



***Early Morning Sprinters
Short Course Yards – December 5, 2026***

Sanctioned By: *Southern Masters Swimming for United States Masters Swimming, Inc.
Sanction Number:*

Hosted By: *Crawfish Aquatics*

Meet Director: *Nanette Fontenot (225) 202-7864 crawfishfontenot@gmail.com*

Meet Referee: *Rebecca Candebat*

Location: *Ketcham Fitness Center Pool in the Jimmy Swaggart Complex at 7150 Bluebonnet Blvd in Baton Rouge, Louisiana. The facility is directly adjacent to the Renaissance Hotel*

Date & Times: *Saturday, December 5, 2026 Warm-up 6:00AM/Meet starts 7:00AM*

Facilities: *Indoor 8 lane 25-yard pool with non-turbulent racing lane ropes. All races will be conducted on a 25 yard course. Showers and lockers will be available. Pool depth 13 feet at starting end. Bulkhead will be moved to separate the pools into one intended. We will have an outside lane for warm down and will take a 5 minute break between events for warm down. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.6, 105.1.7, and 106.2.1 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 as per USMS guidelines. The bulkhead placement and length of pool will be verified before and after each session of the meet. Splits will be recorded by automatic timing system. USMS SCM National and World Record times have been achieved in this pool which have been accepted by USMS and Fina.*

Timing: *Colorado automatic timing system with touch pads will be the primary timing system. Secondary system will be manual-electronic with 1 button and 1 digital watch per lane, with watch available at all times. Times from this system are eligible for USMS records and Top 10 considerations as per USMS guidelines.*

Rules: *Current United States Masters Swimming technical rules and code of regulations will govern This meet.*

Conduct of Meet: *All events will be timed finals.*

Results: *Results will be posted on the Crawfish Aquatics website. Meet results will also be provided to the USMS for inclusion on their website.*

Eligibility: *All participants must be registered with United States Masters Swimming. Minimum age is 18 years based on age as of December 5, 2026. A copy of your current USMS card must be included with your entries.*

Liability Release: *Each entered swimmer must sign the liability release form at the end of this invitation. Send this along with your filled out entry form.*

Limit of Events: *Each entered swimmer may swim 5 events plus relays.*

Entry Fees: *Cost for full participation is \$15.00 (\$20 if payment by credit card) Late and deck fees is \$25 For those mailing entries in, checks should be made payable to "Crawfish Aquatics". The entry fee also can be provided by credit card. The entry form has blanks to allow credit card payments.*

Entry Deadline: *Entries must be received by midnight December 2, 2026. Late entries will be allowed but swimmers will be placed in available lanes and heats. Entries must be mailed or delivered to: (or can email) Nanette Fontenot
1426 Brookhollow Drive
Baton Rouge, LA 70810*

E-mail to: *crawfishfontenot@gmail.com*

Use the enclosed entry form only! You can send your entry in by E-mail, but you must send the signed paper work along with your entry check.

Hospitality: *Breakfast will be provided after the meet. Some fun relays will also be done after the meet.*

Scoring: *Points will not be awarded*

Age Groups: *Individual: 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70-74, etc. (5-year increments as high as needed)
Relays: 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+... (10-year increments as high as is necessary). The age of the youngest relay team member shall determine the age group. Relay teams must swim in the oldest age group for which they are eligible. Age Determining Date: For both individual and relay events, age is determined by the participant's age as of December 5, 2026 (last day of meet)*

Awards: *Ribbons 1st through 8th in each age group for each event will be awarded for individual events only. Ribbons for relay events will not be provided.*

MEET ENTRY FORM

**Saturday, December 5, 2026 Warm-up 6:00AM/Meet 7:00AM
Crawfish Aquatics, Sanction #**

Name _____ **Date of Birth** _____ **Age (as of 12/05/26)** _____

Sex _____ **Address** _____

City/State/Zip _____

E-Mail _____ **Phone** _____ - _____ - _____

USMS# _____

Team Name _____ **Abbreviation** _____

Please circle desired event numbers for all individual entries. List the best recent short course yard times in the space provided. Use a "NT" if you have no time for an event. Entry must be received by Wednesday, December 2, 2026. Late entries taken at discretion of meet director based on space availability. No new heats will be formed.

Women	Men	Event	Time (yards)
1	2	50 Fly	_____
3	4	200 Medley Relay	_____
5	6	50 Back	_____
7	8	200 Free Relay	_____
9	10	50 Breast	_____
11		200 Mixed Medley	_____
13	14	50 Free	_____
15		200 Mixed Free	_____
17	18	100 IM	_____

.....
Signature _____ **Date** _____

Breakfast provided after the swim competition.

Fees: \$15.00 _____ **(payable to Crawfish Aquatics) Late Fee: \$25 (After Wednesday, December 2, 2026)**

Check number _____ **Credit Card** _____ **(\$20) CC #** _____ **Ex date** _____ **SC#** _____

Proof of USMS membership (a copy of your current USMS registration card or a copy of your USMS application form) AND a filled out application form with check must accompany this entry form. You must sign the liability release and include check with your entry. All entrants who list a correct e-mail address will receive confirmation when their entries are received.

Please read and fill out USMS waiver on next page

MASTERS CHAMPIONSHIP LIABILITY RELEASE FORM



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.

<i>Last Name</i>	<i>First Name</i>	<i>MI</i>	<i>Sex (circle)</i> <i>M F</i>	<i>Date of Birth (mm/dd/yy)</i>
<i>Street Address, City, State, Zip</i>				
<i>Signature of Participant</i>			<i>Date Signed</i>	