

## 2025 Taos Masters High-Altitude Spring Open

Warm up: Session One 9:30 am, Session Two 12:00 pm

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Meet Entry Director: Greta Brown, [taosswim.entries@gmail.com](mailto:taosswim.entries@gmail.com)

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Administrative Official: Maya Burnett y Velarde, [taosswim.entries@gmail.com](mailto:taosswim.entries@gmail.com)

Hosts: Taos Swim Club Inc, Masters Team (575) 779-4999

Location: Taos Youth and Family Center, 407 Paseo del Canon E, Taos, NM 87571

Sanction: Sanctioned by NM LMSC # TBA for USMS

Disclaimer: In granting this approval, it is understood and agreed that USMS, USA Swimming Inc, Taos Swim Club Inc, Taos Youth and Family Center, Town of Taos, NM and all meet officials shall be held free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event, which includes warm-up session and including the consumption of any food or drink provided by host team. Damage to the facility, when proved, will cause the offending swimmer if unattached or the offending swimmer's club, if attached, to be held accountable for repairs.

Facility: The Taos Youth and Family Aquatic Center is an indoor pool located on the west side of the Taos Youth and Family Center at 407 Paseo del Canon E, Taos, NM. The facility altitude is approximately 7010 feet. It is an 8-lane, 25-yard pool. Lanes 1-6 will be used for competition. Lane 7 will be left empty, and Lane 8 utilized for continuous warm-up and warm-down during the conduct of the meet. All 8 lanes will be used for the warm-up prior to the start of the meet. The pool is equipped with non-turbulent lane lines and Colorado Timing System with touch pads at the finish end. New starting blocks with non-slip platforms were installed in 2024. The water depth at the starting end is 7 feet and 3 ½ feet at the shallow end. During the competition the warm-down lane will use circle swimming, and no diving will be allowed. Entry into the warm-down lane is from the shallow end only. The length of the competition course is on file with USMS. There are separate male and female locker rooms with restroom facilities. Smoking is not allowed anywhere in the facility and glass containers are prohibited inside and outside the facility. Outdoor patio seating is available. Indoor spectator seating is available poolside.

### Format:

- This is a Short Course, pre-seeded, timed finals meet.
- A timeline will be published for guidance only
- 2025 USMS Rules will govern this meet.
- There will be positive check-in for Relays, 1650 Free, 400 IM, and 500 Free
- The meet will be published with heat-sheets available on Meet Mobile.

Eligibility:

- Open to all 2025 USMS registered swimmers.
- US Masters Swimming, One Event Registration also allowed by entry deadline
- No deck entries will be allowed

Proof of Registration: USMS registration or One Event Registration must be verified to compete.

Coaches: A coaches' meeting may be called at the discretion of the Meet Referee.

ENTRIES

Fees: A flat \$60 entry fee includes up to 5 individual events plus 2 relays, pool usage fees, and a host-provided potluck.

Online Entries (PREFERRED) must be received by March 12, 2025 at 11:59 pm. If paying by credit card, your card statement will reflect a charge from "Taos Swim Club Meet".

Paper Entries are due to the entry chair by March 12, 2025 at 11:59 pm. Email your entries to [taosswim.entries@gmail.com](mailto:taosswim.entries@gmail.com). Fill out the paper entry form available *here*, sign and date the USMS liability waiver (separate page) and email those documents to [taosswim.entries@gmail.com](mailto:taosswim.entries@gmail.com). Pay in advance for paper entries via Venmo (preferred for paper entries) or mail payment to Taos Swim Club Inc, % Taos Youth and Family Center, 407 Paseo del Canon E Taos, NM 87571. All entry fees must be received prior to the start of warm-up.

Entry Limits: Swimmers may compete in up to 5 individual events and 2 relay events. No deck entries will be accepted. All entries will be seeded and swum slowest to fastest. Each swimmer must provide someone to count their laps for the 500 Free and 1650 Free. Lap counters provided.

Check in: Positive check-in is required for the 1650 Free, 400 IM, and 500 Free and all relays at the Clerk of Course table. The check-in time will be 45 minutes before the start of competition events. Relay cards will be distributed to a coach or team representative to declare relay swimmers and swim order. Completed relay cards must be returned to the Clerk of the Course.

Scoring: There will be no points scored for individuals, relays, or teams.

Awards: No ribbons will be given. (Food and duckies!)

Rules: 2025 USMS rules govern this meet in any area not explicitly covered in this announcement.

Warm up:

Session One: Session One will include the 1650 Free and 400 IM and warm up will start at 9:30 am. Session Two warm up will start at 12:00 pm. During warm-up swimmers must enter the water using a 3-point entry from the right side of the block in a cautious manner. No diving from

the blocks or pool edge during general warm-up. Dive starts will be allowed from 10:10 – 10:20 am for Session One and from 12:40 - 12:50 for Session Two.

**Swimmers with Disabilities:** Swimmers with disabilities are welcome and encouraged to participate. The swimmer or their coach is responsible for notifying the meet referee, prior to the competition, of any disability of the swimmer and any requested modifications. The swimmer/coach shall provide any required assistants or equipment.

**Timeline Adjustments and Relay Info:** Five-minute breaks have been built into the timeline after Events 5, 10, 15, and 17. Also, the 200 Medley relay events (3, 4, 5) may be combined depending on the number of entries as well as the 200 Free relay events (18,19,20). Swimmers can only participate in one 200 Medley Relay and one 200 Free Relay. The Mixed relays must consist of exactly 2 women and 2 men.

