



## 2022 Ensworth Aquatics Masters SCY Ghoul in the Pool Invitational Benefiting the Nashville Dolphins October 22-23, 2022

Sanctioned by Southeastern Masters Swimming for United States Masters Swimming, Inc.,  
USMS SANCTION NUMBER: 152-S006

HOST CLUB: Ensworth Aquatics Masters

LOCATION: The Ensworth School, Frist Campus, 7401 Highway 100, Nashville, TN, 37221. [Directions](#).

FACILITY: The state-of-the-art [Ensworth Natatorium](#), located on the campus of The Ensworth School and opened for use in 2013, offers a 10-lane, 25-yard competition pool, with a 6.5-foot minimum depth, non-turbulent lane lines, a fully automatic electronic timing system, and a scoreboard with lane/time/place display. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, 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. A 6-lane 25-yard warm up/warm down pool will be available throughout the meet.

### ELIGIBILITY:

All swimmers must be registered with U.S. Masters Swimming for 2022. If you are not a current USMS member, the online system will not allow you to enter the meet until you complete USMS registration (there will be a link to do so on the meet registration page).

### WARM-UP & MEET START TIMES:

Saturday, October 22, 2022:

Warm Ups: 1:00pm, Competition: 2:00pm

Sunday, October 23, 2022

Warm-Ups: 9:00am, Competition: 10:00am

Nashville is in the Central Time Zone.

A tentative meet timeline will be available upon determination of the heat sheet prior to the meet.

### MEET FORMAT/SEEDING:

This is a Timed Finals meet. All races will be swum in a 25-yard course. The 1000 Freestyle will be seeded fastest to slowest without regard to age or gender. All other events will be seeded slowest to fastest without regard to age. Results will be tabulated by gender and age group, as defined by USMS.

### MEET ENTRIES:

A swimmer may enter up to 4 individual events per day, exclusive of relays. Short Course Yards (25 yds) entry times should be submitted. No Time (NT) entries will be seeded as slowest times; please avoid using NT times whenever possible. There are anticipated short breaks after Events 2, 10, 18, 24, 32, and 38, but they will be dependent upon the number of entries and length of the meet and adjusted at the discretion of the meet director. Meet entries are due by 11:59pm Central Time on Monday, October 17, 2022.

Online entries through Club Assistant will be used for this meet, allowing each swimmer to submit entry times, use a secure site for payment of fees, sign the standard USMS waiver electronically, and have their USMS membership verified through the system. Swimmers will also be able to access the USMS database of times associated with their USMS registration number to help determine appropriate seed times. The credit card statement will show a charge from "Ensworth Aquatics Masters." All entry fees are nonrefundable.

Paper entries will be accepted using the form in this meet invitation, but must be *received* by Monday, October 17, 2022, or incur a late fee of \$20. Checks should be made payable to The Ensworth School, and mailed to: Ensworth Aquatics Masters, Attn: 2022 ENSW SCY Ghoul in the Pool Invitational, 7401 Highway 100, Nashville, TN 37221. A signed waiver and copy of the current USMS

membership card must be included.

#### MEET FEES:

The meet entry fee will be \$75 for both days of competition, and \$40 if participating on only one of the days. Entries submitted after the deadline, including on-deck entries, will incur an additional \$15 fee. Note that late entries will be accepted based on lane space availability at the discretion of the meet director. As per USMS Short Course Yards Rules, the age submitted for meet entries is based on the swimmer's age as of 10/23/22, and age groups for relays are determined by the age group of the youngest swimmer on that relay team. Relay fees are \$10 per relay entry (except Event #22 and #42, which are unofficial events).

NOTE: A portion of the proceeds from entry fees will benefit the [Nashville Dolphins](#) organization.

#### POSITIVE CHECK IN AND RELAY ENTRIES:

Positive check-in by the start of warm-ups on their designated day is required for the 1000 FR, 500 FR, and 400 IM.

Relay entries will be due at the start of the meet on their designated days (by 2pm on Saturday and 10am on Sunday). Paper relay cards will be available to pick up at the check-in desk.

