

2010 West Houston Aquatic League Inc. Parental Release and Consent

Swimmer's Name _____

Age As Of May 1, 2010 _____

Birth date _____ Gender _____

Team _____ Team Last Year _____

RELEASE OF LIABILITY FOR PARTICIPANTS **READ BEFORE SIGNING**

IN CONSIDERATION OF _____, my child/ward, being allowed to participate in any way in the West Houston Aquatics League related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury to my child/ward from the activities involved in these programs is significant, including the potential for permanent disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I FOR MYSELF, SPOUSE, AND CHILD/WARD, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, or others, and assume full responsibility for my child/ward's participation; and,
3. I willingly agree to comply with the program's stated and customary terms and conditions for participation. If I observe any unusual significant concern in my child/ward's readiness for participation and/or in the program itself, I will remove my child/ward from the participation and bring such attention of the nearest official immediately; and,
4. I for myself, my spouse, my child/ward, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS The West Houston Aquatic League; Its directors, officers, officials, agents, employees, volunteers, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessor of premises used to conduct the event ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property incident to my child/ward's involvement or participation in these programs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I, for myself, my spouse, my child/ward, and on behalf of my/our heirs, assigns, personal representatives and next of kin, HEREBY INDEMNIFY AND HOLD HARMLESS all the above Releasees from any and all liabilities incident to my child/ward's involvement or participation in these programs, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

(PARENT/GUARDIAN SIGNATURE)

(PRINT NAME)

Date Signed _____

UNDERSTANDING OF RISK –

I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a participant.

(PARENT/GUARDIAN SIGNATURE for MINOR or PARTICIPANT SIGNATURE IF 18 YEARS OR OLDER) (PRINT NAME)

Date Signed _____

2010 West Houston Aquatic League Inc. Parental Release and Consent, Page 2

The purpose of WHALe is to foster amateur swimming competition. Accordingly, only NOVICE swimmers may participate in WHALe.

- a. A NOVICE cannot have swum on any college or university swim team.
- b. A NOVICE is any individual up to and including eighteen (18) years of age as of May 1st of the current year who has not participated in any USA Swimming after June 1st of the current year. This is not intended to preclude any type of organized practice.
- c. Additionally, if a swimmer has a TAGS time in any stroke of their current age group, they must swim that stroke up one (1) age group. If a swimmer has a Sectional Time in any stroke, they are precluded from swimming that stroke in any WHALe meet. For 15-18 year old and high school swimmers, page 3 must be signed.

Violation of any league eligibility rules will result in the forfeiture of any meet(s) in which an ineligible swimmer participates.

Has your child participated in a USA Swimming program? YES _____ NO _____

IF YES,

1. Does your child agree not to participate in any long course meets after June 1st of the current year until the conclusion of the WHALe Meet of Champions and All Star Meet?

YES _____ NO _____ and,

2. Please indicate any stroke(s) in which your child has a current TAGS time (Texas Age Group Swimming Championship qualifying times that are achieved in a USA Swimming sanctioned Short Course or Long Course meet). If your child has a Sectional time, page 2 must be completed.

AGE _____ FREE _____ BACK _____ BREAST _____ FLY _____ IM _____

I hereby agree that the above information is correct to the best of my knowledge. I understand and will advise my child that there shall be No Diving in ends of pools that are less than 3.5 feet deep.

Parent/Guardian's Signature _____ Date _____

- * **For your convenience, the 2010 TAGS time standards are presented on pages 4 and 5 of this document.**

*** 2010 West Houston Aquatic League Inc. Parental Release and Consent, Page 3**

Swimmer's Name _____

Team _____ **Team Last Year** _____

I hereby certify that my child has not swum a Sectional Time at a USA Swimming meet or a high school meet. If my child has swum a Sectional Time at one of these meets, I understand that he/she is ineligible to swim in a West Houston Aquatic League (WHAle) meet for that stroke. For example, if a swimmer has a Sectional Time in any length freestyle event, this prohibits them from swimming in the following events: freestyle, free relay, and the freestyle leg of the medley relay. If a swimmer has Sectional Times in three strokes, but not the IM, this does not prohibit them from swimming the IM. The swimmer must have an IM Sectional Time to prohibit him/her from swimming the IM in a WHAle meet. Furthermore, a Sectional Time does not expire. Once a swimmer has swum an event and earned a Sectional Time, they are prohibited from swimming that stroke in a WHAle meet.

For your convenience, the current Sectional Time Standards are shown below.

