

2022 AAMAH Progressive #1

www.ahisd.org

Posted xx/xx/xxxx

Description: •USMS National Q Meet – Short Course Yards

Meet Date: •Sunday, Sept 18, 2022

Sanction: •TBD

Venue: **Alamo Heights ISD Aquatic Center**

- 705 Trafalgar Rd
- San Antonio, TX 78216
- 210-832-5866

Facility:

- Eight FINA-width (2.75-meters) lanes
- Competition will be conducted in eight (8) lanes, 4 warm-up lanes offered opposite end of competition pool
- The course has been professionally certified IAW 104.2.2(C) and the data is on file
- 0.75-meter buffers outside lanes one and eight
- The competitive course has an overall minimum depth of 2.25-meters (7.5 feet), therefore the minimum water depth, measured in accordance with Article 103.2.3, is 2.25 meters at the start end and 2.25 meters (7.5 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 xxxx 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 September 1, 2022 will determine age for the meet.
- Swimmers must be a minimum of 18 years old by March 19, 2022
- Swimmers should enter with a seed time in short course yards (SCY)
- Swimmers may enter no more than four (4) events per day
- Swimmers may only enter events longer than 400 yards if they meet the qualifying time standard

Entry

Deadline:

- Mailed Registration must be Postmarked by Friday, September 10, 2022
- Club Assistant Online Registration deadline is Monday, September 12, 2022 - 11:59 PM

Deck Entries: •Late or Deck Entries will be accepted. Proof of current USMS registration required.

Entry Option

Procedures:

- Online registration will be offered by ClubAssistant
- Completed printed Registration form mailed to Garrett Nelson at:
705 Trafalgar Rd., San Antonio, Tx 78216
- A copy of USMS ID Card must be attached to all entries
- Checks made out to "AHISD"

Entry Fees: •\$40.00 Individual Entry Fee (includes up to four (3) individual events)

Late Entries: •\$70.00 Individual Late / Deck Entry Fee

Checks

Payable to: •AHISD. Online registration will reflect ClubAssistant - AHISD

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

Meet

Management:

•Meet Director
Garrett Nelson
•864.908.9727
•gnelson@ahisd.net

•Entries Chair
•Garrett Nelson
•864.908.9727
•gnelson@ahisd.net

•Meet Referee – TBA
•705 Trafalgar Rd
• San Antonio, TX 78216
•210-832-5866

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: •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: •The satisfaction of competing and job well done!

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

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 AHISD Natatorium (210-832-5866) 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, preferably 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 Alamo Heights 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 2021-2022 USMS rules and any current relevant sections of the South Texas Policies & Procedures Manual will apply. All swimmers must be registered for 2022 with U.S. Masters Swimming by the entry deadline.
•The 2021/2022 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

Women	Sunday - 9:00 AM			Men
	1 / 2	200 Freestyle	1 / 2	
	3	50 Breaststroke	4	
	5	100 Individual Medley	6	
	7	50 Backstroke	8	
	9	100 Butterfly	10	
	11	50 Freestyle	12	
	13	100 Breaststroke	14	
	15	50 Butterfly	16	
	17	100 Backstroke	18	
	19	200 Individual Medley	20	
	21	100 Freestyle	22	
	23/24	500 Freestyle*	24	

* 500 Freestyle minimum time standard – 20 minutes

Name _____

Attach USMS Card Here

Phone _____

Email _____

Mail this Entry Form by 3/11/22 + **Copy of USMS Card** + \$40 Entry Fee (checks made out to AHISD) to:

Garrett Nelson - 705 Trafalgar Rd., San Antonio, Texas, 78216

Questions? Contact us at email (gnelson@ahisd.net) or 864-908-9727



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