



# 2023 South Central LCM Zone Championships

[www.mastersofsouthtexas.org](http://www.mastersofsouthtexas.org)  
Posted 1/30/23



**Description:** •USMS South Central Zone Championships – Long Course Meters

**Meet Date:** •Saturday, July 22 to Sunday, July 23, 2023

**Sanction:** •433-S004

**Venue:** **North East ISD Blossom Athletic Center**

- Bill Walker Pool
- Blossom Athletic Center (Also known as North East Stadium)
- 12002 Jones-Maltsberger Road at Starcrest and Bitters
- San Antonio, TX 78217
- 210-356-6925

**Facility:**

- Ten FINA-width (2.75-meters) lanes
- Competition will be conducted in ten (10) LCM lanes, with twelve (12) SCY warm-up lanes offered
- 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. Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.
- 0.75-meter buffers outside lanes one and ten
- The competitive course has an overall minimum depth of 1.5 meters (5 feet), therefore the minimum water depth, measured in accordance with Article 103.2.3, is 1.5 meters at the start end and 2.6 meters (8.5 feet) at the turn end measured at one and five meters from either end
- DAKTRONICS automatic starting and timing
- Full scoreboard with heat and event display
- Off-deck seating for 1500 spectators

**Meet Format:**

- Timed finals
- Events 200 meters and shorter will be seeded by time and gender, slowest to fastest
- All other individual events will be gender combined and seeded by time, fastest to slowest
- Age as of December 31, 2023 will determine age for the meet.
- Swimmers must be a minimum of 18 years old by July 22, 2023
- Swimmers should enter with a seed time in long course meters (LCM)
- Swimmers may enter no more than five (5) events per day
- Swimmers may only enter events longer than 400 meters if they meet the qualifying time standard

**Entry**

**Deadline:**

- Mailed Registration must be Postmarked by Monday, July 10, 2023
- Online Registration deadline is Wednesday, July 12, 2023 - 11:59 PM
- Online LATE Registration deadline is Monday, July 17, 2023 - 11:59 PM

**Deck Entries:**

- No individual Deck Entries will be accepted
- Relay Entries will close at 10:00 AM each competition day

**Entry Option**

**Procedures:**

- Email entry file to Susan Ingraham (Aquatex101@aol.com) if using Hy-Tek Commlink File
- Completed printed Registration form mailed to Bill Spurgeon at:  
12002 Jones-Maltsberger Road  
San Antonio, TX 78217
- A copy of USMS ID Card must be attached to all entries
- Online registration will offered by ClubAssistant.com

**Scratches**

- Meet will be pre-seeded and there is no penalty for scratching

**Meet Management:**

- |                     |                     |                               |
|---------------------|---------------------|-------------------------------|
| •Meet Director      | •Entries Chair      | •Meet Referee – Larry Bengson |
| •Susan Ingraham     | •Susan Ingraham     | •12002 Jones-Maltsberger Road |
| •210-859-2859       | •210-859-2859       | • San Antonio, TX 78217       |
| •Aquatex101@aol.com | •Aquatex101@aol.com | •210-356-6925                 |

**Entry Fees:** •\$65.00 Individual Entry Fee (includes up to five (5) individual events per day)  
•\$20.00 Individual Relay Only Swimmer Entry Fee. Maximum of three relay events per person per day  
•\$16.00 Relay Entry Fee. Payment due at the time of submission to Clerk of Course.

**Late Entries:** •\$75.00 Individual Late Entry (online only) Fee closes Monday July 17, 2023 – 11:59 PM)

**Checks**

**Payable to:** •NEISD. Online registration will reflect ClubAssistant – Masters of South Texas

**Warm-ups:**

- Warm-ups will be conducted in accordance with the current USMS Policies and Procedures
- Feet first entry into the water
- Please review the Daily Schedule below.

**Schedule:**

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|--|---------|
| •Warm-ups begin on Saturday and Sunday     | 8:00 AM |
| •Positive Check-in for all distance events | 8:30 AM |
| •Clear Competition Pool                    | 8:50 AM |
| •Meet begins                               | 9:00 AM |

**Awards:**

•Awards will be given for top three individuals in each age group and event. Relay awards will be given to top three in each age category. Top Three Combined Team Awards will be presented.

