



Last Chance LC Invitational 2024

Saturday, August 10th

Rules:

2024 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. All events will be timed finals.

Sanctioned By:

Southeastern Masters Swimming for United States Masters Swimming Inc.

Host Club:

Kingsport Aquatic Center Viperfish Masters Team

Location:

Kingsport Aquatic Center

1820 Meadowview Parkway, Kingsport TN 37660 (423)-343-9758

Directions to the Kingsport Aquatic Center can be found on www.swimkingsport.com

Facility:

The HMG competition pool at the Kingsport Aquatic Center is a 50-meter pool with two bulkheads at the shallow end of the competition pool. It has a minimum depth of 5 feet and a maximum depth of 13ft. The pool is equipped with Daktronics Timing System. Warm-up/warm-down lanes will be available throughout the meet in the shallow end of the HMG competition pool. The length of the competition course complies with and is on file with, USMS per 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 Records will be contingent on verification of pool measurement, which will take place before the meet begins and after the meet ends.

Eligibility:

All swimmers must be registered with United States Masters Swimming. Swimmers must use the online entry system, which streamlines checking USMS registrations, putting your entries into the meet database, and entry payments.

For swimmers who are not USMS members, One Event Memberships are available for a cost of \$20.

Meet Date/Start Time:

Saturday, August 10th

Open Warm-Ups: 11:00am

Meet Start: 12:15pm

Online Entries and Fees:

A swimmer may enter up to six (6) individual events at a flat fee of \$40. Age for entries is determined by the swimmer's age on December 31, 2024. Registration payments can be paid online at:

https://www.clubassistant.com/club/meet_information.cfm?c=2548&smid=18712

Late entries will be accepted with an additional \$20.00 fee.

Deadlines:

All individual entries and fees must be received by 11:59 pm EST on Sunday, July 28th . Any entries arriving after that date will be considered late and require an additional \$20.00 fee. Late entries are due by August 4th , 2024 at 11:59 p.m. Eastern Standard Time.

Seeding:

All events will be seeded slowest to fastest with mixed gender. A swimmer with no seed time may indicate "No Time" or "NT" in the time slot and will be seeded at the slowest time in the event.

Results will be tabulated by gender and age group, as defined by USMS guidelines.

AUTOMATIC SPLIT RECORDING: Automatic split recording (USMS Rule 103.18.2 A& B) will be performed by the officials for **relay leadoff** splits, provided the split time is available from the automatic (primary) timing system. Other electronic splits may be requested in writing by the swimmer per USMS rules noted on the [USMS split notification form](#). Split request forms must be submitted to the Meet Referee by the end of the meet, except for backstroke split requests which must be submitted PRIOR TO the swim.

Warm-Up Schedule: Warm-ups will start on Saturday, August 10th at 10:00 am Eastern Time Zone. Warm-ups will end at 11:50am. At 11:30am lanes 1 and 8 in the deep end will be one-way sprint lanes only starting from the deep end.

Warm up and Cool Down: Palmer Center Warm Pool will have one lane available for warm up or cool down. The HMG Competition Pool will have one lane (lane 1) available for warm up and cool down.

Relays: See separate section below for online team relay entry instructions. **As always, there is no extra charge for relays!** Only team members registered for the meet may participate. NOTE when assembling your relays that the groups of Men's, Women's, and Mixed relays may be swum in combined heats.

As always, relays are **FREE**. ONLINE relay team entry is preferred. Only team members registered for the meet may participate. Mixed relays consist of two women and two men. Men's and Women's relay events may be combined.

SCORING: First 6 finishes in each event, by age and gender, will be scored as follows: Individual events 7-5-4-3-2-1; Relay events 14-10-8-6-4-2.

INDIVIDUAL AWARDS: High point awards will be given to top male and female swimmers in the meet based on points scored in individual events. A swimmer must swim in at least four individual events to qualify.

TEAM AWARDS: Trophies will be awarded to the top three teams in the meet. Teams must have at least 3 people entered and swimming in the meet.

Disabled Swimmers:

An information sheet for disabled swimmers is available to prepare the facility and meet officials. Please contact Operation Coordinator of Programming, Madison Gump at, madisongump@kingsporttn.gov, (423)343-9767.