	GIRLS		EVENT		BOYS	
SCY		LCM		SCY		LCM
25.19		28.49	50 free	22.49		25.49
54.09		1:01.39	100 free	48.99		55.49
1:56.49		2:12.59	200 free	1:47.49		2:01.69
5:13.59		4:39.69	400/500 free	4:54.39		4:22.39
10:48.19		9:30.49	800/1000 free	10:09.09		9:00.99
18:21.59		18:23.29	1500/1650 free	17:13.59		17:05.59
1:01.29		1:10.99	100 back	56.39		1:04.59
2:11.19		2:32.79	200 back	2:02.39		2:20.89
1:09.99		1:20.89	100 breast	1:03.79		1:12.69
2:29.99		2:54.79	200 breast	2:20.89		2:40.59
59.59		1:07.99	100 fly	54.19		1:00.59
2:11.99		2:34.19	200 fly	2:02.79		2:21.09
2:12.09		2:32.89	200 IM	2:02.29		2:20.19
4:40.79		5:22.89	400 IM	4:24.19		5:00.49

My child has swum a Sectional Time in the following stroke(s):

FREE _____ BACK _____ BREAST _____ FLY _____ IM _____

OR

My child does NOT have a Sectional Time in any stroke _____

I understand that if my child swims in a WHAle meet any stroke for which he/she has a Sectional Time, the swimmer and the team are subject to disqualification. I hereby agree that the above information is correct to the best of my knowledge.

Parent/Guardian's Signature _____ **Date** _____

Swimmers Signature _____ **Date** _____

Texas Swimming Association

Home of the Premier State Swimming Association

www.tsaswim.org

2010 TAGS Time Standards

[posted 10/24/2009]

Legend:

- Time standard is faster than 2009

+ Time standard is slower than 2009

No indicator means no change from 2009

10 AND UNDER

GIRLS			Event	BOYS		
SC Yards	SC Meters	LC Meters		SC Yards	SC Meters	LC Meters
:30.49-	:33.09-	:33.69-	50 FREE	:30.29	:32.79-	:33.79-
1:06.09	1:13.09-	1:14.39-	100 FREE	1:06.69-	1:12.39-	1:14.59-
2:24.99-	2:39.59-	2:41.49-	200 FREE	2:22.79-	2:38.39-	2:42.09-
6:24.89-	5:31.89-	5:38.69-	400/500 FREE	6:17.59-	5:37.69-	5:44.09-
:35.39	:39.29	:40.29-	50 BACK	:35.49	:39.39	:41.09-
1:16.39-	1:25.29-	1:26.29-	100 BACK	1:17.09-	1:25.79-	1:28.39-
:40.39	:44.79	:45.89-	50 BREAST	:41.19	:45.69	:46.79-
1:27.19	1:35.89-	1:38.79-	100 BREAST	1:30.69	1:39.59-	1:41.59-
:34.09	:37.79	:38.39	50 FLY	:34.19	:37.99	:38.69
1:18.59-	1:27.19-	1:29.09-	100 FLY	1:17.79	1:31.09-	1:32.19-
1:16.69-	1:25.09-	-----	100 IM	1:17.09-	1:25.59-	-----
2:43.29-	3:00.09-	3:03.39-	200 IM	2:44.79-	3:04.19-	3:07.49-
2:06.19	2:18.89-	2:22.09-	200 FREE RELAY	2:07.29	2:22.09	2:25.59-
4:40.89	5:10.89-	5:17.29-	400 FREE RELAY	4:50.39-	5:26.69-	5:33.09-
2:24.69	2:40.59-	2:44.79-	200 MEDLEY RELAY	2:28.49	2:44.79	2:47.49-

11 - 11

GIRLS			Event	BOYS		
SC Yards	SC Meters	LC Meters		SC Yards	SC Meters	LC Meters
:27.99-	:31.29-	:31.89	50 FREE	:28.09-	:30.99-	:31.89-
1:00.79-	1:07.89-	1:09.19-	100 FREE	1:01.09-	1:07.29-	1:09.29-
2:12.59-	2:27.19-	2:28.99-	200 FREE	2:13.89-	2:28.09	2:31.29
5:51.49-	5:07.59-	5:13.89-	400/500 FREE	5:54.49-	5:11.09-	5:17.49-
:32.59-	:36.19-	:37.39-	50 BACK	:32.59-	:36.19-	:37.49-
1:09.89-	1:17.59-	1:19.89-	100 BACK	1:09.79-	1:17.49-	1:20.29-
2:29.09-	2:47.09-	2:49.09-	200 BACK	2:32.89	2:46.59-	2:51.59-
:37.19	:41.29	:42.09	50 BREAST	:37.69-	:41.79-	:43.09
1:20.29-	1:29.09-	1:32.49	100 BREAST	1:20.49	1:29.29	1:32.49
2:51.69-	3:13.79-	3:17.39-	200 BREAST	2:55.49-	3:13.29-	3:20.29-
:31.29-	:34.69-	:35.19-	50 FLY	:31.79-	:35.29-	:35.89
1:10.09-	1:17.79-	1:19.29-	100 FLY	1:11.69	1:19.99	1:21.49
2:43.29-	2:56.49	2:59.29	200 FLY	2:46.19-	2:55.29	2:58.49
1:10.19-	1:17.89-	-----	100 IM	1:11.49	1:19.39	-----
2:31.49-	2:48.19-	2:51.99-	200 IM	2:32.89	2:48.39	2:51.59