**T-Shirts:**

•Meet T-Shirts will be available for purchase during meet registration. A limited amount of shirts will be available for sale at the meet.

**Results:**

•Final results, including scores, will be posted at USMS.org and on the South Texas LMSC website at southtexasmastersswimming.com.

**Social:**

•Information to be posted closer to meet date

**Hotels:**

•Numerous hotel options are located within a five mile radius

**Special Needs:**

- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one or more major life activities.
- Please notify the Davis Natatorium (210-356-6925) in advance of this meet with the name and age of any member on your team who needs assistance to enter the building.
- The Aquatics Staff will make reasonable accommodations for swimmers coaches, or spectators who wish to enter and use our facility.
- In any meet sanctioned or approved by South Texas Masters Swimming, which may include one or more swimmers with visual, hearing, mental, or physical disabilities; the judging of such competitors shall be in strict accordance with the current USMS Swimming Rules and Regulations.
- A disability is defined as a PERMANENT physical or mental impairment that substantially limits one of more major life activities.
- Coaches and/or athletes must notify the Meet Host and the Meet Referee before the competition begins, and preferable at the time entries are submitted, if any specialized equipment is required and/or if they are to be considered for judging.

**Swim Suit**

- Restrictions:**
- Only one suit is permitted during competition
  - The suits must:
    - Be of one piece
    - Be constructed of woven / knit material
    - Be 100% permeable to air and water
    - Not aid buoyancy
    - Not extend below the top of the knee and not cover the neck or shoulders for women
    - Not extend above the navel or below the top of the knee for men
  - Swimmers found in violation of these restrictions will be banned from further competition until the violation has been remedied.

- Liability:**
- In granting a sanction for this meet, it is understood and agreed that USMS., South Texas Masters Swimming LMSC, Masters of South Texas (MOST), the North East Independent School District, 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.

- Sanction:**
- Held under the sanction of U.S. Masters Swimming this meet is sanctioned by South Texas Swimming and 2022-2023 USMS rules and any current relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered for 2023 with U.S. Masters Swimming by the entry deadline.
  - The 2022/2023 USMS Swimming Rules and any relevant sections of the USMS Handbook will apply.

**Cell Phone**

- Restrictions:**
- The presence or use of cell phones, smart phones or any other devices capable of producing audio recordings, photographic or video images in locker rooms, restrooms or changing areas are strictly and specifically prohibited at all times.
  - There are no exceptions to this policy.
  - Violators are subject to disqualification from the meet, disbarment from the facility and arrest

<b>Order of Events - Distances in Meters</b>	
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Entry Time	Women #:	Event:	Men #:	Entry Time
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<b>Saturday - 9:00 AM</b>				
	1/2	400 Freestyle*	1/2	
	3	200 Butterfly	4	
	5	50 Breaststroke	6	
	7	100 Freestyle	8	
	9	Mixed 800 Free Relay	9	
	11	200 Individual Medley	12	
	13	50 Butterfly	14	
	15	200 Backstroke	16	
	17	100 Breaststroke	18	
	19	Women / Men 200 Free Relay	20	
	21	Mixed 200 Medley Relay	21	
	22	Women / Men 400 Medley Relay	23	
	24	Mixed 400 Free Relay	24	
	25/26	1500 Freestyle*	25/26	

<b>Sunday - 9:00 AM Start</b>				
	27/28	400 Individual Medley	27/28	
	29	200 Freestyle	30	
	31	50 Backstroke	32	
	33	100 Butterfly	34	
	35	Women / Men 800 Free Relay	36	
	37	200 Breaststroke	38	
	39	50 Freestyle	40	
	41	100 Backstroke	42	
	43	Women / Men 200 Medley Relay	44	
	45	Mixed 200 Free Relay	45	
	46	Women / Men 400 Free Relay	47	
	48	Mixed 400 Medley Relay	48	
	49/50	800 Freestyle*	49/50	

- \* 400 Individual Medley minimum time standard – 20 minutes
- \* 1500 Freestyle minimum time standard – 60 minutes
- \* 400 Freestyle minimum time standard – 20 minutes
- \* 800 Freestyle minimum time standard – 40 minutes



# 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

Revised 5/26/2020