

# LOGO

## 2nd Annual Misty Hyman-Finis Masters Classic

- **Date:** February 14th & 15th, 2015
- **Sanction:** This meet is sanctioned by Michigan Masters Swimming as a recognized swim meet. Although we encourage you to register with Michigan Masters Swimming, you don't need to be registered to compete. USMS rules will govern all competition. Sanction #
- **Meet Director:** Erin Shields, [Erin@mesaswims.com](mailto:Erin@mesaswims.com), 602-469-0400
- **Meet Referee:** Mary Kramer, [mckswim@aol.com](mailto:mckswim@aol.com).
- **Meet Host:** Mesa Aquatics Club, Paul Smith, [Paul@mesaswims.com](mailto:Paul@mesaswims.com), 602-228-9739
- **Location:** Kino Aquatic Center. 848 N. Horne, Mesa, AZ 85203
- **Facility:** Kino Aquatic center will utilize an 8-10 lane 25 yard course with 8 additional 25 yard lanes for continuous warm up. A Colorado Timing Electronic system with touchpads and scoreboard will be utilized for this competition. Locker rooms are available with limited locker space (you must bring your own lock)
- **Eligibility:** Open to all registered Masters Swimmers holding a valid 2015 USMS Card. For further information on registration, contact the AZLMSC Registrar, Katy James at [katyjameswims@gmail.com](mailto:katyjameswims@gmail.com). Swimmers will be required to show proof of registration the day of the meet.
- **Rules:** 2015 USMS rules apply. All events are timed finals. There is a limit of four (5) individual events per day plus relays. **Age is determined based on the age of the competitor on December 31st, 2014.**
- **Entries/Fees:** Entries deadline is 2/5/15. Swimmers may swim up to 5 events per day max plus relays (25's and monofin do not count toward entry limits). Cost per swimmer = a \$20 facility fee + \$4 per event entry fee (includes meet tee shirt) if you enter on line. **Mail in entries will still be accepted as follows:** Cost per swimmer = a \$25 facility fee + \$5 per event entry fee (includes meet tee shirt). Entries must be postmarked by 2/3/15. Make Checks payable to MAC and mail your entry card along with a photocopy of your USMS card to:

MAC  
1225 W. Main St.  
Suite #101-500  
Mesa, AZ 85201

- **Exhibition events:** Events that are 25 yards, along with the monofin race, are exhibition and do not count towards overall entry limits or towards high point awards.

- **Positive Check In:** Check in for the 1650 Free will close Saturday at 8:30am. Check in for the 400IM will close at the end of event 9. Check in for the 500 Free will close Sunday at 8:30am. 400IM, 500 free and 1650 limited to 4 heats (32 swimmers). 1650yd Freestyle (men's and women's heats swum combined, slowest to fastest, participants must provide their own counter). 400yd Individual Medley, men's & women's combined, seeded fastest to slowest. 500yd Freestyle, men's and women's heats swum combined, slowest to fastest (Participants must provide their own counter)
- **Relays:** Saturday entries for the 400 Medley Relay will close at the conclusion of event 4- 100yd Breast. Entries for the 200 Free Relay will close at the conclusion of event 7- 400 medley Relay. Sunday Entries for the 200 Medley Relay will close at the end of event 17. Entries for the 400 Free Relay will close at the end of event 21.
- **Scoring:** Top eight places within each age group and sex will score points: 9-7-6-5-4-3-2-1. Relays score top 8: 18-14-12-10-8-6-4-2
- **Awards:** Team awards for 1st thru 3rd places, Individual high point awards & heat winner prizes.
- **MistyFly Award:** All Individuals who complete the 25 fly, 50 fly, 100 fly, 200 fly and 50 monofin will receive a *MistyFly* tee shirt
- **Masters Social:** to be held at the conclusion of Sundays events at TBD.
- **Training:** MAC will be hosting free workouts for out of town guests at Kino Aquatic Center from on Friday, February 14th 12pm-1pm and Monday, February 17th 5:30am-6:45am, 12pm-1pm & 7-8pm
- **Event Hotels:**

#### **Misty Hyman-Finis Tempo Trainer Clinic**

**Cost \$60 per person, max. of 40 participants. Participants will receive a Finis Tempo Trainer, clinic will emphasize training using this device.**

#### **A Note from Misty about the 50yd Monofin Race**

You may bring your own monofin or FINIS will provide an assortment of sample FINIS Foil Monofins that you may use for the race. They will be located near the warm up and warm down pool in advance of the race if you would like to try them on for size. They will be shared by all participants, so please leave them by the pool after you have tried them. They will be brought to the starting end prior to the race. THANK YOU, FINIS!

You may start from the blocks. Although, it is not necessary. The starter will give the option of starting from the side or in the water. We recommend that you sit on the block to put the monofin on. A standard dive is possible with the blade of the fin hanging over the front of the block and both feet at the edge of the block.

The rules are basically the same as freestyle. You may do whatever you would like with your arms and legs provided that you touch the wall and do not touch the bottom. So, flipturns are permitted. There is no 15meter limit to staying underwater. You may stay underwater as long as you would like, because this is Misty's meet! You may bring your own monofin. There are currently no regulations on size or shape of fin, only that it must be a single bladed fin with both feet connected together.

**Saturday, February 14th**

Warm Ups start at 8:00am, meet Starts at 9:00am

- 1) 1650yd Freestyle (men's and women's heats swam separate at same time, slowest to fastest. Participants must provide their own counter.

**15 minute break for warm-up prior to start of 100yd Free which will not start before 10am**

- 2) 100yd Freestyle
  - 3) 25yd Backstroke (deck entered)
  - 4) 100yd Breast
  - 5) 50yd Butterfly
  - 6) 200yd Backstroke
  - 7) 400yd Medley Relay
  - 8) 50yd Breast
  - 9) 200yd Butterfly
  - 10) 25yd Freestyle (deck entered)
  - 11) 200yd Freestyle Relay
  - 12) 75yd monofin (deck entered, a limited number of Finis fins will be available first come, first serve)
  - 13) 400yd Individual Medley (men's & women's combined, seeded fastest to slowest)
- **Misty Hyman Clinic at will take place conclusion of the 400IM**

**Sunday, February 15th**

Warm Ups start at 8:00am, meet Starts at 9:00am

- 14) 500yd Freestyle (men's and women's heats swam separate at same time, slowest to fastest. Participants must provide their own counter)

**15 minute break for warm-up prior to start of 100yd IM which will not start before 10am**

- 15) 100yd Individual Medley
- 16) 50yd Freestyle
- 17) 200yd breast
- 18) 25yd Butterfly (deck entered)
- 19) 100yd Back
- 20) 200yd Medley Relay
- 21) 200yd Freestyle
- 22) 100yd Butterfly
- 23) 200yd Individual Medley
- 24) 50yd Back
- 25) 25yd Breaststroke (deck entered)
- 26) 400yd Free Relay

**Masters Social to be held following the meet at: TBD**

**USMS Waiver**