Officials:

Meet Director: Madison Gump

Entry Chair: Madison Gump

Meet Referee: Tom Shumann

NATIONAL, WORLD Records or TOP 10 Times: If you think you might set a Top 10 record or [national or world record](#) at the meet, you are responsible for (a) notifying the meet referee in advance that you might set a record and (b) ensuring that there are at least two timers with stopwatches in your lane. It is OK to recruit fellow swimmers or friends to serve as your extra timers.

For any other questions regarding the swim meet and/or registration please contact Operation Supervisor of Programming Madison Gump at madisongump@kingsporttn.gov or call at (423)343-9767. Thank you!

Facility Rules:

The Kingsport Aquatic Center employees respectfully ask:

- No outside coolers, food, or drinks be brought into the building.
- No smoking or use of Electronic Cigarettes is allowed in the building or parking lot area.
- Only swimmers, coaches, and meet personnel will be allowed on the pool deck at any time.
- Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.
- Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

ANIMALS: The Kingsport Aquatic Center does not allow animals except for trained service animals. Please contact the meet director prior to the meet for more information.

Water Fountains: are available for refilling reusable bottles, which are sensor activated.

Parking:

The KAC as well as the adjacent YMCA will be open during the meet. In deference to the YMCA members, please have your families park in the lot adjacent to the outdoor water park. Additional parking is available at the Meadowview Marriott, located just 1/2 mile from the Aquatic Center. If needed, you may drop off swimmers at the Aquatic Center before driving over and parking at the Meadowview lot.

Timing System:

The primary timing system will be automatic timing (Daktronics Timing System, with scoreboard). Times may be submitted for USMS records and USMS Top 10 consideration.

Special Notes: All men's, women's, and mixed events will swim together. The Meet Director reserves the right to limit the number of entries, in any event, to run the meet within the time allocated. The Meet Director reserves the right to insert breaks to provide sufficient rest for the swimmers between events. The HYTEK event file, psych sheet, results, and other meet information will be posted on the Kingsport Aquatic Center website as they become available.

Refreshments: The Kingsport Aquatic Center will have a concession stand available for prepackaged drinks and food to be purchased at your discretion. They will also have water stations available for swimmer use.

Hotels: The closest hotel to our facility is Meadowview Marriott Conference Resort & Convention Center. It is approximately a half a mile from the Aquatic Center and is located at 1901 Meadowview Parkway, Kingsport, TN 37660.

*Positive check-in required for the 400 and 1500 Free by 11:30 am Eastern Time Zone.

** Relay entry deadline

Please check out "Visit Kingsport" <https://visitkingsport.com/> for a list of things to do, places to stay, where to eat, events, a visitors guide, and contact information. We look forward to you visiting Kingsport and will see you soon!



Event List

Warm-ups start at 11:00 am
Meet Session starts at 12:15 pm

Event #	Sex (circle 1)	Event		Entry Time
1	Mixed	400 M	Free	
2	Men	200 M	Medley Relay	
3	Women	200 M	Medley Relay	
4	Mixed	200 M	Medley Relay	
5	Mixed	200 M	IM	
6	Mixed	200 M	Fly	
7	Mixed	50 M	Back	
8	Men	400	Free Relay	
9	Women	400	Free Relay	
10	Mixed	400	Free Relay	
11	Mixed	100 M	Breast	
12	Mixed	50 M	Free	
13	Mixed	50 M	Fly	
14	Mixed	800 M	Freestyle	
15	Mixed	200 M	Free	
16	Mixed	100 M	Back	
17	Men	400	Medley Relay	
18	Women	400	Medley Relay	
19	Mixed	400	Medley Relay	
20	Mixed	200 M	Breast	
21	Mixed	100 M	Free	
22	Mixed	200 M	Back	
23	Mixed	50 M	Breast	
24	Mixed	100 M	Fly	
25	Mixed	400 M	IM	
26	Men	200 M	Freestyle Relay	
27	Women	200 M	Freestyle Relay	
28	Mixed	200 M	Freestyle Relay	
29	Mixed	1500 M	Freestyle	

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/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, 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.

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 I agree not to participate in USMS activities for a minimum of 10 days from the date the symptoms started, until the symptoms have subsided or I have been cleared by a doctor. If I test positive for COVID-19 within 10 days following participation in a USMS activity, I will notify the USMS event director, 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	M.I.	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street address, City, State, Zip				
Participant Signature				Date:

For any other questions regarding the swim meet and/or registration please contact Operation Supervisor of Programming Madison Gump at madisongump@kingsporttn.gov or call at (423)343-9767. Thank you!