11 - 12

GIRLS			Event	BOYS		
SC Yards	SC Meters	LC Meters		SC Yards	SC Meters	LC Meters
1:51.59-	2:01.69-	2:04.89-	200 FREE RELAY	1:51.49-	2:02.29-	2:05.49-
4:02.09-	4:30.79	4:37.19	400 FREE RELAY	4:07.19-	4:33.29-	4:39.69-
2:05.49-	2:19.29-	2:22.39-	200 MEDLEY RELAY	2:06.19-	2:20.09-	2:24.79-
4:35.49-	5:05.79-	5:13.69	400 MEDLEY RELAY	4:36.49-	5:06.89-	5:16.09-

2010 TAGS Time Standards - Continued

12 - 12

GIRLS			Event	BOYS		
SC Yards	SC Meters	LC Meters		SC Yards	SC Meters	LC Meters
:26.79-	:29.79-	:30.39-	50 FREE	:26.59	:28.99-	:29.89-
:58.09-	1:04.79-	1:06.29	100 FREE	:57.89-	1:03.49-	1:05.39-
2:05.59-	2:20.19-	2:23.29-	200 FREE	2:05.59-	2:18.09-	2:21.39-
5:35.39-	4:56.49-	5:02.59-	400/500 FREE	5:33.69-	4:51.99-	5:01.99
:30.99-	:34.39-	:35.39-	50 BACK	:30.69-	:34.09-	:34.99-
1:05.59-	1:13.19-	1:16.29-	100 BACK	1:05.29-	1:12.49-	1:15.49-
2:21.29-	2:37.69-	2:42.89-	200 BACK	2:21.99-	2:36.69-	2:41.39-
:35.39	:39.29	:40.09	50 BREAST	:34.69-	:38.49-	:39.49-
1:15.69-	1:23.99-	1:27.39-	100 BREAST	1:15.09-	1:23.39-	1:26.49-
2:44.19-	3:03.29-	3:07.89-	200 BREAST	2:42.09-	2:59.69-	3:06.19-
:29.59-	:32.79-	:33.29-	50 FLY	:29.39-	:32.59-	:33.29-
1:05.89-	1:13.09-	1:15.29-	100 FLY	1:06.89-	1:13.59-	1:14.49-
2:31.09-	2:48.59-	2:51.79-	200 FLY	2:29.19	2:46.49	2:53.79-
1:07.09-	1:14.49-	-----	100 IM	1:06.89-	1:14.29-	-----
2:23.69-	2:40.39-	2:44.69	200 IM	2:24.09-	2:36.09-	2:41.79-

13 - 14

GIRLS			Event	BOYS		
SC Yards	SC Meters	LC Meters		SC Yards	SC Meters	LC Meters
:25.69	:28.49	:29.09	50 FREE	:24.09	:26.79	:27.79
:55.49	1:01.59	1:02.89	100 FREE	:52.39	:58.19	1:00.29
1:59.29	2:12.39	2:15.99	200 FREE	1:54.39-	2:07.79	2:10.79
5:20.89	4:40.79	4:47.49	400/500 FREE	5:06.89	4:27.49	4:36.59
10:55.99	9:33.89	9:48.49	800/1000 FREE	10:32.09	9:09.39	9:28.19
18:23.99	18:20.69	18:55.69	1500/1650 FREE	17:38.09	17:34.89	18:14.69
1:03.09	1:10.09	1:13.99	100 BACK	1:00.19	1:06.79	1:09.99
2:16.49	2:31.49	2:37.09	200 BACK	2:09.79-	2:24.89-	2:30.09-
1:11.69	1:19.59	1:23.19	100 BREAST	1:07.99	1:15.49	1:19.09-
2:35.19	2:52.69	2:57.79	200 BREAST	2:28.49	2:46.79	2:51.69
1:01.69	1:08.49	1:10.69	100 FLY	:58.79	1:05.29	1:06.69
2:17.69	2:32.79	2:38.59	200 FLY	2:12.19	2:26.79	2:32.49
2:16.19	2:31.99	2:35.39	200 IM	2:10.59	2:23.99-	2:29.19-
4:48.59	5:20.39	5:28.59	400 IM	4:38.79	5:11.09	5:18.89
1:45.29	1:56.89	1:59.29	200 FREE RELAY	1:40.19	1:49.19-	1:52.39-
3:48.09	4:13.19-	4:20.49-	400 FREE RELAY	3:37.99	4:01.39-	4:07.79-
8:14.19	9:15.09	9:26.59	800 FREE RELAY	8:04.89-	8:56.89-	9:15.19-
1:58.49-	2:11.49-	2:14.59	200 MEDLEY RELAY	1:53.39-	2:06.09-	2:09.29-
4:17.09	4:45.39	4:53.49	400 MEDLEY RELAY	4:05.19-	4:32.19-	4:41.09-