



## ***Southern SCY Swimming Championships Short Course Yards – March 9-10, 2024***

**Sanctioned By:** *Southern Masters Swimming for United States Masters Swimming, Inc.*  
**Sanction:**

**Hosted By:** *Crawfish Aquatics and Southern Masters Swimming*

**Meet Director:** *Nanette Fontenot (225) 202-7864 [crawfishfontenot@gmail.com](mailto:crawfishfontenot@gmail.com)*

**Meet Referee:** *Kevin Fambrough*

**Location:** *Ketcham Fitness Center Pool in the Jimmy Swaggart Complex on Bluebonnet Blvd in Baton Rouge, Louisiana. The facility is directly adjacent to the Renaissance Hotel*

**Date & Times:** *Saturday, March 9, 2024 Warm-ups = 9:00 AM; Meet Starts = 10:00 AM.  
Sunday, March 10, 2024 Warm-ups = 9:00 AM; Meet Starts = 10:00 AM.*

**Facilities:** *Indoor 8 lane 50-meter pool with non-turbulent racing lane ropes. All races will be conducted on a 25 yard course. Showers and lockers will be available. Pool depth 13 feet at starting end. Bulkhead will be moved to separate the pools into one intended for competition and the other will be available for warm-up/warm-down during the meet. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.6, 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 as per USMS guidelines. The bulkhead placement and length of pool will be verified before and after each session of the meet. Splits will be recorded by automatic timing system.*

**Hotels** *Renaissance Hotel is located next door to the pool. Additional hotel information can be found at <http://www.crawfishaquatics.com/swim-meets/hotel-information/>*

**Timing:** *Colorado automatic timing system with touch pads will be the primary timing system. Secondary system will be manual-electronic with 1 button and 1 digital watch per lane, with watch available at all times. Times from this system are eligible for USMS records and Top 10 considerations as per USMS guidelines.*

**Rules:** *Current United States Masters Swimming technical rules and code of regulations will govern this meet.*

**Conduct of Meet:** *All events will be timed finals. Except for the 1650 freestyle, all events will be seeded slowest to fastest by submitted entry times. The 1650 free will be swam fastest to slowest with female and male swimmers combined. There will be a 30 minute break between relays and the start of the 1650 free.*

*All participating swimmers will receive a copy of the meet heat sheet*

**Pool Measurement:** *The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.6 and 105.1.7, 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. As per guidelines, the competition pool will be measured prior to the start of, and at the end of, each session.*

**Results:** *Swimmers will receive a copy of meet results via E-mail. Meet results will also be provided to the USMS for inclusion on their website.*

**Eligibility:** *All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of March 9, 2024. A copy of your current USMS card must be included with your entries.*

**Liability Release:** *Each entered swimmer must sign the liability release form at the end of this invitation. Send this along with your filled out entry form.*

**Distance Events:** *The 1650 freestyle events will be deck seeded and ONLY the first 24 entries (men and women combined) will be accepted. Late entries will be accepted for the 1650 only if there are not full heats in each event. Check-in for the 1650 will close at the start of the Saturday relay events. The 1650 free will swim fastest to slowest, with women and men seeded together by entry time in each heat. That means there could be up to three total heats of the 1650. The 1650 free will start 30 minutes after the conclusion of all of Saturday's relays. 1650 free swimmers will be responsible for providing a counter in order to swim this race; problems with complying with this requirement should be discussed with the meet director.*

**Limit of Events:** *Each entered swimmer may swim no more than 4 events plus relays each day.*

**Entry Fees:** *Cost for full participation is \$50.00 (\$53 if payment by credit card) for both days for swimmers registered within the Southern LMSC (States of Mississippi and Louisiana), \$60 (\$63 if payment by credit card.) for both days for swimmers registered from outside the Southern LMSC. Cost to swim one day only is \$30 (\$33 if payment with credit card) for swimmers from within the LMSC, \$40 (\$43 if payment with credit card) for swimmers from outside the LMSC.*

*For those mailing entries in, checks should be made payable to "Crawfish Aquatics". The entry fee also can be provided by credit card. The entry form has blanks to allow credit card payments.*

**Entry Deadline:** *Entries must be received by midnight March 5, 2024. Late entries will be allowed but swimmers will be placed in available lanes and heats. An additional \$10 late fee will be assessed for all entries received after the entry deadline. Entries must be mailed or delivered to: Nanette Fontenot, 1426 Brookhollow Drive, Baton Rouge, LA 70810*

**E-mail to:** *crawfishfontenot@gmail.com*

*Use the enclosed entry form only! You can send your entry in by E-mail, but you must send the signed paper work along with your entry check.*

**Hospitality:** *Water and snacks will be provided.*

**Scoring:** *Points will not be awarded*

**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, etc.  
Relays: 72-99,100-119,120-159,160-199,200-239,240-279,280-319,320-359,360-399, etc. The aggregate age of the four relay team members shall determine the age group.*