**Heat Sheets and Results:** Heat sheets will be available via Meet Mobile. Printed copies will be posted as well as two copies printed for each team. Results will be published on Meet Mobile, emailed to each coach and unattached swimmers and will be sent to USMS.

## MEET RULES AND RESTRICTIONS

**Facility Restrictions:** The Town of Taos and the Taos Youth and Family Center prohibit smoking, vaping, or the use of other tobacco products anywhere on the premises. No glass containers will be allowed anywhere inside or outside the Taos Youth and Family Center. There are no pets allowed on the deck. Use of audio or visual recording devices, including cell phones, are not permitted in changing areas, rest rooms, or locker rooms. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. Use of profanity is prohibited. Overflow space will be provided on the garden patio. Any violation of the above rules may result in an individual's removal from the premises.

**Starting Block Area:** Spectators are not allowed behind the blocks at any time during the meet. The starting block area is reserved for swimmers, officials, coaches, and timers only. Timers and other volunteers may not use any recording devices, including cell phones in this area.

**Recording Devices:** Use of audio and visual recording devices are not permitted in changing rooms, rest rooms, showers, locker rooms, or behind the starting blocks. Flash photography is not allowed at the start of any event.

**Drones:** Operation of a drone or any other flying apparatus is prohibited over the venue at any time athletes, coaches, officials, and spectators are present.

**Deck Changing:** Deck changing is prohibited.

**Shaving:** Shaving is not permitted in the facility during the event, including in the showers or locker rooms.

Swimwear: All athletes entered in the competition must comply with current USMS swimming rules regarding swimwear. The referee shall have the authority to bar offenders from competition until they comply with the rules written in the USMS current Rule Book.

EVENT SESSION SCHEDULE - Timeline may be adjusted after all entries have been received.

9:00 am Facility doors open through the garden patio

9:15 am Athlete check in and Positive Check-in for 1650 Free, 400 IM, and 500 Free open

9:30 am Session One Warm-Up, all lanes

10:10 am Session One Dive Starts

10:20 am Clear the pool and position your counting support person for the 1650 Free.

10:30 am Session One Commences

11:15 am Session Two Athlete Check-in and Positive Check-in for the 500 and Relays

12:00 pm Session Two Warm-up Commences

12:40 pm Session Two Dive Starts

12:50 pm Clear the pool

12:55 pm National Anthem

1:00 pm Session Two Commences

Concessions: Snacks, fruit, and merchandise (t-shirts and caps) will be available for purchase throughout the meet. A potluck meal is included in the meet fee price and will be provided during and after the meet for participants, officials, volunteers, and guests. The potluck will include gluten free and vegetarian options.

SESSION ONE

Warm up 9:30 am, Competition 10:30 am

<b>Event #</b>	<b>Sex</b>	<b>Distance</b>	<b>Event</b>
<b>1</b>	Mixed	1650 Y	Free
<b>2</b>	Mixed	400 Y	Individual Medley

SESSION TWO

Warm-up 12:00 pm, Competition 1:00 pm

<b>Event #</b>	<b>Sex</b>	<b>Distance</b>	<b>Event</b>
<b>3</b>	Women	200 Y	Medley Relay
<b>4</b>	Men	200 Y	Medley Relay
<b>5</b>	Mixed	200 Y	Medley Relay
<b>6</b>	Mixed	100 Y	Individual Medley
<b>7</b>	Mixed	200 Y	Free
<b>8</b>	Mixed	50 Y	Butterfly
<b>9</b>	Mixed	100 Y	Back
<b>10</b>	Mixed	50 Y	Breast
<b>11</b>	Mixed	100 Y	Free
<b>12</b>	Mixed	50 Y	Back
<b>13</b>	Mixed	100 Y	Breast
<b>14</b>	Mixed	50 Y	Free
<b>15</b>	Mixed	100 Y	Butterfly
<b>16</b>	Mixed	500 Y	Free
<b>17</b>	Mixed	200 Y	Individual Medley
<b>18</b>	Women	200 Y	Free Relay
<b>19</b>	Men	200 Y	Free Relay
<b>20</b>	Mixed	200 Y	Free Relay

2025 Taos Master High-Altitude Spring Open, March 15  
 Individual Paper Entry Form  
 Deadline to email form is March 12

Swimmer's Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ USMS # \_\_\_\_\_

Team or Unattached: \_\_\_\_\_ Sex: M, F Age: \_\_\_\_\_

Ind. Event #	Distance	Stroke	Entry Time
_____	50 100 200 500 1650	FR BK BR FL IM	__:__.__
_____	50 100 200 500 1650	FR BK BR FL IM	__:__.__
_____	50 100 200 500 1650	FR BK BR FL IM	__:__.__
_____	50 100 200 500 1650	FR BK BR FL IM	__:__.__
_____	50 100 200 500 1650	FR BK BR FL IM	__:__.__

Available to swim 200 Medley Relay: #3 Women, #4 Men, or #5 Mixed  
 Available to swim 200 Freestyle Relay: #18 Women, #19 Men, or #20 Mixed

Each swimmer is permitted to only swim one of each relay, ie you cannot swim on a women's or men's relay and also a mixed relay. The mixed relays consist of exactly 2 women and 2 men.

Payment: Venmo payment preferred: Taos Swim @ Joaquim-Chavez  
 or mail check to: Taos Swim Club 407 Paseo del Canon East, Taos, NM 87571



## 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.

First Name	Last Name	MI	Sex (check)	Date of Birth (mm/dd/yyyy)
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			M	F	
Street Address, City, State, Zip					
Signature of Participant				Date Signed	

*Revised 10/30/2024*