

# **NORTH TEXAS RELAY HAPPY HOUR MEET**

**Hosted by North Dallas YMCA Masters**

**Saturday, May 22, 2021**

**Sanctioned North Texas LMSC for USMS Inc.**

**Sanction number \_\_\_\_\_**

**Description:** This meet features the eight short course yard relays listed on the entry form. Due to the relative few number of relays that will be swum this Short Course season – our hope is that ALL relay swims will have an excellent chance of landing in the 2021 SCY Top Ten. You may 1) pre-plan your relay(s) with three other people or 2) have your coach pre-plan your relay(s). All relays will be deck entered at check in by submitting a filled in relay card for each relay (blank relay cards will also be available at Check In table). It is NOT the responsibility of the Meet Director to place you in a relay.

**Location:** Semones Family Town North YMCA, 4332 Northaven Rd, Dallas, TX 75229

**Time: Check-in:** 4:30-5:15pm **warm-up:** 5:00-5:30pm **meet starts:** 5:30pm, estimated to last two hours, depending on number of relays.

**Eligibility:** Open to all currently USMS registered North Texas swimmers. USMS registered swimmers outside of the North Texas region should contact Jacky Yen, Meet Director at coachjackyswims@gmail.com to see if they are eligible to enter the swim meet. Competitors must be 18 years of age on or before May 22, 2021.

**Rules:** The 2021 USMS rules will govern the conduct of the meet. All events will be deck seeded. Mixed relays are two men and two women.

**Timing:** Hand timing, two timers per lane. Final times averaged. Guests and competitor assistance will be needed during meet. Times from this competition will be eligible for USMS Top 10 consideration, but not for world or USMS records. See Article 202.1.1A4c and Article 103.18.9.

**Facility:** Outdoor ten lane no bulkhead 25-yard competition course with nonturbulent lane lines for short course competition. Eight lanes will be used for competition and two lanes for warm-up and cool downs during meet. Numbers limited in each lane per meet official's discretion. The venue has no concessions. Swimmers may bring the food and drink they need with them. There will be an outside stationary structure restroom but no locker rooms. **NO FACILITY SEATING IS AVAILABLE – BRING YOUR OWN CHAIR.**

**Pool Length:** The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

**Age Groups for Relays:** 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+ based on age of youngest swimmer on May 22, 2021.

- **RELAY PROCEDURE:** Relays will be seeded in every other lane (Lanes 1, 3, 5, etc.). Relay swimmers should remain behind the timer chairs or off to the side of the pool, and at least six feet apart from each other, until it is their turn to get onto the starting block. After swimming a relay segment, the swimmers should move into the empty lane next to their race lane (Lane 1 swimmers move into Lane 2, for example), and float in that lane until the race is completely over.

**COVID-19** Masks and Social distancing are requested but not required. Current Texas and/or City of Dallas protocols in place at the time of the meet will be followed. Participants will bring with them the signed USMS CV19 attendee screening at check-in.

**Entry Fee** \$10 cash per swimmer payable at check in.

**Entry form due by Midnight, Thursday, May 20.** Follow link to relay entry form [North Texas Masters Relay Happy Hour: Registration Form](#).

Entry list will be emailed to all registered swimmers by noon on Friday, May 21 to facilitate relay setup prior to the meet.

**Check in Process 4:30pm, May 22 – BRING TO MEET** (blank copies will be available also)

- 1) \$10 (per swimmer) Entry Fee
- 2) Completed USMS Waiver form (attached).
- 3) Completed COVID-19 Attendee Screening Form.
- 4) Copy of your USMS card (print or on your phone).
- 5) Completed relay cards (attached) - or fill out during Check In.

**Number of Events Allowed:** swimmers are allowed to enter all available relays, HOWEVER, if there are more than 48 people registered, the Meet Director retains the right to limit swimmers to five or four events during check in process, due to time constraints.

**Spectators:** family and friends are allowed if they are willing to take a turn being a timer or other volunteer as needed.

**Meet Director:** Jacky Yen, 908-507-5314 ([coachjackyswims@gmail.com](mailto:coachjackyswims@gmail.com))

#### **ORDER OF EVENTS**

1. 400 Med Relay MXD
2. 200 Free Relay Women
3. 200 Free Relay Men
4. 200 Med MXD
5. 400 Free relay MXD
6. 200 Med relay Women
7. 200 Med relay Men
8. 200 Free relay MXD



**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	

**5/22/21 NT RELAY HAPPY HOUR MEET** RELAY ENTRY CARD (use card stock if possible)

**Circle the event**

**HEAT** \_\_\_\_\_ **LANE** \_\_\_\_\_

- |                         |                        |
|-------------------------|------------------------|
| 1. 400 Med Relay MXD    | 5. 400 Free relay MXD  |
| 2. 200 Free Relay Women | 6. 200 Med relay Women |
| 3. 200 Free Relay Men   | 7. 200 Med relay Men   |
| 4. 200 Med MXD          | 8. 200 Free relay MXD  |

**Swimmers**

**CLUB** \_\_\_\_\_ **Seed Time** \_\_\_\_\_

- |          |          |               |       |     |       |
|----------|----------|---------------|-------|-----|-------|
| 1. _____ | (back)   | AGE 5/22/2021 | _____ | Sex | _____ |
| 2. _____ | (breast) | AGE 5/22/2021 | _____ | Sex | _____ |
| 3. _____ | (fly)    | AGE 5/22/2021 | _____ | Sex | _____ |
| 4. _____ | (free)   | AGE 5/22/2021 | _____ | Sex | _____ |

Age group (circle): 18+ 25+ 35+ 45+ 55+ 65+ 75+ 85+  
(Age of youngest swimmer determines age group)

Timer 1 \_\_\_\_\_: \_\_\_\_\_ . \_\_\_\_\_ Timer 2 \_\_\_\_\_: \_\_\_\_\_ . \_\_\_\_\_ Average \_\_\_\_\_: \_\_\_\_\_ . \_\_\_\_\_

Timer initials \_\_\_\_\_ Timer Initials \_\_\_\_\_

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**Circle the event**

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- |                         |                        |
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**Swimmers**

**CLUB** \_\_\_\_\_ **Seed Time** \_\_\_\_\_

- |          |          |               |       |     |       |
|----------|----------|---------------|-------|-----|-------|
| 1. _____ | (back)   | AGE 5/22/2021 | _____ | Sex | _____ |
| 2. _____ | (breast) | AGE 5/22/2021 | _____ | Sex | _____ |
| 3. _____ | (fly)    | AGE 5/22/2021 | _____ | Sex | _____ |
| 4. _____ | (free)   | AGE 5/22/2021 | _____ | Sex | _____ |

Age group (circle): 18+ 25+ 35+ 45+ 55+ 65+ 75+ 85+  
(Age of youngest swimmer determines age group)

Timer 1 \_\_\_\_\_: \_\_\_\_\_ . \_\_\_\_\_ Timer 2 \_\_\_\_\_: \_\_\_\_\_ . \_\_\_\_\_ Average \_\_\_\_\_: \_\_\_\_\_ . \_\_\_\_\_

Timer initials \_\_\_\_\_ Timer Initials \_\_\_\_\_