**Awards:**

*Ribbons 1<sup>st</sup> through 8<sup>th</sup> in each age group for each event will be awarded for individual events only. Ribbons for relay events will not be provided. Additionally, door prizes for swimmers will be drawn throughout the meet.*

Order of events

<i>Saturday, March 9 –10 a.m.</i>				<i>Sunday, March 10 – 10 a.m.</i>			
<i>W</i>	<i>M</i>	<i>Event</i>		<i>W</i>	<i>M</i>	<i>Event</i>	
<i>1</i>	<i>2</i>	<i>50 Free</i>		<i>27</i>	<i>28</i>	<i>100 Free</i>	
<i>3</i>	<i>4</i>	<i>400 IM</i>		<i>29</i>	<i>30</i>	<i>200 Back</i>	
<i>5</i>	<i>6</i>	<i>50 Breast</i>		<i>31</i>	<i>32</i>	<i>200 Fly</i>	
<i>7</i>	<i>8</i>	<i>100 Back</i>		<i>33</i>	<i>34</i>	<i>200 IM</i>	
<i>9</i>	<i>10</i>	<i>100 IM</i>		<i>35</i>	<i>36</i>	<i>50 Back</i>	
<i>11</i>	<i>12</i>	<i>100 Fly</i>		<i>37</i>	<i>38</i>	<i>100 Breast</i>	
<i>13</i>	<i>14</i>	<i>200 Breast</i>		<i>39</i>	<i>40</i>	<i>50 Fly</i>	
<i>15</i>	<i>16</i>	<i>200 Free</i>		<i>41</i>	<i>42</i>	<i>500 Free</i>	
<i>17</i>	<i>18</i>	<i>200 Free Relay*</i>		<i>43</i>	<i>44</i>	<i>200 Med Relay*</i>	
<i>19</i>		<i>200 Mixed Medley Relay*</i>		<i>45</i>		<i>200 Mixed Free Relay*</i>	
<i>21</i>	<i>22</i>	<i>400 Medley Relay*</i>		<i>47</i>	<i>48</i>	<i>400 Free Relay*</i>	
<i>23</i>		<i>400 Mixed Freestyle Relay*</i>		<i>49</i>		<i>400 Mixed MedleyRelay*</i>	
<i>25</i>	<i>26</i>	<i>1650 Free</i>					

- *All relays will be deck seeded based on anticipated result times. Names and ages of all participants must be included on entry card for each relay. Relay entries must conform to USMS rules.*

**Meet Entry Form** – enter individual times for each event in the table below  
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Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ (As of day 1 of met) \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ USMS # \_\_\_\_\_

Team Name \_\_\_\_\_ Abbreviation \_\_\_\_\_

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

*\*Please provide name as shown on USMS card, not nicknames.*

**Fees (Please check the appropriate blank and include payment to Crawfish Aquatics):**

Full Meet LMSC \$50 \_\_\_\_\_ Non-LMSC \$60 \_\_\_\_\_ One day LMSC \$30.00 \_\_\_\_\_ One day non-LMSC \$40.00 \_\_\_\_\_

Late Fee (\$10 for entries received after March 5, 2024) \_\_\_\_\_

Name on credit card: \_\_\_\_\_ Credit card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_ CCV #: \_\_\_\_\_

**Additional charge of \$3 for all credit card payments**

**A copy of your application form, USMS membership card, and release of liability *must* accompany this entry form. Entry deadline is Tuesday, March 5, 2024. You must sign the liability release and enclose check payable to "Crawfish Aquatics" with your entry. All entrants who list a correct E-mail address will receive confirmation when their entries are received.**

Saturday, March 9 –10 a.m.				Sunday, March 10 – 10 a.m.			
W	M	Event	Seed Time*	W	M	Event	Seed Time*
1	2	50 Free		27	28	100 Free	
3	4	400 IM		29	30	200 Back	
5	6	50 Breast		31	32	200 Fly	
7	8	100 Back		33	34	200 IM	
9	10	100 IM		35	36	50 Back	
11	12	100 Fly		37	38	100 Breast	
13	14	200 Breast		39	40	50 Fly	
15	16	200 Free		41	42	500 Free	
17	18	200 Free Relay		43	44	200 Med Relay	
19		200 Mixed Medley Relay		45		200 Mixed Free Relay	
21	22	400 Medley Relay		47	48	400 Free Relay	
23		400 Mixed Freestyle Relay		49		400 Mixed MedleyRelay	
25	26	1650 Free					

**\*Circle the events being entered and enter times for individual events in the above table. Seed times must be recent short course meter times, or yard times for the same distance multiplied by 1.1.**

# **MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM**



## **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.*

<i>Last Name</i>	<i>First Name</i>	<i>MI</i>	<i>Sex (circle)</i> M      F	<i>Date of Birth (mm/dd/yy)</i>
<i>Street Address, City, State, Zip</i>				
<i>Signature of Participant</i>			<i>Date Signed</i>	