



# 2012 South Central Zone USMS Championships

March 30-31, April 1, 2012



**Location and:  
Administration:**

CISD Aquatics Center  
1501 W. Southlake Blvd  
Southlake, TX 76092  
817-949-8200

**Meet Referee:**  
Tom Osterland

**Meet Director:**  
Bill Christensen  
Aquatics Manager  
Cell 817-312-1294  
Office 817-949-8200

**Dates:**                   **March 30-31, April 1st, 2012**   **Sanction Number:    262-002**

**Host Organization:**   Carroll Independent School District (CISD), Southlake, Texas

**Meet Organization:** The 2012 South Central Short Course Zone Championships will be hosted and managed by the Carroll Independent School District. The North Texas Nadadores (NTN), and the Dallas Aquatic Masters (DAM), Inc. will also support this meet with volunteers, technical assistance, and officials. The Carroll Independent School District will be responsible for the administrative operation of the meet, including entries, seeding, heat sheets, results, and hospitality. NTN and DAM will be responsible for the on-deck operation of the meet including timing system, console, scoreboard, and timers. The CISD Web Site ([www.cisdaquatics.com](http://www.cisdaquatics.com)) will also play a significant supporting role.

**Facility:** The CISD Aquatics Center is located at 1501 West Southlake Blvd. in Southlake, Texas. The facility is adjacent to the Carroll Senior High School which is located at the corner of Southlake Blvd. and Peytonville Rd. The Aquatics was first opened in November of 2001. It is an indoor 165 ft. x 75ft. facility with two movable bulkheads. The facility may be set up for one or two 25 yard courses each with 8 lanes. Competition lanes are nine feet wide. There is a 4 lane warm up area when conducting two courses and a 12 lane warm up area when conducting one course. The facility is equipped with a state-of-the-art Colorado timing system and an eight-lane scoreboard with both heat and event numbers displayed. Parking and dressing facilities are excellent. There will be swim shop concessions operating in the spectator area locate upstairs.

**Meet Schedule:**

- **Friday, March 30, 2012** Warm-ups begin at 4:30 PM; Meet begins at 5:30 PM
- **Saturday, March 31st, 2012** – First Warm-ups will begin at 9:30 am with the 500s starting at 10:30 am. After the end of the 500s, there will be another 30 minute warm-up. Event #7 (100 IM) will not start before 12:00 pm.
- **Sunday, April 1<sup>st</sup>, 2012** Warm ups begin at 8:00 am, Meet begins at 9:00 am. There will be continuous warm-up and warm-down in the adjacent pool during the entire meet.

**Sanction / Rules:** Sanctioned by North Texas Masters Swim committee for USMS, Inc: 262-002. Current United States Masters Swimming Rules will apply.

**Eligibility:** Open to all registered U. S. Masters Swimmers, aged 18 and older as of March 30<sup>th</sup>, 2012

**General Entry Procedures:** Team entries may be submitted by e-mail with a Hy-Tek file • Please include a hard copy of entries (by athlete). E-mail to [Bill.Christensen@southlakecarroll.edu](mailto:Bill.Christensen@southlakecarroll.edu).

**Individual entries** – ONLINE REGISTRATION IS PREFERRED AT <https://www.damswim.com/pages/Competition>. Paper entries may be mailed to: CISD Aquatic Center; attn.; Bill Christensen, 1501 W. Southlake Blvd. Southlake, TX 76092. If mailed, entry fees must be submitted with the entry. Make checks made **payable to CISD**. **If you do not receive confirmation of a paper entry within three days, please call 817-949-8201 to confirm.**

**Entry Fees:** Individual entry fee: \$50.00 Individual late entry fee is \$60.00. (see paragraph below for deadlines)  
Relay only swimmers: \$20.00 Relays: \$10.00 (relays can be entered and paid for on-deck). Individual Deck entries will not be accepted!

**Entry Deadline:** **ONLINE MEET ENTRIES CAN BE MADE AT** <https://www.damswim.com/pages/Competition> and must be submitted by Sunday, March 25, 2012 at 11:59pm. After March 26<sup>th</sup> and through Wednesday, March 28<sup>th</sup> 11:59pm, the online entry is considered late and is \$60.00. After Wednesday, March 28<sup>th</sup>, the online entry form will be turned off. MAILED PAPER ENTRIES must be **received by Tuesday, March 20, 2012 with \$50.00 payment.** Late paper entries must be received by Wednesday, March 28<sup>th</sup> with \$60.00 payment. A copy of an athlete's USMS card must be included with paper entry in order for your entry to be accepted. If you desire entry confirmation for a paper entry, please include an e-mail address with your entries or a phone number. Make checks made payable to CISD. **Deck entries WILL NOT be accepted! (Exception is relay and relay only swimmers)**

**Conduct of Meet:** All events will be seeded by gender and entry time and swum **slowest to fastest**. The 500, 1000, 1650-yard freestyles and the 400 yard individual medley will require a positive check-in on the following schedule: 1650 Free – 5:00 PM Friday, 400 I.M. – 5:00 PM Friday, 500 Free – 8:30 AM Saturday 1000 Free -10:30 am. They will be seeded by gender and swum **slowest to fastest**. The relay events will be deck entered and seeded by time. Relay events may be combined. Relay entries will be accepted up to one hour after the beginning of the competition each day. Swimmers participating only in relays must present a copy of their USMS card, pay a \$20.00 surcharge, and sign the liability release at the time of the entry.

