

Colonies Zone Short Course Yards Championship

April 14th-16th, 2023

Hosted by the Rutgers University Swimming & Diving
at the Werblin Recreation Center, Rutgers University, Piscataway NJ
Sanctioned by New Jersey LMSC for USMS Inc, #073-S002

Welcome to the 2023 Colonies Zone Short Course Yards Championship meet!

Meet Website: www.besmarttinc.com

Entries & Meet Information:

https://www.clubassistant.com/club/meet_information.cfm?c=2639&smid=15746

Facility Information	<p>The Sonny Werblin Recreation Center has a 50 meter pool which will be configured as two competition courses. Each course has its own scoreboard. Automatic timing, using Colorado Time equipment will be used.</p> <p>The lengths of the competition courses are in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.</p> <p>The main course "Main Pool" has a minimum depth for diving of 6 feet. This course has a moveable bulkhead and therefore the eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.</p> <p>The diving end course "Dive Pool" has a minimum depth for diving of 8 feet. This course has fixed walls.</p> <p>There are two auxiliary pools "Patio Pools" with three lanes each. One pool is 18 yards long, the other 20 yards long.</p> <p>No outside chairs will be allowed anywhere in the facility. Location & Directions: https://goo.gl/maps/KiPCdDs6bP54JpmP7</p>
One-pool meet:	<p>The meet organizers have planned for and anticipate entries sufficient for a two-pool meet. However if the entries are insufficient by the time the meet closes, the schedule may be rearranged to a one-pool meet. In this case, the main pool will be used for competition and the dive pool will be used for warm-up and warm-down. The patio pools will not be part of the meet facilities.</p>
Parking	<p>Rutgers University requires all parked vehicles to be registered with the University Parking and Transportation department. A registration link and parking maps will be posted on the meet website (besmarttinc.com) a week before the meet.</p>
Entries	<p>Online entries only will be accepted at https://www.clubassistant.com/club/meet_information.cfm?c=2639&smid=15746</p> <p>Entries will close on Thursday April 6th, 2023 at 11:59pm or when the meet reaches 600 swimmers.</p> <p>Competitors may enter up to 5 individual events per day, plus relays.</p>
Entry Fees	<p>\$9 per event plus \$35 surcharge per swimmer.</p>
Eligibility	<p>The meet is open to current (2023) USMS members, or members of another World Aquatics recognized governing body.</p> <p>Age is determined by the swimmer's age on April 16, 2023, except for 18-year-olds who must be of age on April 14, 2023.</p>
Relays	<p>All relays must be deck-entered by the end of check-in for the session where they swim. Relay cards will be provided. Relays are no-charge but swimmers must be entered in the meet to participate in a relay.</p>

Seeding	<p>All events are timed finals.</p> <p>The Friday 1000 & 1650 freestyle, the Saturday 500 freestyle, and the Sunday 400 IM events will be seeded fastest to slowest. The main Saturday & Sunday session events will be seeded slowest to fastest.</p>
Distance Events	<p>Swimmers must check-in in person Friday before 3:30pm for the 1000 & 1650 events otherwise they will be scratched from that session. The 1000 freestyle is limited to the first 112 entries received and the 1650 to the first 72 entries received. Plastic lap counters will be provided but swimmers must provide a friend to count for them.</p>
Check-In	<p>Swimmers must check-in for each session at the desk by half an hour before session start, otherwise they will be scratched from that session. Friday Distance: 3:30pm, Saturday & Sunday first session: 9:30am. Swimmers may check in for both sessions each day at first-session check-in.</p> <p>The check-in schedule for the second sessions on Saturday & Sunday will be announced once entries close at www.besmarttinc.com.</p>
Psych Sheets, Heat Sheets, & Results	<ul style="list-style-type: none"> • Psych sheets will be available at www.besmarttinc.com once entries have closed. • Heat sheets will be available at www.besmarttinc.com, Swim Phone, & Meet Mobile once sessions have been seeded. Printed heat sheets will also be posted around the deck. • Real-time results will be available at www.besmarttinc.com, SwimPhone, & Meet Mobile. Results will also be posted on the glass wall next to the locker rooms. • PDF result reports will be available at the end of each session at www.besmarttinc.com
Awards	<p>There will be Special Championship awards to the highest scoring teams in Large, Medium, and Small divisions. Events will be scored 9-7-6-5-4-3-2-1 and double for relays.</p> <p>There will be printable recognition certificates online at www.besmarttinc.com after the meet.</p>
Age Groups:	<p>Individual Events: 18-24, 25-29, etc in 5-year increments in accordance with 102.3.1. Relays: 18+, 25+, 35+ in accordance with 102.3.2.A. The age of the youngest member of the relay team determines the age group.</p>
Split Requests:	<p>USMS Split Notification forms will be available for split request for individual events. For events other than backstroke, swimmers must notify the meet referee by the end of the meet. Swimmers must notify the referee of their intent to record an initial backstroke split before swimming the event.</p> <p>All relay lead-off legs will be automatic official splits.</p>
Refreshments:	<p>Rutgers recreation will be providing light refreshments and snacks on-site. More food options are available on-campus at the Busch Campus Center, a short walk across the parking lot from the Recreation Center.</p>
T-Shirts	<p>Souvenir T-Shirts will be on sale through the Club Assistant portal for \$19 for Small, Medium, Large shirts and \$23 for X-Large, XX-Large, and XXX-Large shirts.</p>
Questions:	<p>Contact the meet director Ellen Mace, besmarttinc@gmail.com</p>

