



RED RIVER MASTERS
SMS 2022 State Championships
Long Course Meters



- Date: Saturday and Sunday August 13-14, 2022
- Times: Saturday August 13, 2022
Warm-up 1:00 p.m.
Meet Start 2:00 p.m.
- Sunday August 14, 2022
Warm-up 8:00 a.m.
Meet Start 9:00 a.m.
- Sanction: Sanctioned by Southern Masters Swimming for USMS Inc. (242-S002)
- Facility: BHP Billiton Branch of the YMCA of Northwest Louisiana in the Miles A Fitzgerald Pool at 3455 Knight Street in Shreveport, Louisiana. Indoor, 8-lane 50 meter course, depth 9 feet at starting end, 8' feet at turning end; lanes 1-6 will be seeded for racing; lane 7 will remain empty; and lane 8 will be for continuous warmup/warmdown during the entire meet. 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.
- Rules 2022 USMS Rules shall govern.
- Timing: Timing system is Automatic, using touchpads, buttons, and at least 1 backup watch per lane. Per 103.18.6-7 USMS Top 10 times can be established with two Times from this competition will be eligible for world record, USMS record, and Top 10 consideration.
- Eligibility: All participants must be registered with United States Masters Swimming. A copy of your 2022 USMS card is required with the completed entry.
- Deadline: All mail-in entries must be received by August 6, 2022. Deck entries will be allowed at the meet, provided a copy of 2022 USMS card can be produced on site.
- Fees: \$30.00 per swimmer for the full meet
- Entries: Swimmers may enter a maximum of four individual events per day, plus relays. Prior to August 6, 2022, please mail completed entry form, copy of USMS card, and check (payable to YMCA of NWLA) to:

John Janszen

SMS 2022 LCM Championships
BHP Billiton YMCA
3455 Knight Street
Shreveport, LA 71105

- Seeding: All events will be seeded slow to fast without regard to age. There will be a short break before the 200 medley relay, and before the 200 freestyle relay, and by Official's discretion throughout the meet based on meet timeline. All events are timed finals.
- Age Groups: 18-24, 25-29, 30-34, 35-39, 40-44, etc.
Relays 18+, 25+, 35+, 45+, etc. (the aggregate age of relay members determining the age group).
Age group is determined by age as of December 31, 2022.
- Scoring: Individual events: 9-7-6-5-4-3-2-1. Relays are double points.
- Results: Will be available on the Host Team Website at
<https://www.teamunify.com/team/ymca-2491/page/home>
and Meet Mobile
- Director: John Janszen (318) 674-9635 Email – JJanszen@ymcanwla.org;
And Amanda Janszen; Email – amandamstier@gmail.com
- Referee: TBD
- Hospitality: Please provide your own nutrition during the meet. A meal will be provided at the conclusion of the meet on both days. Pending social event on Saturday evening to which all participants will be invited.
- Order of Events: (See following page)

Saturday August 13, 2022
Warm-up 1:00 p.m.
Meet Starts 2:00 p.m.
800 Free
50 Fly
100 Breast
200 Back
100 Free
200 Fly
50 Back
200 IM

400 Free
200 Free Relay

Sunday August 14, 2022
Warm-up 8:00 a.m.
Meet Starts 9:00 a.m.
1500 Free
100 Fly
200 Free
50 Breast
100 Back
50 Free
200 Breast
400 IM
200 Medley Relay

****ENTRY FORM****
Red River Masters
SMS 2022 LCM State Championships

Sanctioned by Southern Masters Swimming for USMS, Inc.

Name: _____ Age (as of 12/31/2022): _____ DOB: _____ Sex: _____
 Address: _____ City/State: _____
 E-Mail Address: _____ Zip Code: _____ Phone: _____
 USMS #: _____ Team Name: _____ Team Abbreviation: _____

* Circle desired event numbers and list seedtime in meters (if you do not have a time, please estimate a seed time based on a practice swim). Limit of eight (max 4 per day) individual events. Relays deck entered.

Long Course Meters

August 13-14, 2022		
Provide seed time for all entries		
Mixed	Saturday	Seed Time
1	800 Free	
2	50 Fly	
3	100 Breast	
4	200 Back	
5	100 Free	
6	200 Fly	
7	50 Back	
8	200 IM	
9	400 Free	
10	200 Free Relay	XXXXXXXX
	Sunday events begin:	
11	1500 Free	
12	100 Fly	
13	200 Free	
14	50 Breast	
15	100 Back	
16	50 Free	
17	200 Breast	
18	400 IM	

19	200 Medley Relay	XXXXXXXX
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LIABILITY RELEASE:

The attached PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT must be signed and turned in before participating in the swim meet. Mail entries to:

John Janszen at BHP Billiton YMCA, 3455 Knight Street, Shreveport, LA 71105.

Fees due August 6, 2022 (Payable to YMCA of NWLA)
- \$30.00 per swimmer for the full meet. - Send copy of 2022 USMS registration card



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");

- 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.
- 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.
- 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.
- 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.
- 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.
- 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 (check) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 04/28/2022