**Entry Limit:** Athletes may enter a maximum of **five (5)** individual and **two (2)** relay events per day.

**Scoring:**

<b>Place <sup>TM</sup></b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Individuals</b>	<b>9</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Relays</b>	<b>18</b>	<b>14</b>	<b>12</b>	<b>10</b>	<b>8</b>	<b>6</b>	<b>4</b>	<b>2</b>

**Awards:** Medals will be given for places one through three in each individual event in each Age Group. Team awards will be given for places one through three

**Final; Results:** Daily Results and Final Results will be posted on the CISD Aquatics Center Web Site at: [www.cisdaquatics.com](http://www.cisdaquatics.com).

**T – Shirts:** Pre-Order is available. Fill out form below and return with entry to reserve your shirt. Please make T-shirt checks payable to “Off the Blocks”. Limited quantities will be available on site.

**Heat Sheets:** Free for all participants and will be available at Registration.

**Lodging:** The Host hotel for this event is the **Dallas Marriott Solana** located in Westlake. The Hotel is approximately 3.4 miles from the CISD Aquatics Center. **The Marriot Solana is offering a \$89/night rate.**

Reservations for the Event will be made by individual attendees directly with Marriott reservations at **1 (800) 228-9290.**

Reservations by attendees must be received on or before **Friday, March 09, 2012,** (the “Cut-Off Date”).

**U. S. Masters Swimming  
2012 South Central Zone Short Course Championships**

**Entry Form**

Full name: \_\_\_\_\_ Phone: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST \_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Age as of: 03/30/12 \_\_\_\_ Birthdate: \_\_\_\_\_ USMS Reg #: \_\_\_\_\_

Name of Team: \_\_\_\_\_ LMSC: \_\_\_\_\_

Attach copy of USMS Card

Distances are in yards

Friday, March 30 - Warm-ups 4:30 P.M. – Meet 5:30 P.M.

<u>Women</u>	<u>Event</u>	<u>Men</u>
<u>Seed Time</u>		<u>Seed Time</u>
1 _____	400 IM	2 _____
3 _____	1650 Free	4 _____

Saturday, March 31st – 500 Warm-ups 9:30 A.M. – Meet 10:30 A.M.

\*After the 500s, there will be another 30 minute warm-up. Event #7 will not start before 12:00 pm.\*

5 _____	500 Free	6 _____
7 _____	100 Ind. Medley	8 _____
9 _____	200 Back	10 _____
11 _____	50 Breast	12 _____
13 _____	100 Free	14 _____
15 _____	50 Back	16 _____
17 _____	200 Breast	18 _____
19 _____	100 Fly	20 _____
<u>21,22,&amp; 23</u>	200 Free Relay (W, M, Mixed)Deck seeded	
<u>24,25,&amp; 26</u>	400 Med. Relay (W, M, Mixed)Deck seeded	

Sunday, April 1st – Warm-ups 8:00 A.M. – Meet 9:00 A.M.

27 _____	100 Breast	28 _____
29 _____	200 Free	30 _____
31 _____	50 Fly	32 _____
33 _____	100 Back	34 _____
35 _____	200 Fly	36 _____
37 _____	50 Free	38 _____
39 _____	200 IM	40 _____
<u>41,42,&amp; 43</u>	200 Med. Relay (W, M, Mixed)Deck seeded	
<u>44,45,&amp; 46</u>	400 Free Relay (W, M, Mixed)Deck seeded	
<u>47, 48, and 49</u>	800 Free Relay (W, M, Mixed) Deck seeded	
50 _____	1000 Free	51 _____

**U. S. Masters Swimming  
2012 South Central Zone Short Course Championships  
Relay Entry Form  
Circle Event Being Entered**

**Saturday**

- #21 Women's 200 Free
- #22 Men's 200 Free
- #23 Mixed 200 Free
- #24 Women's 400 Medley
- #25 Men's 400 Medley
- #26 Mixed 400 Medley

**Sunday**

- #41 Women's 200 Medley
- #42 Men's 200 Medley
- #43 Mixed 200 Medley
- #44 Women's 400 Free
- #45 Men's 400 Free
- #46 Mixed 400 Free
- #47 Women's 800 Free
- #48 Men's 800 Free
- #49 Mixed 800 Free

Team Name: \_\_\_\_\_ Team Abbreviation: \_\_\_\_\_

Relay designation (A, B, etc): \_\_\_\_\_ Team ID Number: \_\_\_\_\_

Age Group (18+, 25+, 45+, etc) determined by youngest member: \_\_\_\_\_ Seed Time: \_\_\_\_\_

**Participant's name as it appears on the USMS Card:**


**Meet ID#**


**Age**


**Gender**


**For Clerk-of-Course:**

\_\_\_\_\_ Time entry received

Relay ID# \_\_\_\_\_

\_\_\_\_\_ Entry Fee Paid (\$10.00)

**Non-Registered Relay Only Participants:**

\_\_\_\_\_ All relay only participant's USMS cards received (copies).

