christensen 281-352-8434 [ncr@creativewaters.net](mailto:ncr@creativewaters.net)

**Swim Meet Hotels:** not available yet. The meet registration page will be updated with any information at a later date.

## ORDER OF EVENTS

Friday, April 4, 2025		
Event #	Sex	Description
1	Mixed	400 IM
2	Mixed	*1650 Freestyle
3	Women	400 Medley Relay
4	Men	400 Medley Relay
5	Mixed	800 Free Relay
Saturday, April 5, 2025		
Event #	Sex	Description
6	Mixed	*500 Freestyle
		15 minute Break
7	Women	200 Medley Relay
8	Men	200 Medley Relay
9	Mixed	200 Free Relay
11	Women	200 Butterfly
12	Men	200 Butterfly

13	Women	50 Backstroke
14	Men	50 Backstroke
15	Women	100 Freestyle
16	Men	100 Freestyle
17	Women	200 IM
18	Men	200 IM
19	Women	50 Butterfly
20	Men	50 Butterfly
21	Women	100 Breaststroke
22	Men	100 Breaststroke
23	Women	200 Backstroke
24	Men	200 Backstroke
25	Women	800 Free Relay
26	Men	800 Free Relay
27	Mixed	400 Free Relay
<b>Sunday, April 6, 2025</b>		
Event #	Sex	Description
28	Mixed	*1000 Freestyle
		15 Minute Break
29	Women	200 Free Relay
30	Men	200 Free Relay
31	Mixed	200 Medley Relay
33	Women	200 Freestyle
34	Men	200 Freestyle
35	Women	100 IM
36	Men	100 IM
37	Women	100 Butterfly
38	Men	100 Butterfly
39	Women	50 Breaststroke
40	Men	50 Breaststroke
41	Women	100 Backstroke
42	Men	100 Backstroke
43	Women	50 Freestyle
44	Men	50 Freestyle
45	Women	200 Breaststroke
46	Men	200 Breaststroke
47	Women	400 Free Relay
48	Men	400 Free Relay
49	Mixed	400 Medley Relay

\* Swimmers in the 500, 1000 and 1650 freestyle events **MUST** supply their own lap counters. There will be none available.