Friday April 14th – Distance Session

Warm-up: 3:00pm, Check-In: 3:30pm, Session Start: 4:00pm

1000 Freestyle swims in Dive Pool, 1650 Freestyle swims in Main Pool

Events seeded fast to slow, men & women combined. Swimmers may enter **1** event this session.

The competition pools will remain open for warm-down for 15 minutes after the completion of the last heat

Event #	Event
#1	Mixed 1000 Freestyle
#3	Mixed 1650 Freestyle

Saturday April 15th – Morning Session

Warm-up: 9:00am, Check-In 8:45am-9:30am, Session Start: 10:00am

Women swim in main pool, men swim in dive pool

Events seeded slow to fast, except 500 Freestyle. Swimmers may enter up to **5** events on Saturday.

†Enter relays during check-in.

The competition pools will remain open for warm-down for 15 minutes after the completion of the last heat

Women	Event	Men
#5	100 Freestyle	#6
#7	200 Butterfly	#8
#9	Mixed 400 Freestyle Relay †	#9
#11	50 Breaststroke	#12
#13	200 IM	#14
#15	Mixed 200 Medley Relay †	#15
#17	500 Freestyle	#18

Saturday April 15th – Afternoon Session

Warm-up: TBA, Check-In: TBA, Session Start: TBA (1 hour warm-up)

Women swim in main pool, men swim in dive pool

Events seeded slow to fast. Swimmers may enter up to **5** events on Saturday.

†Enter relays during check-in.

The competition pools will remain open for warm-down for 15 minutes after the completion of the last heat

Women	Event	Men
#19	100 Backstroke	#20
#21	200 Freestyle Relay †	#22
#23	200 Breaststroke	#24
#25	50 Butterfly	#26
#27	400 Medley Relay †	#28
#29	800 Freestyle Relay †	#30

Sunday April 16th – Morning Session

Warm-up: 9:00am, Check-In: 9:30am, Session Start: 10:00am

Women swim in dive pool, men swim in main pool

Events seeded slow to fast, except 400 IM. Swimmers may enter up to 5 events on Sunday.

† Enter relays during check-in.

The competition pools will remain open for warm-down for 15 minutes after the completion of the last heat

Women	Event	Men
#31	200 Freestyle	#32
#33	100 IM	#34
#35	Mixed 800 Freestyle Relay †	#35
#37	Mixed 400 Medley Relay †	#37
#39	50 Backstroke	#40
#41	100 Breaststroke	#42
#43	Mixed 200 Freestyle Relay †	#43
#45	400 IM	#46

Sunday April 16th – Afternoon Session

Warm-up: TBA, Check-In: TBA, Session Start: TBA (1 hour warm-up)

Women swim in dive pool, men swim in main pool

Events seeded slow to fast. Swimmers may enter up to 5 events on Sunday.

† Enter relays during check-in.

The competition pools will remain open for warm-down for 15 minutes after the completion of the last heat

Women	Event	Men
#47	50 Freestyle	#48
#49	400 Freestyle Relay †	#50
#51	200 Backstroke	#52
#53	100 Butterfly	#54
#55	200 Medley Relay †	#56



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

Do not use for entry – Online entries only