\_\_\_\_\_ All relay only participants liability releases signed.

\_\_\_\_\_ All relay only participants surcharges (\$20.00) paid.  
Checks made payable to: CISD

# U. S. Masters Swimming 2012 South Central Zone Short Course Championships

## Entry Fees

<u>Item</u>	<u>Cost</u>	<u>Quantity</u>	<u>Total</u>
Normal Entry fee	\$50.00	_____	_____
Late Entry Fee	\$60.00	_____	_____
Relay Only Swimmers	\$20.00	_____	_____

Make checks payable to CISD.

**Individual entry fee: \$50.00. Late Individual Entry Fee: \$60.00. Relay only swimmers: \$20.00 Relays: \$10.00. Individual Deck entries WILL NOT BE accepted! (Exception is relay and relay only swimmers).**

Checks should be **payable to CISD** and entries mailed to CISD, attn; Aquatic Center, 1501 W. Southlake Blvd., Southlake, TX 76092. Please include payment with the specified and attached form. Please mail your entries to the address noted below. If you wish to receive confirmation of receipt, please include a stamped, self-addressed envelope.

Total Amount Enclosed \$ \_\_\_\_\_  
Make checks payable to CISD.

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**You must attach a copy of your USMS Card here and sign the Waiver just below!**

### Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the Rules of USMS.

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Signature

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Date

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Printed Name

**Pre-Order Form**  
**Masters Southwestern Zone Championship**  
**March 30, 31, and April 1st, 2012**

**Full name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **ST** \_\_\_\_\_ **Zip:** \_\_\_\_\_

2012 Master Zone Meet Short Sleeve T-Shirt-100% Cotton Sports Gray \$15.00  
Size Adult Sm through XXXL Sm\_\_\_\_ MD\_\_\_\_ L\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_ XXXL\_\_\_\_

2012 Master Zone Meet Long Sleeve T-Shirt-100% Cotton Sports Gray \$20.00  
Size Adult Sm through XXXL Sm\_\_\_\_ MD\_\_\_\_ L\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_ XXXL\_\_\_\_

2012 Master Zone Meet Crew Sweatshirt -Sports Gray \$25.00  
Size Adult Sm through XXXL Sm\_\_\_\_ MD\_\_\_\_ L\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_ XXXL\_\_\_\_

2012 Master Zone Meet Hooded Sweatshirt-Sports Gray \$30.00  
Size Adult Sm through XXXL Sm\_\_\_\_ MD\_\_\_\_ L\_\_\_\_ XL\_\_\_\_ XXL\_\_\_\_ XXXL\_\_\_\_

**Total Cost:** \_\_\_\_\_

Please make check payable to "Off the Blocks".  
(It needs to be a separate check from the Entry Fees).

## Area Lodging

Dallas Marriott Solana – Host Hotel  
5 Village Circle  
Westlake, TX 76262  
Phone: (817) 430-3848  
Fax: (817) 430-4870

Hilton Dallas/Southlake Town Square (Closest to Aquatics Center)  
Call for Group Rates  
1400 Plaza Place  
Southlake, Texas 76092  
817-442-9900

***Hampton Inn & Suites Fort Worth-Alliance Airport***  
13600 North Freeway  
Fort Worth, TX 76177  
**tel: 817-439-0400**  
fax: 817-439-1158

Comfort Suites – Roanoke  
801 West Highway 114  
Roanoke Texas, 76262  
Phone: 817-490-1455  
Fax: 817-490-1280

AmeriSuites  
2220 Grapevine Mills Circle West  
Grapevine, TX 76051  
(972) 691-1199  
Fax: (972) 691-3596

Baymont Inn  
301 Capital Street  
Grapevine, TX 76051  
(817) 329-9300  
Fax: (817) 329-0892

Holiday Inn Express  
309 State Highway 114 West  
Grapevine, TX 76051  
(817) 442-5919  
Fax: (817) 442-5960

Hampton Inn & Suites – Grapevine  
1750 State Highway 121 North  
Grapevine, TX 76051  
(972) 471-5000  
Fax: (972) 745-7511

Ramada Limited  
Highway 26 and Highway 121  
Grapevine, TX 76051  
(972) 304-9611  
Fax: (972) 304-4929

[Super 8 Motel - Grapevine/DFW Airport Northwest](#)  
250 E State Highway 114  
Grapevine, TX 76051 US  
Phone: 817-329-7222