NOTE: The 1000 FR will be available to the first 30 swimmers who register for the event.

#### OFFICIALS:

Meet Director: Chris McPherson [mcpersonc@ensworth.com](mailto:mcpersonc@ensworth.com)

Meet Referee: TBD

#### RULES:

2022 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.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms.

Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

Chairs are permitted on the balcony overlooking the pool, but must be against the back wall, not the railing.

#### DISABILITIES:

Disabled swimmers are welcome. Please let Chris McPherson, Meet Director, know what accommodations are necessary, and communicate these needs to the meet referee on the day of the meet as well.

#### SPECIAL NOTES:

Meet Information Availability: A psych sheet based on online entries will be posted on Tuesday, October 18, 2020. Please send any necessary corrections to the Meet Director: [mcpersonc@ensworth.com](mailto:mcpersonc@ensworth.com). Corrections will be accepted until 12:00 noon Central Time on Thursday, October 20, 2022, at which time the meet will be seeded and heat sheets printed. The psych sheet, timeline, results, and other meet information will be posted on the Ensworth Aquatics website ([www.ensworthaquatics.com](http://www.ensworthaquatics.com)) as they become available. The Meet Director reserves the right to combine heats and/or events in order to facilitate the conduct of the meet. The Meet Director reserves the right to limit the number of entries in any event in order to run the meet within the time allocated. The Meet Director reserves the right to insert additional breaks to provide sufficient rest for the swimmers between events.

#### SATURDAY EVENING SOCIAL

Informal swimmer gathering at local restaurant. Details TBA.

REFRESHMENTS: Various snacks and drinks will be provided throughout the meet at no charge for all meet participants.

COVID PROTOCOLS: USMS guidelines for the conduct of pool meets are updated from time to time and may be found at <https://www.usms.org/events/covid-19-event-resources>. We also will follow guidelines established by The Ensworth School, which at this time include no requirement for wearing face masks.

QUESTIONS? Contact Chris McPherson, Meet Director ([mcpersonc@ensworth.com](mailto:mcpersonc@ensworth.com))

AWARDS: Event winners will be rewarded with a firm handshake by the meet director. ☺ All swimmers in attendance will be greeted by the host team with smiles and a special event rubber ducky.

# ENSWORTH AQUATICS MASTERS



## 2022 Ensworth Aquatics Masters SCY Ghoul in the Pool Invitational

Last Name \_\_\_\_\_ First \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Contact Phone # (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Birthdate \_\_\_\_\_ Age as of 10/23/22 \_\_\_\_\_

USMS Registration # \_\_\_\_\_

Club Name \_\_\_\_\_

Club Abbreviation \_\_\_\_\_

Meet Entry Fee – 2 Days \$75 \$ \_\_\_\_\_

1 Day \$40 \$ \_\_\_\_\_

Late Entry Fee: \$15 \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

**Checks payable to: Ensworth School**

Saturday, October 22, 2022

Warm-ups: 1:00pm; Competition: 2:00pm.

W	M	Event	Entry Time
1		1000 FR	
		15 MINUTE BREAK	
3	4	200 FR	
5	6	50 BR	
7	8	100 Fly	
9	10	100 BK	
		10 MINUTE BREAK	
11	12	400 IM	
13	14	50 FR	
15	16	200 BR	
17	18	100 IM	
		10 MINUTE BREAK	
19	20	200 Medley Relay	
21		200 Mixed Medley Relay	
22		300 Mixed Graduated FR Relay (25, 50, 75, 75, 50, 25)	

Sunday, October 23, 2022

Warm-ups: 9:00am; Competition: 10:00am

W	M	Event	Entry Time
23	24	500 FR	
		15 MINUTE BREAK	
25	26	50 BK	
27	28	100 BR	
29	30	200 Fly	
31	32	100 FR	
		10 MINUTE BREAK	
33	34	200 IM	
35	36	50 Fly	
37	38	200 BK	
		10 MINUTE BREAK	
39	40	200 FR Relay	
41		200 Mixed FR Relay	
42		100 Mixed Kick Relay	



## 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 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	MI	Sex (circle) M      F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed